



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

AUGUST/2016



Don't Quit, Just Come tobacco cessation program

INSIDE THIS ISSUE



TNT & KIDS MATTER after-school programs are starting back in August
GED CLASSES are now being held at the UCHRA Career Center
DONATIONS NEEDED for Make a Difference Day, coming in October

DON'T QUIT, JUST COME



It takes courage and time to quit smoking and put down that last cigarette. Most people feel an intense combination of fear and excitement leading up to their quit date. Feeling afraid to quit smoking is completely normal and is a by-product of tobacco addiction. Your decision to take that first step and throw the smokes away will be a choice you'll never regret making. Your life will improve immensely when you have kicked tobacco out of your life, **once and for all**. Don't try to quit alone. The "Don't Quit, Just Come" tobacco cessation class offers support, without judgment, and can explain the different approaches to eventually quitting. Within 20 minutes of quitting smoking your blood pressure decreases, your pulse rate drops and the body temperature of your hands and feet increases. In 2 days of not smoking your ability to taste and smell improves and nerve endings start to regrow. Know what happens in 6 months or 1 year or 5 years? Join us and find out!

This month's free tobacco cessation classes are August 9th & 23rd from 2:00 – 3:00pm at the HRS Main Office, 235 West

Jackson St. Remember each class stands alone so you can attend one time or come on a regular basis. Plus, there's no joining, commitments or expectations. Our instructor, Randy Todd has been teaching Quit 4 Life classes for over 20 years and has great information to help you.

With HRS' new smoking policy now is a great time to get motivated to quit!

CONVOY OF HOPE free community event will be Saturday, August 27, beginning at 10:00am at the Putnam Co. Fairgrounds. Rain or shine, no questions asked, open to anyone, while supplies last. The event will feature:

- Groceries
- Hot lunches
- Health Services
- Nutrition education
- Shoes
- Haircuts
- Family portraits
- Kids zone
- Veterans
- Community resources and services
- Prayer & fellowship

Melinda's MEMOS



If you live
on Boatman
or Darwin
Streets or in
Gainesboro

and missed your required
annual recertification in-
terview, please contact
me as soon as possible to
reschedule at (931) 526-9793,
ext. 220.

Kathy's CORNER



- The Putnam County Fair is
July 28-August 6.
- The main office will be
closed Monday, Sept. 5, for
Labor Day.



TIMELY TIDBITS

Lease reminder: "I must
give HRS written notice of
my intent to terminate the
lease at least fourteen (14)
days in advance (a form will
be provided). I will continue
to pay rent through the
entire notice period and
until I vacate the premises,
whichever comes later."



RESIDENT COUNCIL T.E.A.M.
TOGETHER EVERYONE CAN ACCOMPLISH MORE

T.E.A.M. RESIDENT COUNCIL

This month Resident Coun-
cil will host Holly Bundrant
with Hope & Health Nutrition
Services on Tuesday, August
9, from 10-11 a.m. at the HRS
main office community room,
235 West Jackson Street. Holly
will be presenting "Budgeting
Calories and Cents." The council
planning meeting will be from
11 a.m.-noon. All residents are
welcome to come, have lunch
and take home some deli-fresh
bread items as part of the
Bountiful Bread distribution.
Resident Council officers are:
William Moss Thurman,

President

David Palmer, Vice President
Cindy Babineau, Treasurer
Kara Cannady, Secretary
Robert Harshaw, Historian
Carrie Webb, Alternate
Tim Cannady, Alternate
Lisa Moody, Alternate
Your council officers work very
hard to sponsor and support
resident programs and activi-
ties. HRS thanks the council
for their efforts, and we en-
courage all residents to show
their appreciation by attend-
ing council events and getting
involved.

Just a reminder the council
now has an email address:
HRSCouncil15@gmail.com.
Please email us if you have any
questions or suggestions.

GED classes are now being
held at the UCHRA Career
Center due to Department of
Labor budget changes. All of
the students who were meet-
ing at HRS are now attending
classes there and still working
hard toward completing their
high school education. For
more information or to enroll
in classes at any time, call the
Putnam County Adult Learn-
ing Center at (931) 528-8685.
Remember...it's FREE.

Misty's MINUTES



Walnut Village residents
will meet Thursday,
August 18, from 2-4 p.m.
in Manager's Office
#R-5 for bingo and

refreshments. Feel free to bring your
favorite snack or a bingo prize.

**Low Income Home Energy Assistance
Program (LIHEAP)** applications for
winter energy assistance are now
available at your local UCHRA office
or at the HRS main office lobby. If you
need help completing your application,
please call me.

Sun, Seed & Soil Community Garden still
has a few vegetables available. Call me
to check availability or work days.

Make a Difference Day will be held
on Saturday, Oct. 22. This is a day of
volunteering, and I plan to do my part as
an AmeriCorps volunteer by hosting a

homeless awareness program. But I need your help.
I plan to prepare bags of necessities for the needs
of homeless individuals so I am looking for hotel,
travel or trial size bath items such as soap, shampoo,
toothpaste, toothbrush, lotion, razors, deodorant,
lip balm, etc. Also needed are gallon size plastic zip
bags, tissues, toilet paper, socks, and snack items.
Items may be dropped off at the HRS main office,
235 West Jackson St., Cookeville, Monday-Friday,
8:30 a.m.-4:30 p.m. (closed for lunch 12-1 p.m.) or by
contacting me. Thank you in advance!

For help with any of the above or any other
questions regarding community resources, you may
contact me at (931) 526-9793, ext. 224, or email me at
mparker@highlandsrs.com.

A Community-Wide Baby Shower for soon-to-be
or new moms will be held Thursday, August 11, from
1-3 p.m. at the Putnam County Health Department.
Sponsored by the Putnam County Health
Department and the UT Extension office. For more
information, call Michelle at (931) 526-4561 or Katie
at (931) 646-7735.

The Humane Society Spay/Neuter Clinic can help
you fix your cat or kitten. Priority is given for kittens
outside of Putnam County. Call (931) 372-2728 or
1-866-983-7729 for more information.



YOUTH NEWS WITH SHAQUAWANA

TNT Summer Day Camp concluded July 14, and all the teens agreed it was the best summer! In addition to cooking some spectacular dishes such as chicken cordon bleu, the teens worked out with the World's Fittest Man, Rich Froning, and his staff at Crossfit Mayhem. They made their own bread at Great Harvest Bread Company and were privileged to have a behind-the-scenes look inside Dale Hollow Dam, plus many, many more awesome opportunities. This is all free to TNT participants and made possible with the help of numerous community and financial supporters. We are very grateful to so many who support these youth programs.



TNT summer day camp participants visit with Mayor Ricky Shelton at Cookeville City Hall

Teens Need Training and KIDS Matter after-school programs are starting back this month. Please consider enrolling your teen (grades 5-12) in TNT or your child (grades K-4) in KIDS Matter. TNT meets after school on Mondays and Wednesdays, while KIDS Matter meets on Tuesdays. For more information, please call me at (931) 526-9793, ext. 213.

Quawana's Coats Now is a great time to be cleaning out the closets of coats or jackets that no longer fit you or your child and donating them to the Fifth Annual Quawana's Coats distribution, which will be held on National Make a Difference Day, Saturday, Oct. 22, 2016. You may drop off your clean, good used coats or jackets at the HRS main office, 235 West Jackson Street, Cookeville, Monday-Thursday, 8:30 a.m.-4:30 p.m. (closed for lunch 12-1 p.m.), or call me at (931) 526-9793, ext. 213, or email me at swester@highlandsrs.com, or check out Facebook events "Quawana's Coats 2016."



**TEENS NEED
TRAINING
WISH LIST**

- **Clean plastic shopping bags**
- **Packaged snack items**
- **Hand sanitizer**
- **Individual bottles of water**
- **Cleaning supplies of all kinds**
- **Pots, pans, baking dishes**

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

The **Summer Lunch program** was a huge success this year! AmeriCorps volunteer CJ Gerndt was at the TNT Center in the Police Substation at 706 Pine Avenue daily, along with a small army of community volunteers. As many as 35 children attended at some time during the summer. Many thanks go to:

- Putnam County School Nutrition Program
- Putnam County Health Department
- WCTE
- First Baptist Church
- The Greer family
- New Beginnings Assembly of God
- First United Pentecostal Church
- West Haven Baptist Church
- Sycamore Church of Christ
- Power of Putnam
- UT Extension office - Drucilla Ray
- Several TTU students and other volunteers
- Numerous contributors



Baxter HRS youth enjoy a visit from PBS character Curious George.

A big thank you goes out to Cindy Putman and WCTE for sponsoring "Odd Squad" Camp at the Pine Avenue summer lunch program in June. Then again in July, they sponsored "PBS Kids One-Day Camp" at Pine Avenue, the HRS Baxter community room and the Monterey public library. Baxter had an attendance of 22 children, while at least 50 kids attended in Monterey.

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

 **AUGUST 2016**

S	M	T	W	T	F	S
	1 RENT DUE!	2	3	4 WALNUT VILLAGE RENT DUE	5	6
7	8 WILLOW HEIGHTS RENT DUE  TNT: After-School Program	9 <i>Bountiful Bread & TEAM Council</i> 10 a.m.- 12 p.m. <i>Tobacco Cessation Class: 2 p.m.-3 p.m.</i> KIDS Matter Reading Program	10  TNT: After-School Program	11 LATE FEES ADDED <i>Community-Wide Baby Shower</i> 1 p.m.- 3 p.m.	12	13
14	15  TNT: After-School Program NON-PAY EVICTION NOTICES GO OUT	16 KIDS Matter Reading Program	17  TNT: After-School Program	18 <i>Board Meeting</i> Walnut Village Social 2 p.m. - 4 p.m.	19	20 New Beginning Fellowship Church Food Pantry 9 a.m.-11 a.m.
21	22  TNT: After-School Program	23 <i>Tobacco Cessation Class: 2 p.m.-3 p.m.</i> KIDS Matter Reading Program	24  TNT: After-School Program	25	26	27 <i>Convoy of Hope</i> 10 a.m. - 2 p.m.
28	29  TNT: After-School Program	30 KIDS Matter Reading Program	31  TNT: After-School Program LAST DAY TO CALL IN FOR PEST CONTROL	 MARK IT: Tax-Free Weekend July 29, 30, 31 		



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.



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.**

