



## community TIMES

The Highlands Residential Services Newsletter

**HIGHLANDSR.S.COM**

**OCTOBER/2016**



Everyone is welcome to attend the 5th annual Quawana's Coats on October 21

### INSIDE THIS ISSUE



**HRS SMOKING POLICY** taking effect on Tuesday, Nov. 1, 2016

**FALL FUNDAY** games, crafts, art projects, fun + free lunches, HRS youth K-12

**QUAWANA'S COATS** coats, accessories, food, music, kids' games, Oct 22nd



## MAKE A DIFFERENCE DAY

Make a Difference Day is a nationwide day of community volunteering. In honor of this day, HRS announces the fifth annual Quawana's Coats distribution on Saturday, Oct. 22, from 10 a.m.-1 p.m. at Jefferson Ave. Church of Christ, 521 S. Jefferson Ave., Cookeville. The event has been moved this year for more space and indoor facilities. New this year, AmeriCorps volunteer Misty Parker will have information on Homeless & Hunger to bring awareness to those in need. These events are free and open to the public, no questions asked! There will be coats and accessories, food, music, kids' games and play area, resource information and more!

### **Coat collection sites (more added weekly):**

- Highlands Residential Services main office
- Algood City Hall
- First Realty
- Aid & Assist Home Care
- Putnam Co. Library, City Hall
- Middle TN Eye Associates

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

Donations accepted until Friday, Oct. 21.

### **Quawana's Coats needs:**

- New/used coats and jackets – all sizes
- Hats, gloves, scarves
- Coat hangers
- Hygiene products
- Nonperishable food items
- Canned or bottled drinks
- Food (chips, cookies, drinks, etc.)
- Monetary donations
- Collection sites
- Businesses/groups/clubs collection drives
- VOLUNTEERS!!

### **Homeless & Hunger Needs:**

- Hotel, travel or trial-size hygiene items – soap, shampoo, toothpaste, toothbrush, lotion
- Razors, Deodorant
- Lip balm
- Tissues and Toilet paper
- Gallon-size plastic zip bags
- Snack items
- Socks, Backpacks and small blankets

For more information about the Homeless & Hunger program, contact Misty at ext. 224 or email [mparker@highlandrs.com](mailto:mparker@highlandrs.com). Any items may be dropped off at the HRS main office, 235 West Jackson St., Cookeville, Monday-Thursday, 8:30 a.m.-4:30 p.m. (closed for lunch 12-1 p.m.).

## Melinda's MEMOS



If you live in Monterey and missed your recertification interview,

please contact me at (931) 526-9793, ext. 220, as soon as possible to schedule an appointment.

## Kathy's CORNER



**Attention all HRS veterans** – Veterans Day is coming up, and

we would like to recognize our veteran's service. If you are a veteran, please call me at (931) 526-9793, ext. 212, or Misty, ext. 224.



## TIMELY TIDBITS

Attention drivers! Fall break + Halloween = children outside. Remember to slow down and watch for children playing along the streets. Parents, please watch your children and teach them to always look both ways before crossing the street.



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

## T.E.A.M. RESIDENT COUNCIL

has planned "Meet the Council" for Tuesday, Oct. 11, from 10-11 a.m. at the Walnut Village manager's office, 201 South Walnut Ave. # R-5. This month will be a combined Walnut Village/ Willow Heights spaghetti luncheon. All residents are welcome to come. The council planning meeting will be from 11 a.m.-12 p.m. There will also be a Bountiful Bread distribution at the meeting.

## Misty's MINUTES



**It's time again for the annual Senior Expo**, presented by the Upper Cumberland Area Agency on Aging and Disability. This free event will

be Thursday, Oct. 20, anytime between 9 a.m. and 1 p.m. at the Hyder Burks Pavilion on Gainesboro Grade, Cookeville. There will be door prizes, lots of giveaways, resource information, free health screenings, a Halloween costume contest and so much more. If you've never been, please check it out and come by the HRS booth to see me. It really is lots of fun!

**Walnut Village & Willow Heights residents** will meet in conjunction with the Resident Council on Tuesday, Oct. 11, from 10-11 a.m. at the Walnut Village manager's office, 201 South Walnut Ave. # R-5.

**National Drug Take Back Day** is Saturday, Oct. 22, and plans are underway to have several Cookeville locations to safely dispose of medications. Don't want to wait? Walgreens on the corner of Willow and Jackson has a super-convenient, permanent drop box located by their pharmacy that is simple to use, and medications can then be safely destroyed. Why use a drop site? When drugs are flushed down the toilet, they become part of the water system. Expired or unused medications are not always safe to take, and proper disposal helps keep medications away from children. The Cookeville Police Department also has a drug drop box.

### Halloween Spooktacular

will be Saturday, Oct. 29, from 2-4 p.m. at the HRS Monterey Community room, 819 Jackson St. Highlands T.E.A.M. Resident Council is hosting this free event for all HRS kids and families. There will be loads of fun – kids' games and prizes, cake walk, costume contest, candy and light refreshments. Everyone is welcome to come!

### LIHEAP - Low Income Home Energy Assistance Program

applications for winter energy assistance are still available at your local UCHRA office or at the HRS main office lobby. If you need help completing your application, please call Misty, (931) 526-9793, ext. 224.



All residents are welcome to join in the fun at the Senior Expo



Walgreens Drug Take Back Box



## YOUTH NEWS WITH SHAQUAWANA

**Hey kids of all ages!** Join us for our sixth annual Fall FunDay with lots of games, crafts, art projects, fun and free lunches for any HRS youth in grades K-12. Each year this event gets bigger and better, and we want you there! You can participate at any location closest to you. Times are 11 a.m.-1 p.m. at the following sites:

- Cookeville TNT Center, 706 Pine Ave., Monday, Oct. 3
- Monterey Community Room, Tuesday, Oct. 4
- Gainesboro Old Manager's Office, Wednesday, Oct. 5
- Baxter Community Room, Thursday, Oct. 6
- Boatman/Darwin at the parking area on Darwin St. (cancelled if rain) Monday, Oct. 10
- Celina Soil Conservation Office at 301 Green St., Wednesday, Oct. 12



*HRS kids had lots of fun  
at the 2015 Fall FunDay*

**KIDS Matter** A huge thank you goes out to our guest readers Cindy Putman with WCTE, Chelsea Gifford with the Putnam County Library, staff from the Putnam County Health Department and members of the Noonday Rotary Club of Cookeville. If you would like to read to the children at KIDS Matter, please call me at (931) 526-9793, ext. 213.

## tnt TEENS NEED TRAINING WISH LIST

- Clean plastic shopping bags
- Packaged snack items
- Hand sanitizer
- Individual bottles of water
- Empty cleaning supply or spray bottles
- 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



### HRS Smoking Policy

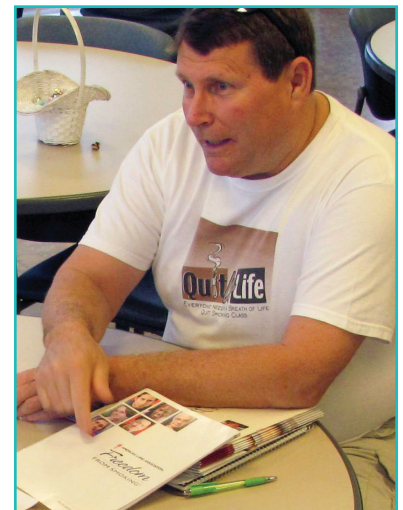
HRS Smoking Policy begins taking effect for the following developments on Tuesday, Nov. 1, 2016:

- All of Monterey
- 33-3: N. Elm St. and Standing Stone Dr.
- 33-7: Jackson, Romine & Crossville St.
- 33-12(1): Peters and Louis St.
- 33-12(2): Poplar St.
- 33-12(3): N. Elm St. and Railroad Ave.

*A copy of the Smoke Free policy was sent to all residents, also a copy of the policy is available in the HRS main office lobby.*

### Thinking about quitting tobacco for good?

Everyone is welcome to participate in our free tobacco cessation class, "Don't Quit, Just Come." The class is called this, as it is a process to quit tobacco, and we can help you learn those steps to prepare yourself. October classes are the 11th and 25th from 2-3 p.m. at the HRS Main Office, 235 West Jackson St. Remember that each class stands alone, so you can attend one time or come on a regular basis. There's no joining, commitments or expectations. With HRS' new smoking policy, now is a great time to get motivated to quit!



*Randy Todd instructor for  
Don't Quit, Just Come tobacco  
cessation classes*

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

 **OCTOBER 2016**

**S M T W T F S**

|                                                                                                 |                                                                                                                                                              |                                                                                                                                                          |                                                                                                                                         |                                                                      |                                                    |                                                                                                                                        |
|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| <b>3 MARK IT: 11/3</b><br>Homebuyers Class<br>at HRS Main Office.<br>Thursday, Nov. 3, 5pm- 8pm |                                                                                                                                                              | <b>8 MARK IT: 11/8</b><br>Presidential Election Day is<br>Tuesday, Nov. 8                                                                                |                                                                                                                                         | <b>1</b><br><br><b>RENT DUE!</b>                                     |                                                    |                                                                                                                                        |
| <b>2</b>                                                                                        | <b>3</b><br><br>7th & Pine<br>Fall Funday<br>11 a.m.-1 p.m.                                                                                                  | <b>4</b><br><br>Monterey<br>Fall Funday<br>11 a.m.-1 p.m.<br><br><b>WALNUT VILLAGE<br/>RENT DUE</b>                                                      | <b>5</b><br><br>Gainesboro<br>Fall Funday<br>11 a.m.-1 p.m.                                                                             | <b>6</b><br><br>Baxter Fall Funday<br>11 a.m.-1 p.m.                 | <b>7</b><br><br><b>WILLOW HEIGHTS<br/>RENT DUE</b> | <b>8</b>                                                                                                                               |
| <b>9</b>                                                                                        | <b>10</b><br><br>Boatman/Darwin<br>Fall Funday<br>11 a.m.-1 p.m.<br><br><b>LATE FEES ADDED<br/>TOMORROW</b>                                                  | <b>11</b><br><br>Team Resident<br>Council with<br>Walnut Village/<br>Willow Heights<br>10 a.m.- 12 p.m.<br><br>Tobacco Cessation<br>Class: 2 p.m.-3 p.m. | <b>12</b><br><br>Celina Fall Funday<br>11 a.m.-1 p.m.<br><br><b>PEST CONTROL<br/>TREATMENT DAY</b>                                      | <b>13</b>                                                            | <b>14</b>                                          | <b>15</b><br><br>New Beginning<br>Fellowship Church<br>Food Pantry<br>9 a.m.-11 a.m.<br><br><b>NON-PAY EVICTION<br/>NOTICES GO OUT</b> |
| <b>16</b>                                                                                       | <b>17</b><br><br><br>TNT:<br>After-School<br>Program                      | <b>18</b><br><br>KIDS Matter<br>Reading Program                                                                                                          | <b>19</b><br><br><br>TNT:<br>After-School<br>Program | <b>20</b><br><br>Senior Expo<br>9 a.m.-1 p.m.<br><br>Board Meeting   | <b>21</b>                                          | <b>22</b><br><br>Make a<br>Difference Day<br>10 a.m.-1 p.m.<br><br>Quawana's Coats<br><br>Homeless &<br>Hungry                         |
| <b>23</b>                                                                                       | <b>24</b><br><br>TNT: After-School<br>Program                                                                                                                | <b>25</b><br><br>Tobacco Cessation<br>Class: 2 p.m.-3 p.m.<br><br>KIDS Matter<br>Reading Program                                                         | <b>26</b><br><br><br>TNT:<br>After-School<br>Program | <b>27</b><br><br><b>LAST DAY TO<br/>CALL IN FOR<br/>PEST CONTROL</b> | <b>28</b>                                          | <b>29</b><br><br>Halloween<br>Spooktacular -<br>Monterey<br>2 p.m.-4 p.m.                                                              |
| <b>30</b>                                                                                       | <b>31</b><br><br>TNT:<br>After-School<br>Program<br><br> <b>HALLOWEEN</b> |                                                                                                                                                          |                                                                                                                                         |                                                                      |                                                    |                                                                                                                                        |



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**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.**

