



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

DECEMBER/2015



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HOLIDAY PEACE & HAPPINESS

TOYS FOR TOTS Putnam County Highlands Residential Services residents who completed and returned the Christmas assistance application that was in your November newsletter may pick up your children's gifts on Thursday, Dec. 17, from 10 a.m. - 12 p.m. at the following locations:

- **Putnam and Algood HRS residents:**
Main office community room, 235 W. Jackson Street.
- **Monterey HRS residents:**
Monterey community room, 819 Jackson Street.
- **Baxter HRS residents:**
Baxter community room, 318 Alexander Street.

CHRISTMAS PARADES

Baxter, Friday, Dec. 4, @ 7 p.m.
Gainesboro, Saturday, Dec. 5, @ 2 p.m.
Algood, Saturday, Dec. 5, @ 6 p.m.
Monterey, Saturday, Dec. 5, @ 6:30 p.m.
Cookeville, Sunday, Dec. 6, @ 2:30 p.m.

NEED A NEW OR BETTER JOB: Current area job postings are available weekly in the HRS main office lobby.



TNT members Sabrina & Madelynn decorate for Christmas

MONTEREY TOYS FOR CHILDREN For Monterey residents who may have missed the Toys for Tots deadline and are not receiving Christmas toy help elsewhere, please call (931) 839-2323 or go by the Monterey Police Department no later than Dec. 17 to apply for toys for children ages birth-14.

CHRISTMAS PROJECT JESUS, sponsored by Trinity Church, will be Saturday, Dec. 5, from 9 a.m. - 12 p.m. at Parkview Park, Cookeville, for children ages birth-12. A toy will be given to each child present who is accompanied by an adult.

Melinda's MEMOS



If you live
in Baxter
or Celina
and missed

your recertification
appointment, please
contact Melinda as soon as
possible at (931) 526-9793,
ext. 220, to schedule an
interview. Happy Holidays!

Kathy's CORNER



First United
Methodist
Church's
Angel's
Attic will

be Saturday, Dec. 12, 10
a.m. - 1 p.m. in the church
parking garage, 165 East
Broad St., Cookeville.
Free clothing and shoes
of all sizes, home goods,
toys, Christmas décor
and refreshments.



TIMELY TIDBITS

The office will be
closed Friday, Dec. 25
for Christmas day and
Friday, Jan. 1, for New
Years day. Newsletters
are now being mailed to
your home. If you do not
receive one, please call
Kathy at (931) 526-9793,
ext. 212.



ANNOUNCE MENTS

T.E.A.M. Resident Council
has planned a festive
Christmas luncheon for
all residents on Tuesday,
Dec. 8, from 10 a.m. - 12
p.m. at the HRS main
office community room,
235 West Jackson St.
Drucilla Ray with the
UT Extension Service
will present "Fun Holiday
Gift Mixes." Drucilla has
many food mixes that
make affordable gifts.
Everyone will be able to
make a mix to take with
them. A potluck lunch will
be served, so feel free to
bring your favorite dish
to share. All residents are
encouraged to attend.

GO VOTE: The Voting
for the Resident Council
offices of president,
secretary and historian
will be Thursday, Dec.
3, from 9 a.m. - 3 p.m. at
the HRS main office.
Residents eligible to
vote must be age 18 and
up and in good standing
on their lease. Please
vote and support your
resident council.

Maintenance Tips: On
nights the temperature
is below freezing, please
open kitchen cabinets
under your sinks to allow
warm air to get to your
pipes and allow faucet
to drip which helps keep
water moving and not
freeze. Walnut Village
and Willow Heights
residents need to
disconnect and store
outside water hoses for
the winter.

Misty's MINUTES



Christmas Caroling Calvary
Christian Church will be
caroling throughout the
Walnut Village area on
Saturday, Dec. 5, beginning

at 6 p.m. Be watching and listening for the
sweet sounds of the holidays in the air!

Senior Expo was a huge success.
Approximately 950 people attended
this event, and the majority came by
our Highlands Residential booth. The
winner of our door prize was Sheila
Breedlove, pictured below.



Bountiful Bread distribution will be
Tuesday, Dec. 8, from 10 a.m. - 12 p.m. at
the HRS main office community room.

**New Beginning Fellowship Church
Food Pantry** at 775 W. Cemetery Road,
Cookeville, will be held Saturday, Dec.
19, from 9 a.m. - 11 a.m. Open to anyone;
just bring a photo ID.

L.I.H.E.A.P. Applications: Local
Correction to last month's note on
UCHRA's Low Income Home Energy
Assistance Program: Applications
are accepted at UCHRA offices
from Oct. 1, 2015, to Sept. 30, 2016. If a
client received LIHEAP funds before
October of this year and you do not
have a current credit, then you need
to reapply. You can only receive a one-
time payment per program year for
qualifying households. If funding is used
up, applicants are placed on a waiting
list to be processed when additional
funds become available. LIHEAP
applications are available at UCHRA
offices or the HRS main office lobby.
Crisis LIHEAP funds are also available
when funding is available. The
household must have a disconnect
notice within 48 hours to be eligible. For
more information, please contact your
local UCHRA office.



YOUTH NEWS WITH SHAQUAWANA

TNT News



The fourth annual Quawana's Coats was another huge success. An estimated 1,000 coats and jackets of all sizes were donated. There were 89 volunteers from several clubs, groups, churches and resource organizations who registered to help that day. There were numerous vendor booths, lots of refreshments, music and games. Approximately 250-300 visitors selected a coat that day. Remaining coats were distributed to other area coat drives or clothing shelters. However, if you need a coat, please call me at (931) 526-9793, ext. 213, or email Shaquawana at swester@highlandsrs.com.

If your kids are like mine, they are excited about Christmas all month long! Then, after playing with their new toys or games, they are looking for other things to do. Here are some ways to involve kids in Christmas and to stay busy throughout the holiday season.

- Let the kids help with cooking and cleanup.
- Help wrap presents – they don't have to be perfect!
- Re-purpose old Christmas cards into gift tags or tree ornaments.
- Look online or at the library for homemade Christmas gift ideas.
- Write and mail letters or thank you notes to family, friends, teachers, etc.
- Help sort through their clothes or toys and give away what they have outgrown or no longer use.
- Clean out old papers and take to recycle.

Some fun and easy craft projects for kids...

- In a disposable bowl or cup, mix 1 good spray of white foamy shaving cream with a good drizzle of glue. Using a craft paintbrush, paint designs, such as fluffy clouds, on construction paper. Let dry.
- Christmas or everyday table placemats. Using old Christmas cards (or everyday cards), cut out shapes or wording. Using a poster board of any color to match your cards, cut into four equal rectangle shapes. Arrange the card shapes on one side of the poster board. When most of the space is covered, glue the cards down. Let dry overnight. Then seal front and back with clear contact paper that extends ¼" beyond the board.



- Basic calculators
- Chapter books for kids
- Coloring books
- Packaged snack items
- Personal size hand sanitizer

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.

RESOURCE CENTER

DON'T QUIT, JUST COME! TOBACCO CESSATION CLASSES We can help! Our free, open-to-the-public tobacco cessation classes, taught by Quit 4 Life instructor Randy Todd, and are held on the second and fourth Tuesdays of each month from 2p.m. – 3 p.m. at the HRS Main office community room. The only class this month is December 8. Due to Christmas holidays, the fourth Tuesday class on Dec. 22 will be cancelled. Anyone can attend – you do not have to be a tobacco user. You may simply want to help someone to stop or to never start. There is no obligation, no expectation and no commitment unless you decide. Please make this one of your new year's resolutions. Questions? Call Kathy at (931) 526-9793, ext. 212 or Misty at ext. 224.

ARE YOU IN NEED OF AREA RESOURCES? A listing of local resources is located in the HRS Main office lobby. It contains information on food and clothing banks, utility or rental assistance, just to name a few. Or if you have specific questions or needs, call Misty at (931) 526-9793, ext. 224.

SOCIAL SECURITY For those who receive Social Security or SSI, you should receive proof of your income in the mail soon from the Social Security office. Please keep these papers in a location where you can find

them. You will need this for many things in 2016, such as for proof of income for rent, DHS benefits, energy assistance, etc.

WINTER ENERGY SAVING TIPS Here are some ways to stretch out your LIHEAP assistance or save money on your utility bills.

- Everyone, including children, should turn off the lights, TV, radio, etc. when leaving a room.
- Limit hot showers – use of hot water generates more utility costs through the hot water heater.
- Do not open windows or leave doors open while the heat is on. Set heat to a lower temperature when not home.
- Wear warm clothing and socks and set your heat to no more than 72 degrees, lower if possible.
- Open the curtains on sunny days to allow the warmth of the sun in and shut them at night.
- Do not block your heater vents, air exchange or heating unit.

FREE RIDE HOME FOR IMPAIRED DRIVERS – sponsors Bradford Health Services and Power of Putnam are offering a free ride home during the holiday season starting December 21 through January 1 for adults age 21 and up. Staff and patrons at restaurants, bars and lounges may call for a free ride home within a 10-mile radius of Cookeville for anyone too impaired to drive.

Free Ride Home for Impaired Drivers In Cookeville
Dec. 21 - Jan. 1 • Call (931) 528-6803

 **DECEMBER 2015**

S	M	T	W	T	F	S
Remember to "like us"  on our Facebook pages at Teens Need Training and Highlands Residential Services to check out all the great things happening.		1 RENT DUE! KIDS Matter Reading Program	2  TNT: After-School Program	3 Resident Council Elections 9 a.m.-3 p.m.	4 WALNUT VILLAGE: Rent Collection 10 a.m.-12 p.m.	5 Walnut Village Christmas Caroling 6p.m.
6	7  TNT: After-School Program	8 Bountiful Bread & TEAM Resident Council Meeting 10 a.m.-12 p.m. Tobacco Cessation Class: 2 p.m.-3 p.m. KIDS Matter Reading Program	9	10	11 LATE FEES ADDED	12 Angel's Attic 10 a.m.-1 p.m.
13	14  TNT: After-School Program	15 Walnut Village Christmas Social 1 p.m.-3 p.m. KIDS Matter Reading Program NON-PAY EVICTION NOTICES GO OUT	16  TNT: After-School Program BOARD MEETING	17 TOYS FOR TOTS DISTRIBUTION 10 a.m.-12 p.m.	18	19 New Beginning Fellowship Church Food Pantry 9 a.m.-11 a.m.
20	21  TNT: Christmas Luncheon	22	23	24  CHRISTMAS EVE	25  CHRISTMAS DAY Office Closed	26
27	28	29  TNT: Christmas Break Event	30	31  NEW YEAR'S EVE LAST DAY TO CALL IN FOR PEST CONTROL	MARK IT: 12/25 Office closed Dec. 25th for Christmas Day MARK IT: 1/1 Office closed Jan. 1st for New Year's Day	



MAIL
P.O. Box 400

OFFICE
235 W. Jackson St.
Cookeville, TN 38503

PHONE
931.526.9793

EMERGENCY
931.260.6080

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

DOWNLOAD IT

To download a digital version of our calendar, please visit HighlandsRS.com.



iCal



Google

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.

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

