



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

OCTOBER/2017



Make a Difference Day 2016

INSIDE THIS ISSUE



FALL FUNDAY is here!

JOIN US at the Senior Expo October 19th.

DRUG TAKE BACK DAY is October 28th.

Make a Difference Day is a nationwide day of community volunteering. Everyone is welcome to join us for the sixth annual Quawana's Coats distribution on Saturday, Oct. 28, 2017, from 10 a.m.-1 p.m. at Jefferson Avenue Church of Christ, 521 South Jefferson Avenue, Cookeville. Returning 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! New this year – there will be a Drug Take Back dropoff at Quawana's Coats. See the Resource Center on page 3 for more details.

Coat open collection sites (more added weekly):

- Highlands Residential Services main office
- First Realty
- Putnam County Library
- Middle TN Eye Associates
- UBS Financial

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

Donations accepted until Friday, Oct. 27.

Quawana's Coats Needs: VOLUNTEERS!!!

- 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 drop-off sites
- Businesses/groups/clubs collection drives

Homeless & Hunger Needs:

- Hotel, travel or trial size hygiene items – soap, shampoo, toothpaste, toothbrush, lotion
- Razors, deodorant, lip balm, Tissues & toilet paper
- Gallon size plastic zip bags, toilet paper, socks,
- Non-perishable snack items
- Backpacks & umbrellas.
- Small blankets, towels, wash cloths

For more information about the Homeless & Hunger program contact Misty at (931) 526-9793, ext. 224, or email mparker@highlandsrs.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. and Friday 8:30 a.m. – 12 p.m. (closed for lunch 12-1 p.m.).

Melinda's MEMOS



It's Annual Recertification time again for Baxter and

Celina residents. You should receive a letter notifying you of your interview date and time and required documentation to bring with you. If you have any questions please call me at (931) 526-9793, ext. 220.

Kathy's CORNER



LIHEAP applications for winter energy assistance are

now available at all local UCHRA offices and are also available in the HRS main office lobby.



TIMELY TIDBITS

Halloween is Tuesday, Oct. 31st. Please be careful while trick or treating and watch for children while driving. *Daylight Savings time* is coming up on November 5. Clocks "fall back" one hour.



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

T.E.A.M. RESIDENT COUNCIL

Our meeting this month will be Tuesday, October 10 with a day trip to the Muddy Pond General Store and to experience Muddy Pond molasses making. Transportation seating is limited, so if you would like to go, you must call Misty at (931) 526-9793 Ext. 224 for a reservation. First come, first served. Be at the main office parking lot at 9:30 a.m. You may also drive your own vehicle. You will need money for lunch and any purchases you wish to make.

T.E.A.M. Resident Council Election results:

New officer positions are:

President: Cindy Babineau

Secretary: Carrie Webb

Vice President:

William Moss Thurman

Historian: David Palmer

New Employee: Join us in welcoming new maintenance mechanic, Doug Whitehair, whose first day was Sept. 11. Doug has lived in the Upper Cumberland all his life and currently resides in Cookeville. Doug states he is happy to be with HRS.



Misty's MINUTES

Walnut Village/Willow Heights

residents will meet Wednesday, Oct. 25, from 1-3 p.m. at the Walnut Village manager's office #R-5. The date has been changed due to the Senior Expo. We'll have a Halloween Social and costume contest. So feel free to wear a costume and bring your favorite finger food or dessert. We hope to see you there.

Senior Expo 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. 19, anytime between 9 a.m.-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 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!

Questions about any of this information – call Misty at (931) 526-9793, ext. 224.

Genesis Career College of Cookeville is offering special discounted prices just for HRS residents on almost all of the services their students are learning. Expect great prices such as: shampoo, cut and style for \$6, dry haircut for \$3, basic manicure for \$4, basic perms start at \$20.00 and updo styles for \$5 off, and much more. You do have to see me for housing verification before using this service. For more information, call Misty at (931) 526-9793, ext. 224.

The "Eating Smart at Home" cooking class

was a big success with 16 graduates. The class was taught by Halie Beason of the UT Extension office. Be watching your newsletter for more great classes and programs from the Putnam County UT Extension office.



Resident Linda enjoyed cooking with Halie



YOUTH NEWS WITH SHAQUAWANA

FALL FUNDAY

HRS kids in grades K-12 are welcomed to join us for our seventh annual Fall Funday. We'll have lots of games, crafts, art projects, outdoor activity, fun and free lunches. Each year this event gets bigger and better, and we want you there! We'll have lots of fun games, crafts, art projects, outdoor activities and free lunches.



Pine Ave. 2016 Fall Funday

Fall Funday Dates: Times are: 11 a.m. to 1 p.m. at the following sites:

- Cookeville - TNT Center, 706 Pine Ave., Tuesday, October 3
- Monterey Community Room - Wednesday, October 4
- Gainesboro Old Manager's Office - Thursday, October 5
- Boatman/Darwin at the parking area on Darwin St. (will cancel if rain) - Monday October 9
- Celina Soil Conservation Office - Wednesday, October 11
- Baxter Community Room - Thursday, October 12

Quawana's Closet located at 706B Pine Avenue is open on Tuesdays in October from 1:30-3 p.m. (closed Oct. 24 in preparation for Quawana's Coats) in preparation for Quawana's Coats. Other times possible by appointment, please call Shaquawana for more information at (931) 526-9793, ext. 213. Please note the closet may close for scheduling conflicts. For all HRS residents. Bring identification. Free clothing of various sizes for children and adults.



TEENS NEED
TRAINING

WISH LIST

- Packaged snack items and Halloween treats
- Bottled water and juice pouches
- Antibacterial soap and hand sanitizer
- New books for teens
- Puzzles and puzzle books for all ages
- Disposable plates, cups, napkins, spoons, forks

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

Drug Take Back Day sponsored by Power of Putnam and several community partners is Saturday, Oct. 28, from 10 a.m.-2 p.m.

Drop off locations are: Andy's Pharmacy in Cookeville, both Walgreens locations, Nunally Drugs in Baxter, Algood Police Department, Monterey Drugs and Quawana's Coats. Please leave all medication, including over the counter drugs in original bottles, but mark out your name. Liquid and aerosol medications and syringes are not accepted. While dropping off your medications, please register for a gift basket prize filled with all kinds of goodies!

Don't want to wait? Permanent dropoff locations are Willow Avenue Walgreens, the Putnam County Sheriff's Department and these police departments: Algood, Cookeville and Monterey. These locations have a box, similar to a mailbox, that you simply drop your medications into.

Why use a drop site? This is a safe way to dispose of medications. When drugs are flushed down the toilet, they become part of the water system. Expired or unused medications are not always safe to take. Proper disposal helps keep medications away from children and older youth. All drugs collected are taken by the Drug Enforcement Agency to be destroyed by fire.

Need a bed? The Community Advisory Board has some good used extra-long twin mattresses for any low-income children in the Upper Cumberland area who currently have no bed at all. For information or to request a bed, please call Shaquawana at (931) 526-9793, ext. 213.

Upper Cumberland Fall Job Fair will be held Thursday, Oct. 5 from 9 a.m.-1 p.m. at the Putnam County Veteran's Hall, 90 East Spring St., Cookeville. Come prepared to meet local employers such as Flexial, RE West, Transtar, THK Rhythm and more! Prior to the job fair, resume assistance, interview coaching and dress for success workshops are available. For more information, call Megan Kelly at (931) 520-8733 or email mkelly@mchra.com or visit <http://www.uccareercenter.com/contactinfo.html>.

And the winner is...

Our Cool Contest winner from the September newsletter is Tammy Davis of Walnut Village in Cookeville, who won the Cuisinart stainless steel microwave convection oven. Congratulations to Tammy and many thanks to all the residents who entered the contest and read their newsletter!



 **OCTOBER 2017**

S	M	T	W	T	F	S
1 RENT DUE!	2	3 Fall Funday - Pine Ave. 11 a.m. - 1 p.m. Quawana's Closet Open 1:30 p.m. - 3 p.m.	4 Fall Funday - Monterey 11 a.m. - 1 p.m. WALNUT VILLAGE RENT COLLECTION	5 Fall Funday - Gainesboro 11 a.m. - 1 p.m. <i>Job Fair</i> 9 a.m. - 1 p.m.	6	7
8	9 Fall Funday - Boatman Area 11 a.m. - 1 p.m. WILLOW HEIGHTS RENT COLLECTION	10 TEAM Resident Council Muddy Pond Day Trip 9:30 a.m. Quawana's Closet Open 1:30 p.m. - 3 p.m.	11 Fall Funday - Celina Open 11 a.m. - 1 p.m. LATE FEES ADDED PEST CONTROL TREATMENT DAY	12 Fall Funday - Baxter Open 11 a.m. - 1 p.m.	13	14
15	16  TNT: After-School Program NON-PAY EVICTION NOTICES GO OUT	17 Quawana's Closet Open 1:30 p.m. - 3 p.m. KIDS Matter Reading Program	18  TNT: After-School Program	19 Senior Expo 9 a.m. - 1 p.m. <i>Board Meeting</i>	20	21
22	23  TNT: After-School Program	24 KIDS Matter Reading Program	25 <i>Walnut Village/Willow Heights</i> 1 p.m. - 3 p.m.  TNT: After-School Program	26	27	28 <i>Drug Take Back Day</i> 10 a.m. - 2 p.m. Make a Difference Day: <i>Quawana's Coats and Homeless & Hunger</i> 10 a.m. - 1 p.m.
29	30  TNT: After-School Program TOMORROW: LAST DAY CALL IN FOR PEST CONTROL	31 Quawana's Closet Open 1:30 p.m. - 3 p.m. KIDS Matter Reading Program  HALLOWEEN	 MARK IT: 11/5 Daylight Savings Time "Fall" back one hour 			



MAIL
P.O. Box 400

OFFICE
235 W. Jackson St.
Cookeville, TN 38503

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

PHONE
931.526.9793

EMERGENCY
931.260.6080

FAX
931.526.5841

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

POLICY REMINDERS



The HRS Smoking Policy is now in effect for all HRS homes. A copy of the Smoke - Free Policy was mailed to all residents and is available at the HRS main office.

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.

