



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

JANUARY/2017



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ADULT EDUCATION program is now enrolling; free day or evening classes available
RESIDENT COUNCIL hosts new program and Bountiful Bread distribution
APPLICATIONS KIDS Matter/Teens Need Training programs are now being accepted



FROM: SANTA
TO: HRS

*Thank
you!*

We want to thank the numerous community supporters who donated food, clothing, toys, funds and more to ensure our TNT and KIDS Matter youth and families had a great Christmas. We also appreciate those who donated to Toys for Tots, which helped approximately 110 children who live with HRS, plus countless other children in the community.

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

Melinda's MEMOS



HAPPY NEW YEAR!! Annual re-certifications for Algood and West Fifth Street

and portions of Pine Avenue will be conducted this month. You should receive a letter notifying you of your appointment date and time and all documentation that you need to provide.

Kathy's CORNER



We will be taking applications soon for a summer AmeriCorps Youth Program as-

sistant. The position will begin the end of May and last for 10 weeks, with 30 hours required per week. AmeriCorps provides a living allowance and money for education but does not affect any current benefits. If you are interested, please call me at (931) 526-9793, ext. 212.



TIMELY TIDBITS

The main office will be closed Monday, Jan. 2, in observance of New Year's Day and on Monday, Jan. 16, for Martin Luther King, Jr. Day.



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

T.E.A.M. RESIDENT COUNCIL

will meet Tuesday, Jan. 10, from 10 a.m.-12 p.m. at the main office community room, 235 West Jackson St. All residents are welcome to come. In the event of snow, the meeting will be postponed to Tuesday, Jan. 17. This month, Resident Services will provide a program, along with the Bountiful Bread distribution. Lunch will be provided. Need transportation? Call Misty at (931) 526-9793, ext. 224, regarding availability.

Misty's MINUTES



The new year often brings about new resolutions, and what better investment than in yourself?

Now is the time to complete your education, which is within everyone's reach! TN Adult Education District 3 is now enrolling. There are free day or evening classes available, which are centrally located in Cookeville and Algood. The process is easy to get started. Simply call 1-855-516-0160 to register. You will need a valid state ID and Social Security card.

Three of our 4 HRS residents enrolled in the Adult Education program are now ready to take their final testing. When they pass, they are done! And it only took a few hours each week for less than a year. Many adult education students are able to pass the test after a short amount of class time. A high school equivalency diploma is the first step toward getting a job, receiving a promotion or pursuing further training at a technical school or community college.

If you receive Social Security or SSI, you should receive proof of your income in the mail soon, or you may have already. Please keep your papers where you can easily find them. They will be needed for many things in 2017, such as proof of income for rent, DHS benefits, energy assistance and more.

What's better on a cold winter day than a bowl of hot soup?

This recipe is super easy to make and is great for a family or a single person. Just freeze the leftovers into individual portions. Want to sample it first? Come to the resident council meeting – it's what's for lunch!



TACO SOUP

1 pound hamburger, browned
1 can black beans, drained and rinsed
1 can whole-kernel corn, drained
1 can diced tomatoes
1 can pinto beans
1 can chili beans
1 med. onion, diced (optional)
1 package taco seasoning mix – dry
1 package ranch dressing mix – dry

Put all in a pot. Add 1 ½ cups of water. Bring to boil, then reduce heat to simmer for 30-45 minutes. You can top it with sour cream and cheese. Good with crackers, cornbread or tortilla chips.

Walnut Village/ Willow Heights

will have their monthly social on Thursday, Jan. 19, from 1-3 p.m. at Walnut Village manager's office # R-5. Refreshments will be served, and we will be playing bingo. In the event of snow, the program will be cancelled.

New Beginning Fellowship Church Food Pantry

at 775 West Cemetery Rd., Cookeville, will be held Saturday, Jan. 21, from 9 a.m.-11 p.m. Open to anyone; just bring a photo ID.



YOUTH NEWS WITH SHAQUAWANA

Our KIDS Matter after-school reading program celebrated Christmas with a visit from Santa as he read "Twas the Night before Christmas" to them. They enjoyed a super snack and opening presents.

Teens Need Training celebrated Christmas by shopping for winter school clothes. The teens also had dinner, complete with gift bags, fun and games. After Christmas, the teens enjoyed the City of Cookeville Christmas in the Park festivities.



TNT members Maddie, Kaia & volunteer Amy shopping for winter school clothes

We are excited to begin a new year! Applications are being accepted for KIDS Matter and Teens Need Training after-school programs. You must apply, be enrolled and follow program guidelines to participate in either program. Contact Shaquawana at (931) 526-9793, ext. 213, today for details!

TNT and KIDS Matter will not meet if school is closed for snow or bad weather is approaching.

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



- Packaged snack items
- Hand sanitizer
- Bottled water

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

Phone Tips: Quite often, people will call and leave a message to "Call me back at the number that showed up." HRS does not have caller ID. When you call, please clearly and slowly leave your name, phone number and brief message so your call can be returned.

Also, if you need assistance, please call the main office number at (931) 526-9793. We have several phone lines in/out, so our number on your caller ID is probably not the main line. The after-hours emergency call-out phone number is (931) 260-6080.

Your address: This is a reminder of HRS's policy regarding your home address. HRS uses your apartment address to send mail to you. You must give your address to the post office for delivery of your mail. You may not allow anyone else to use your mailing address, since the home is being rented only to you. No one else is allowed to use your

address to receive their mail. Only members of your household may receive mail at your address.

Resident Handbook: We encourage everyone to read their resident handbook. It contains lots of helpful information and tips, along with rules and regulations for successful living in your home. Need a copy? These are available in the main office lobby.

Maintenance Tips: On nights when the temperature is below 32 degrees outside, please open cabinet doors under your sinks to allow warm air to get to your pipes and allow faucets to drip, which keeps water moving and helps it not to freeze. Walnut Village, Willow Heights and Algood residents need to be sure outside water hoses have been disconnected and stored for the winter.



HRS Smoking Policy took effect for the following developments on Sunday, Jan. 1, 2017:

- All of Baxter – North 3rd Ave., Maxwell Street and Alexander Street
- All of Celina – Green Street, River Avenue and Cordell Hull Drive
- All of Monterey took effect on Nov. 1, 2016.

A copy of the Smoke Free Policy has been mailed to all residents. A copy is also available in the HRS main office lobby.

Our tobacco cessation classes will not meet for the month of January.

 **JANUARY 2017**

S	M	T	W	T	F	S
1 RENT DUE! NEW YEAR'S DAY	2 NEW YEAR'S DAY OFFICE CLOSED	3	4 WALNUT VILLAGE RENT COLLECTION  TNT: After-School Program	5	6	7
8	9 WILLOW HEIGHTS RENT COLLECTION  TNT: After-School Program	10 <i>Team Resident Council</i> 10 a.m. - 12 p.m. KIDS Matter Reading Program	11  TNT: After-School Program LATE FEES ADDED PEST CONTROL TREATMENT DAY	12	13	14
15	16  MARTIN LUTHER KING, JR. OFFICE CLOSED	17 KIDS Matter Reading Program NON-PAY EVICTION NOTICES GO OUT	18  TNT: After-School Program	19 <i>Walnut Village/ Willow Heights</i> 1 p.m. - 3 p.m. <i>Board Meeting</i>	20	21 <i>New Beginning Fellowship Church</i> <i>Food Pantry</i> 9 a.m. - 11 a.m.
22	23  TNT: After-School Program	24 KIDS Matter Reading Program	25  TNT: After-School Program	26	27	28
29	30  TNT: After-School Program	31 KIDS Matter Reading Program LAST DAY TO CALL IN FOR PEST CONTROL				



MAIL

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OFFICE

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PHONE

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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

POLICY REMINDERS



The HRS Smoking Policy began taking effect for certain developments on Nov. 1, 2016. A copy of the Smoke-Free Policy was mailed to all residents. A copy is also available in the HRS main office lobby.

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.

