



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

FEBRUARY/2017



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RAM CLINIC First come, first served for free dental, vision or general medical care
DOCTORS WITH A HEART free dental clinic will be Friday, February 10, 2017
SMOKING POLICY in effect, a copy of the policy is available in the HRS main office

PROPERTY OF THE YEAR AWARD

Congratulations to Mr. and Mrs. Shelby and Emogene Watson of Walnut Village for receiving the HRS Property of the Year award. Emogene and Shelby are newlyweds, having been married just over a year ago. Emogene had a house in Algood but wanted to downsize to fit her retirement budget, so she moved to HRS 13 years ago. She loves to decorate; her favorite colors are navy and red or anything bright and cheery. Shelby laughs as he says she is a "clean freak," but Emogene just likes to keep things organized where they can find it and keep their home looking nice. One way she decorates on a budget is to look for discontinued or clearance items, saying, "You can get those really cheap sometimes." Thank you Shelby and Emogene for taking pride in your home and being an example for others.

*Emogene Watson sits
at her kitchen table in
Walnut Village*



*HRS staff wear
red for Women's
Heart health*

WOMEN'S HEART HEALTH February is American Heart Month, and Friday, Feb. 3, is "Wear Red Day" to signify Heart Month. Cardiovascular disease (CVD) – including heart disease, stroke and high blood pressure – is the No. 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.

Some ways to prevent heart disease are:

- Change your diet and lifestyle. Stop smoking and exercise.
- Cut back on saturated fat foods, such as meats and whole-fat dairy products.
- Limit trans fats found in fried and processed foods.
- Decrease your intake of sugary drinks, especially sodas.
- Keep blood pressure, blood sugar and cholesterol under control.

Melinda's MEMOS



It's recertification time for Buffalo Valley, Coffelt, Willow Valley Court and New-

man streets this month. You should receive a letter informing you of your appointment date and time and the required documentation to bring to your interview. Any questions, please call me at (931) 526-9793, ext. 220.

Kathy's CORNER



If you or someone you know would be interested in our summer AmeriCorps

Youth Program Assistant position, please call me at (931) 526-9793, ext. 212. The position will begin at the end of May and last for 10 weeks, 30 hours per week. AmeriCorps provides a living allowance and money for education while not affecting any current benefits.



TIMELY TIDBITS

Remember your sweetheart on Tuesday, Feb. 14, Valentine's Day. Free sweet treats in the main office lobby beginning Jan. 30 while supplies last.

The main office will be closed Monday, Feb. 20, for Presidents Day.



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

T.E.A.M. RESIDENT COUNCIL

will meet Tuesday, Feb. 14, from 10 a.m. to 12 p.m. at the main office community room, 235 West Jackson St. Since it's Valentine's Day, we will be celebrating! Wear your pink or red and have some fun with the photo booth and bingo. If you wish, bring a \$5 or less item to exchange. All residents are welcome to come! In the event of snow, the meeting will be postponed to Tuesday, Feb. 21. Lunch will be provided, along with the monthly Bountiful Bread distribution. Need transportation? Call Misty at (931) 526-9793, ext. 224, regarding availability.

The council had an awesome January meeting. Andrew Smith from TTU gave a very informative and inspirational presentation in recognition of Martin Luther King, Jr., Day. He talked about his father's participation in the 1960's Selma, Alabama, Civil Rights movement and more recently his own participation.

Walnut Village/Willow Heights will have a Sweethearts Social on Thursday, Feb. 16, from 1-3 p.m. at the Walnut Village manager's office, # R-5. Everyone is welcome for an afternoon of activities and games. We'll have pizza and, if you choose, bring your favorite sweet treat! In the event of snow, the program will be cancelled.



Misty's MINUTES



Our Resident Services Department is blessed to have numerous community supporters who make possible all of the programs, activities and events we host, and we are so very thankful for them. In December, the following were recognized for their contributions to Highlands Residential Services.

If you would like to volunteer or help, please contact Kathy in Resident Services at (931) 526-9793, ext. 212.

Pictured in the front row, from left, are C. Dow Harris, HRS executive director; Lisa Moody and Carrie Webb, HRS Volunteers of the Year; Lisa Bumbalough, Putnam County Health Department HRS Supporter of the Year; and Kathy Smith, HRS resident services coordinator.

In back are Emogene Watson, HRS Property of the Year award winner; Nancy Billingsley of Woodmen of the World Lodge #879, Michelle Gooch of Woodmen of the World Insurance and Debbie Bates of Woodmen of the World Lodge #879 - all Quawana's Coats Volunteers of the Year; Cindy Putman of WCTE and Chelsea Gifford of Putnam County Library, KIDS Matter Supporters of the Year. Not pictured is Jennifer Key, KIDS Matter Volunteer of the Year.

Also in December, the following HRS staff were recognized for 20 years of service, each for a total of 100 years! That's a sign HRS is a great place not only to live with but to work. From left are Chris Cassetty, director of operations; Danny Meadows, facilities manager; and Thurman Fox and Ray Meadows, maintenance mechanics. Not pictured is Ivan Hamilton, maintenance mechanic.



If you did not receive the 2017 HRS calendar or would like an extra copy, just call the main office or ask at the front window.



YOUTH NEWS WITH SHAQUAWANA

Our annual "What Home Means to Me" poster contest begins in March. Be thinking about your poster ideas, and watch for details in the March newsletter. We now have a gallery of state and national winning posters on display in our main office. You, too, could win!

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

KIDS Matter is a free, after-school reading program for HRS kids in grades K-4 and meets on Tuesdays at Pine Avenue. Not only do we have some fun and very entertaining guest readers, but there are games to play, a library to take books home from, and super snacks for kids. Plans are in the works for electronic learning, too. Transportation is not available at this time.

Teens Need Training

(TNT) is a free, after-school program for HRS Cookeville youth in grades 5-12. TNT meets on Mondays and Wednesdays at Pine Avenue, with transportation provided. TNT offers homework help, tutoring, computer lab and a snack. We also have lots of fun, too – a game room, electronic tools, musical instruments, holiday events and more. Plus, participation in TNT after-school can lead to acceptance in our free TNT summer day camp. You can check us out on Facebook at Teens Need Training to see photos of all the awesome things happening.



TNT after school program

For either program, the participant must complete a short application, be enrolled and follow program guidelines. Occasionally during the school year, a member will move away or participate in other school activities, so openings may become available. Call me at (931) 526-9793, ext. 213, today for more information.



- Packaged snack items
- Valentine or Easter individually wrapped candy or treats
- Disposable plates, cups, napkins, spoons and forks
- 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

RAM Clinic Mark your calendars for the Remote Area Medical Clinic on March 18-19 at Cookeville High School. First come, first served for free dental, vision or general medical care. No insurance or ID required. Entry numbers given out beginning at 3 a.m., with doors opening at 6 a.m. Details will be shared on our Highlands Residential Services Facebook page as they become available.

Doctors with a Heart free dental clinic will be Friday, February 10, 2017, from 8-10 a.m. at the office of Dr. Hintz & Oakley, 120 West Jackson St., or the office of Dr. Johns at 121 S. Washington Ave., both in Cookeville. You can either choose to have one filling **OR** one extraction **OR** a cleaning at no cost. First come, first served, so be in line early.

Are you in need of area resources? A listing of area resources is available in the HRS main office lobby. It contains information on food and clothing banks, utility or rental assistance, and much more. If you have specific questions or needs, call Misty at (931) 526-9793, ext. 224.



HRS Smoking Policy takes effect for the following developments as of March 1, 2017:

All of Algood and the 10(2) area of West 5th Street & Pine Ave.

The policy took effect for the following:

- All of Baxter – Jan. 1, 2017
- All of Celina – Jan. 1, 2017
- All of Monterey – 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 February. However, Quit 4 Life classes taught by the same instructor, Randy Todd, meet every Thursday night at 6 p.m. at Cookeville Regional Medical Center.

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.

 **FEBRUARY 2017**

S	M	T	W	T	F	S
			1 RENT DUE!  TNT: After-School Program	2	3 WALNUT VILLAGE RENT COLLECTION NATIONAL WEAR RED DAY	4
5	6  TNT: After-School Program	7 <i>Team Resident Council</i> 10 a.m. - 12 p.m. KIDS Matter Reading Program	8 WILLOW HEIGHTS RENT COLLECTION  TNT: After-School Program PEST CONTROL TREATMENT DAY	9	10 DOCTORS WITH A HEART DENTAL CLINIC	11 LATE FEES ADDED
12	13  TNT: After-School Program	14  VALENTINE'S DAY KIDS Matter Reading Program	15  TNT: After-School Program NON-PAY EVICTION NOTICES GO OUT	16 <i>Walnut Village/ Willow Heights</i> 1 p.m. - 3 p.m. <i>Board Meeting</i>	17	18
19	20  PRESIDENTS DAY OFFICE CLOSED	21 KIDS Matter Reading Program	22  TNT: After-School Program	23	24	25
26	27  TNT: After-School Program	28 LAST DAY TO CALL IN FOR PEST CONTROL KIDS Matter Reading Program				



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EMERGENCY

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»»» 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.

