



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

MARCH/2019

"What Home Means to Me" poster contest



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THE HRS 11TH ANNUAL "WHAT HOME MEANS TO ME" POSTER CONTEST

has officially begun for all Highlands Residential Services youth in kindergarten to 12th grade.

All times are 11 a.m.-1 p.m. except Boatman/Darwin. You supply the kids, and we provide poster supplies, lunch and cash prizes!

- COOKEVILLE:** All youth living at 5, 6, 7, 8th/Pine & Cypress • Buffalo Valley/Coffelt • Algood Monday, March 11, at 706 Pine Ave., TNT Center/Police Substation
- BAXTER:** Tuesday, March 12, at 318 Alexander Street, Community Room
- MONTEREY:** Wednesday, March 13, at 819 Jackson Avenue, Community Room
- COOKEVILLE:** Boatman/Darwin Street, Wednesday, March 13, from 2-4 p.m. in the open grassy area on Darwin Street (weather permitting – Resident Services discretion)
- GAINESBORO:** Thursday, March 14, at 509 N. Murray St., the old manager's office
- CELINA:** Thursday, March 28, at 301 Green St., Soil Conservation Office

EATING SMART AT HOME LUNCH & LEARN

Halie Beason with the UT Extension Service will be teaching an eight-week "Eating Smart at Home" cooking and meal planning class. This is an opportunity to learn shopping tips, new menu ideas, healthy eating, food prep, food safety and more! The class will be part of our monthly Lunch & Learn programs.

Dates & Time: Tuesdays, March 12, 19 and 26, and April 2, 9, 16, 23 and 30 from 12-1 p.m.

Where: 706 Pine Ave., Cookeville, in the TNT Center of the Police Substation

Who: All HRS residents

FAQ's: Every class is different. You do not have to attend every class, but we hope you can. There will be food samples and recipes, a light lunch, freebies, door prizes and a certificate of attendance.



Melinda's MEMOS



HAPPY SPRING!!! If you live on Buffalo Valley Road/Cof-

felt Street or Willow Valley Court/Newman Drive and missed your recertification, please contact me at (931) 526-9793, ext. 220, to re-schedule your interview.

Daylight savings time begins Sunday, March 10. Clocks "spring forward" one hour.

Kathy's CORNER



Bountiful Bread is back!!! At our monthly Lunch &

Learn program, we will distribute deli breads and pastries on a first-come, first-served basis to attendees. We had two huge baskets full for February. We never know what we will have, so just come and check it out.

Chelsea's CHAPTER



Reminder: Anyone having overnight guests for more than

six nights in a row must notify management in writing. No resident may be permitted to have guests for more than 21 nights per year without prior, authorized permission.

Walnut Village/ Willow Heights

residents are invited to our afternoon social on Thursday, March 14, from 1-3 p.m. at the Walnut Village manager's office #R-5.

St. Patrick's Day

is this month, and we have the luck of the Irish. Lisa Luck, that is, has a passion for waste reduction or reusing and environmental stewardship. She will present a "Go Green" program. Lisa always has lots of great ideas and excitement for what she does, so grab your neighbor and head on over. We'll have lunch and door prizes. All Walnut Village/ Willow Heights residents are welcome to attend. In case of bad weather, the snow date will be Wednesday, March 21.

Congratulations to all who registered in our lobby for the gigantic box of yummy Russell Stover chocolates. We actually gave away eight boxes just in time for Valentine's Day. The winners were Ronnie Smallwood, Linda Walker, Crystal Lack, Amanda Coon, James O'Brien, Sallie Lewis, Carol Knauss and Maria Cutsinger. Many thanks to Russell Stover for the candy donations.



RAM (Remote Area Medical) Clinic is back! Free and open to the public. March 16-17 at Cookeville High School, 2335 N. Washington Ave., Cookeville.

The parking lot will open no later than midnight. Numbered patient admission tickets will be handed out, first come, first serve, beginning at 3 a.m., one ticket per person (must be present). Clinic doors will open at 6 a.m. Patients will be admitted in numerical order by ticket # and a ticket is required for admission.

The basic services can include:

- DENTAL: Cleaning, fillings, extractions
- VISION: Complete dilated eye exams, testing for glaucoma and diabetic retinopathy, glasses made on site
- MEDICAL: General medicine
- PREVENTION: Breast exams, diabetes screening, physicals, women's health
- EDUCATION: Educational resources and information are provided throughout service areas

NOTE: Due to time constraints, be prepared to choose between DENTAL and VISION services. All patients will have the option of receiving DENTAL and MEDICAL care or VISION and MEDICAL care, but not DENTAL and VISION care on the same day.

Often, people begin arriving several hours before the parking lot even opens. The earlier you come, the greater your chances of being seen by a doctor. No proof of residency or income is required. Bring all medications that you take every day and take them just like you normally do. Because you will likely wait outside of the clinic site until the clinic begins, it is suggested to check weather conditions and prepare accordingly. It's also a good idea to bring food, water and entertainment like books or games.

REGULATIONS REQUIRE

that ONLY those residents of public housing, Walnut Village or Willow Heights (as listed on the current lease) can receive mail at one of our addresses, and NO ONE ELSE.

Please be sure that your address is not given out or used by any individual or family who is not listed on your current lease. Failure to do so may violate the terms of your dwelling lease.



YOUTH NEWS WITH SHAQUAWANA

For more information about any of the following, please contact me at (931) 526-9793, ext. 213.



Scholarships TAHRA (Tennessee Association of Housing & Redevelopment) is offering higher education scholarships to approved individuals who are recent high school graduates enrolling as first-time freshmen and adults who have gone back to school. This includes community college, universities, vocational or technical school. Applications are at the HRS main office and due back by April 1.

The Cookeville Police Athletic League also provides a scholarship opportunity for TTU students — either first-time freshmen or adults who have returned to school. For more information, please contact Kathy at (931) 526-9793, ext. 212.



Headed to prom this year and need a dress to wear? Save some money by checking out the great prom dresses at Quawana's closet in a variety of styles and sizes. If you would like to borrow one, just let me know.

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

Are you an artist or crafter? We are looking for a few good volunteers to spend just one hour per month teaching these skills to our KIDS Matter or TNT youth. To get started today, just give me a call.

Attention Community Partners We are currently planning our KIDS summer lunch program and our TNT summer day camp. If you or your group could spend one day or more (just three hours per day) providing an activity at the lunch program, please let me know. We are also looking for businesses or organizations to spend a short time with the teens this summer demonstrating what you do, teaching job or practical life skills or just interacting with them.

Our annual Easter egg hunt will be held on Good Friday, April 19. Mark your calendars now and be watching for loads of great candy, prize baskets and the Easter bunny!

WISH LIST:

- Individually-wrapped Easter egg candy
- Plastic Easter eggs
- Small toys for Easter baskets
- Plastic plates, cups
- Forks, spoons, napkins
- Individually wrapped snacks

KIDS matter
KIDS INVOLVED IN DAILY STUDIES

RESOURCE CENTER

Don't forget — **Quawana's Closet**, located at 706 Pine Ave., is open every Tuesday from 1:30-3 p.m. for all HRS residents. The closet has free clothing of various sizes for children and adults and, occasionally, household items. New seasonal items arrive all the time. No questions are asked except to bring identification. Please note the closet may close for scheduling conflicts or bad weather. This is a great opportunity to attend the "Eating Smart at Home" cooking class, then head on over to the closet.

Summer AmeriCorps If you or someone you know would be interested in our summer AmeriCorps Youth Program Assistant position please call Kathy at (931) 526-9793, ext. 212. The position will begin in late May and last for 10 weeks, 30 hours per week. AmeriCorps provides a living allowance (money deposited in your bank to use as you wish) and money for education while not affecting any current benefits.

Volunteers are a very important part of our programs, and we have several residents who volunteer with us. Some residents volunteer with other community programs. We want to hear about all the great things you are doing, so if you serve as a volunteer, please call Kathy G. at (931) 526-9793, ext. 224.

This is the recipe we used for Lunch & Learn and Walnut Village/Willow Heights social in February. It received great reviews, plus it's super easy to prepare.

Chicken & Rice

- 1 box original recipe long-grain and wild rice (such as Uncle Ben's)
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 can water
- Chicken tenders or breasts — 2 pounds or so

In a greased 9" x 13" pan, mix the rice, cans of celery and mushroom soup and can of water (can add another can of water for more moist rice). Arrange the raw chicken on top of the rice mixture. Cover and seal with aluminum foil. Bake at 350° for 2½ hours. Do not peek or open foil! Makes 4 servings. Recipe can easily be doubled. Smells incredible and is so yummy!!!

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

 **MARCH 2019**

S M T W T F S						
					1 RENT DUE!	2
3	4  TNT: After-School Program WALNUT VILLAGE RENT COLLECTION	5 Quawana's Closet Open 1:30-3 p.m.  Reading Program	6  TNT: After-School Program	7  Reading Program	8 WILLOW HEIGHTS RENT COLLECTION	9
10 DAYLIGHT SAVINGS TIME BEGINS Spring clocks forward 1 hour	11 Pine Ave. Poster Contest 11 a.m.-1 p.m. LATE FEES ADDED	12 Baxter Poster Contest 11 a.m.-1 p.m. Lunch & Learn "Eating Smart at Home" 12-1 p.m. Quawana's Closet Open 1:30-3 p.m.	13 Monterey Poster Contest 11 a.m.-1 p.m. Boatman/Darwin Poster Contest 2 p.m.-4 p.m. PEST CONTROL TREATMENT DAY	14 Gainesboro Poster Contest 11 a.m.-1 p.m. Walnut Village/ Willow Heights 1-3 p.m. "Go Green"	15 NON-PAY EVICTION NOTICES GO OUT	16 RAM CLINIC
17 RAM CLINIC  ST. PATRICK'S DAY	18  TNT: After-School Program	19 "Eating Smart at Home" cooking class 12-1 p.m. Quawana's Closet Open 1:30-3 p.m.  Reading Program	20  TNT: After-School Program	21  Reading Program Board Meeting	22	23
24	25  TNT: After-School Program	26 "Eating Smart at Home" cooking class 12-1 p.m. Quawana's Closet Open 1:30-3 p.m.  Reading Program	27  TNT: After-School Program	28 Celina Poster Contest 11 a.m.-1 p.m.  Reading Program	29	30
31 LAST DAY TO CALL IN FOR PEST CONTROL						



MAIL

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

All Resident Services activities operate 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.

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.

