



# community TIMES

The Highlands Residential Services Newsletter

**HIGHLANDSRS.COM**

**OCTOBER/2018**



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RESIDENT SPOTLIGHT– Henrietta Monnier. Her story page 2.

## QUAWANA'S COATS

The seventh annual Quawana's Coats distribution will be Saturday, Oct. 27, 2018, from 10 a.m.-1 p.m. at our new location, First Christian Church, 780 Fairground Street, Cookeville.

We will have coats of all sizes and winter accessories. There will also be food, community resource information, door prizes, music, kids' games and play area, and more!

All free and open to anyone, with no questions asked! Everyone welcomed!

**How to help:** We are now accepting donations for Quawana's Coats distribution on Oct. 27. The following are open coat collection sites where anyone can drop off coats during normal business hours:

- Highlands Residential Services – 235 West Jackson Street
- One Hour Martinizing – 377 Foutch Drive
- First Realty – 116 South Lowe Avenue
- Putnam County Library – 50 East Broad Street
- Cookeville Police Department – 10 East Broad Street

Donations accepted until Friday, Oct. 26.

### Quawana's Coats Donation needs:

- New/used clean coats and jackets – all sizes, especially kids
- Hats, gloves, scarves
- Coat hangers and clothing racks
- Hygiene products-all types, including hotel, travel/trial size
- Nonperishable food items
- Canned or bottled water/sodas
- Distribution day food – chips or cookies
- Monetary donations
- Collection drop-off sites
- Businesses/groups/clubs collection drives
- VOLUNTEERS!!



For more information, contact Shaquawana at (931) 526-9793, ext. 213, or [swester@highlandsrs.com](mailto:swester@highlandsrs.com), or search for Quawana's Coats on Facebook.



## Melinda's MEMOS



It's recertification time for Celina Residents!

You should receive a letter with dates and times of when I will be at the Soil Conservation office to conduct interviews. Any questions, please call me at (931) 526-9793, ext. 220.

## Kathy's CORNER



Congratulations to Debra Farris of Walnut

Village, who was our September Cool Contest winner! Keep watching for the next cool contest – you never know which month it will appear.

## Chelsea's CHAPTER



Please remember that pets must be kept on

a leash and under owner's control at all times when outdoors, per HRS rules and city ordinances. You must always pick up after your pet to avoid possible charges or lease violations.

## The Annual Senior & Caregiver Expo,

presented by the Upper Cumberland Area Agency on Aging and Disability, will be Tuesday, Oct. 16, from 9 a.m.-1 p.m. at Life Church, 2223 North Washington Avenue, Cookeville. Free admission!! There will be door prizes, lots of giveaways, resource information, some free health screenings, car show and so much more. If you've never been, please check it out and come by the HRS booth for some sweet treats. It really is lots of fun!

## Walnut Village/Willow Heights

residents are invited to a Halloween social on Wednesday, Oct. 31, from 1-3 p.m. at the Walnut Village manager's office # R-5. We'll play bingo and have a costume contest, so feel free to wear a costume. We will also have some pizza and sweets, but feel free to bring your favorite finger food or dessert. We hope to see you there.

LIHEAP applications for winter energy assistance have begun at all UCHRA offices. Please contact your local office to apply, or applications are available in the HRS main office lobby, but you will need to return them to UCHRA.

## New and returning faces:

Our Resident Services Department welcomes returning AmeriCorps volunteer Whitney Nielsen, who is serving part-time as our resident programs assistant. Whitney was responsible for our summer lunch program and will continue to work with our youth programs while also helping with special events.



**Kathy Garcia** did her TTU Internship with us this summer and has since graduated from TTU. Kathy then decided to become an AmeriCorps volunteer and has recently joined our team as the full-time adult programs coordinator. Kathy has been busy meeting residents in their homes and will be visiting all housing locations over the weeks to come. She is also learning about area resources and will be hosting resident programs.



## Resident Spotlight

This month we wish a big belated Happy Birthday to Henrietta Monnier, who turned 90 years old on Sept. 15. Mrs. Henrietta has lived with us for the past three years. She lived in Crossville but decided to sell her house and move closer to her family here. Mrs. Henrietta has three sons and one deceased son and several grand- and great-grandchildren. She is originally from Detroit, Michigan, where she worked in the auto industry. In later years, she worked as a nurse's aide. She says she used to love dancing and walked a lot for exercise. Mrs. Henrietta tells us she likes her neighborhood and likes living here. Congratulations, Mrs. Henrietta!



Halloween is Wednesday, Oct. 31. Please be careful trick or treating and watch for children while driving.

Daylight Savings Time is coming up on Nov. 4. Clocks "fall back" one hour.



# YOUTH NEWS WITH SHAQUAWANA

## Fall Funday

HRS kids in grades K-12 are welcomed to join us for our eighth annual Fall Funday. We'll have lots of games, arts and crafts, outdoor activities and free lunches. And, we will be making "slime" this year!! HRS kids can participate at any location closest to them. Times are: 11 a.m.-1 p.m. at the following sites:

- Cookeville TNT Center, 706 Pine Avenue, Tuesday, Oct. 2
- Baxter Community Room, Wednesday, Oct. 3
- Monterey Community Room, Thursday, Oct. 4
- Boatman/Darwin at the parking area on Darwin Street (will cancel if rain) Tuesday, Oct. 9
- Celina Soil Conservation Office, Wednesday, Oct. 10
- Gainesboro Old Manager's Office, Thursday, Oct. 18



In remembrance of 9/11, our Ameri-Corps volunteers Whitney and Kathy helped our TNT and KIDS Matter youth make greeting cards, which will be sent to our troops overseas.



The kids did a great job creating their own designs and expressing their gratitude to our military that ensure our freedom. We thank everyone – military, law enforcement, emergency services – who work daily to protect us.

This month, our TNT and KIDS Matter youth will have Halloween celebrations after school. Would you like to get your kids involved in our after-school programs? For more information regarding enrollment, call Shaquawana at (931) 526-9793, ext. 213.



- Art supplies, glue, liquid starch
- Individually wrapped snacks
- Bottled water
- Paper plates and towels
- Hand sanitizer
- Hygiene products - all kinds



# RESOURCE CENTER

## Quawana's Closet

located at 706 Pine Avenue, will be open to ALL HRS residents every Tuesday from 1:30-3 p.m. The closet has free clothing of various sizes for children and adults, with new seasonal items arriving weekly. No questions are asked except to bring identification. Please note the closet may close for scheduling conflicts.

Remember to "like us" on our Facebook pages at Teens Need Training and Highlands Residential Services to check out all the great things happening.

## DRUG TAKE BACK DAY

is Saturday, Oct. 27, from 10 a.m.-2 p.m.

This is sponsored by Power of Putnam.

- Drop-off locations are:
- Andy's Pharmacy in Cookeville
  - Cookeville Walgreens locations
  - Nunally Drugs in Baxter
  - Algood Police Department
  - Monterey Drugs
  - Fred's Pharmacy in Monterey

Please leave all medication, including over-the-counter drugs in original bottles, but mark out your name. Liquid and aerosol medications and syringes are not accepted. While dropping off your medications, please register for a grand prize!

Don't want to wait? Permanent drop-off locations are Willow Avenue Walgreens, the Putnam County Sheriff's Department and the Algood, Cookeville and Monterey police departments. These locations have a box similar to a mailbox that you simply drop your medications into.

Why use a drop site? This is a safe way to dispose of medications. When drugs are flushed down the toilet, they become part of the water system. Expired or unused medications are not always safe to take. Proper disposal helps keep medications away from children and older youth. All drugs collected are taken by the Drug Enforcement Agency to be destroyed by fire.

Celebrate Child Health Week! Governor Bill Haslam has proclaimed Oct. 1-7, 2018, as Child Health Week in Tennessee. This is a time to celebrate and raise awareness about what Tennessee is doing to promote the health of our most important resource – our children. Each of us has a role to play to help keep Tennessee children safe, healthy, and on track.



 **OCTOBER 2018**

S	M	T	W	T	F	S
	1 <b>RENT DUE!</b>	2 Pine Ave. Fall Funday 11 a.m.-1 p.m. <b>Quawana's Closet</b> Open 1:30-3 p.m.	3 Baxter Fall Funday 11 a.m.-1 p.m.	4 Monterey Fall Funday 11 a.m.-1 p.m. <b>WALNUT VILLAGE RENT COLLECTION</b>	5	6
7	8 TNT Fall Field Trip <b>WILLOW HEIGHTS RENT COLLECTION</b>	9 Boatman/Darwin Fall Funday 11 a.m.-1 p.m. <b>Quawana's Closet</b> Open 1:30-3 p.m.	10 Celina Fall Funday 11 a.m.-1 p.m. <b>PEST CONTROL TREATMENT DAY</b>	11 <b>LATE FEES ADDED</b>	12	13
14	15  TNT: After-School Program <b>NON-PAY EVICTION NOTICES GO OUT</b>	16 Senior Expo 9 a.m.-1 p.m. <b>Quawana's Closet</b> Open 1:30-3 p.m. KIDS Matter Reading Program	17  TNT: After-School Program	18 Gainesboro Fall Funday 11 a.m.-1 p.m. Board Meeting	19	20
21	22  TNT: After-School Program	23 <b>Quawana's Closet</b> Open 1:30-3 p.m. KIDS Matter Reading Program	24  TNT: After-School Program	25	26	27 Quawana's Coats 10 a.m.-1 p.m. Drug Take Back Day 10 a.m.-2 p.m.
28	29  TNT: After-School Program <b>THIS WEDNESDAY: LAST DAY CALL IN FOR PEST CONTROL</b>	30 <b>Quawana's Closet</b> Open 1:30-3 p.m. KIDS Matter Reading Program  Tomorrow is Halloween!!	31  TNT: After-School Program Walnut Village/ Willow Heights Halloween Social Open 1-3 p.m.			



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➤➤➤ The office is closed for lunch from 12-1 p.m.

TNT operates under Highlands Residential Resources, which is a 501(c)(3) nonprofit.

It is the policy of HRS to ensure that no citizen shall, on the grounds of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

**POLICY REMINDERS**



The HRS Smoking Policy is now in effect for all HRS homes. A copy of the Smoke-Free Policy was mailed to all residents and is available at the HRS main office.

**NO FIREWORKS AT ANY TIME ON ANY HRS PROPERTY BY ANYONE.**

Please remember the HRS fireworks policy: "Not to use fireworks in any manner on HRS property and/or premises." This is any type of fireworks and includes bottle rockets, firecrackers, sparklers, poppers, etc.

