



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

MAY 2020



TNT members enjoying farm life at TTU in 2019

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TIPS TO PREVENT THE SPREAD OF COVID-19 VIRUS – see page 2.

SUMMER LUNCH PROGRAM WILL (HOPEFULLY!) BEGIN THIS MONTH. – Details page 3.

GREAT IDEAS FOR STAYING AT HOME. – See page 3 for more information

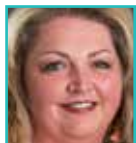
In the blink of an eye, life can become very different for any or all of us. With the devastating tornado in March quickly followed by the COVID-19 virus resulting in social isolation, life has dramatically changed. We remain optimistic that this, too, shall pass, and we will become stronger together. Normally, our Resident Services Department has lots of things happening each month, which was the case in April. However, all of our April events were canceled so we could do our part in slowing the spread of the virus. The Highlands Residential Services monthly newsletter is generally prepared and sent for printing by the 15th of the month so that it can be mailed out in time for the first of the next month. Sometimes it is challenging to plan that far in advance.

If social distancing restrictions are lifted in May, we look forward to returning to our ongoing programs: weekly bread distribution, Quawana's Closet and Lunch & Learn. We also hope to have The Village Center open house at some point and to begin regular resident programs and activities there. Plans are still in the works to begin our Summer Lunch Program on May 26; be watching our Facebook page for information closer to time. Currently, we do not know the status of any summer camps that many HRS youth attend. As we receive information on any programs or events of interest, we will post those in our main office lobby or on Facebook, or you can call our Resident Services Department at (931) 526-9793 – Kathy S. at Ext. 212, Shaquawana at Ext. 213 or Kathy G. at Ext. 224.

For questions concerning your rent, household changes, work orders, etc., please call the main office at (931) 526-9793, Ext. 210. The HRS office hours may be adjusted in May due to the COVID-19 coronavirus.



Melinda's MEMOS



I hope everyone is staying safe at home. You will be notified

when we resume the normal recertification process. Thank you for your understanding and cooperation.

Kathy's CORNER



Mother's Day is Sunday, May 17. Let's be especially thank-

ful for all those moms out there and those who serve in a motherly role. The main office is closed Monday, May 25, for Memorial Day. Please remember all those who have served in our armed forces.

Chelsea's CHAPTER



The process of installing cable TV and internet is ongoing at Walnut Village.

At this time, Walnut Village has **NOT** begun paying for that service. You are still responsible for your entire cable bills. Once the property-wide service is completely hooked up, Spectrum will automatically adjust your bills. Please do not call to have your Spectrum cable disconnected at this time.

CAPTAIN RALPH WALKER COLLEGE SCHOLARSHIP

If you are a current TTU student or will begin TTU this fall and have been a resident of Highlands Residential Services for at least one year, you may be eligible for this scholarship. For more information or to apply, simply call Kathy S. in resident services at (931) 526-9793, Ext. 212, by May 8.

THE 2020 CENSUS

The census has been mailed out. If you have not completed your census, please do so today. You can reply online, by mail, or by phone at 1-844-330-2020. Learn more about the 2020 Census at www.census.gov.

Social distance causing you to feel isolated or alone?

Michael Anderson of the TN Suicide Prevention Network tells us we are never alone. Often, stress and uncertain times can cause us to feel overwhelmed or out of control. This is a normal part of life, and it's okay to feel this way. Sometimes, you just need to talk to someone who understands what you're feeling. **Free** and confidential 24-hour help is available by calling the **800-273-8255 (TALK)** or by Texting "TN" to 741-741.



KATHY G'S NEWS & VIEWS

Here is a simple, yet tasty, recipe that participants learned at the Eating Smart at Home cooking class last year:

RAMEN NOODLE SKILLET

- 2 teaspoons oil (canola or vegetable)
- 1 cup onion (medium size), chopped
- 1 carrot (chopped or sliced into small pieces)
- 2 cups frozen broccoli stir fry vegetable mix, thawed
- 2 cups **cooked** meat or poultry (cut into bite-size pieces)
- (1) 3-oz. package beef-flavored ramen noodles (broken into pieces)
- 1 cup of water or broth

1. Heat oil in a large skillet. Add onion and carrot. Sauté until soft, about 5 minutes.
2. Thaw the broccoli mix in microwave; drain.
3. Add broccoli and cooked meat to the skillet. Stir and heat about 2 minutes.
4. Mix the noodle seasoning into the water/broth. Stir into the skillet.
5. Break apart the ramen noodles. Add to the skillet when the water/broth starts to simmer. Stir to moisten the noodles. Cover the skillet and cook until done, about 2 minutes. Serve immediately.

WAY TO GO TURNER FAMILY OF COOKEVILLE

While social distancing at home, it's hard to keep six active children occupied! Michael and Amanda Turner wanted to be able to help others during the COVID-19 virus, so they and the kids got busy sewing face masks – lots and lots of face masks! They have donated these to medical personnel and other persons in need. Their efforts did not go unnoticed. It made the rounds on Facebook and the local Herald-Citizen newspaper, and they were on Channel 4 evening news in Nashville. We are very proud of the Turner family and their children, five of whom are new members in our TNT and KIDS Matter after-school programs.



Remember to "like us" 
on our Facebook pages for updates.



YOUTH NEWS WITH SHAQUAWANA

I want to let each one of you know that we are in this together, and please don't forget to take care of yourself. While we may not be able to go out or hang around with friends or do activities we are accustomed to right now, we can still find ways to keep a healthy heart and mind. Some things to do: 1) Call up an old friend or write a letter; 2) Take a walk around the block and enjoy the sunshine and the new blooms; 3) Read a book or catch up on those TV shows or movies you never get to finish!

If you have children at home, let them help you fix dinner or make cookies; contact a classmate; or write letters to each other while they are out of school. Make up a scavenger hunt of things kids can find in your yard or inside the house. Times of uncertainty can take a toll on our minds and bodies. If you need someone to talk to, please reach out.

Attention Community Partners – Quawana's Coats Most of us have spent more time at home in the last few weeks than we can recall, and I'm guessing (and hoping) that many of you have cleaned out closets. You may be planning to donate those items or have a yard sale. Either way, please consider donating your clean, gently-used coats, jackets, hats, scarves or gloves to be given away at our Ninth Annual Quawana's Coats on Oct. 24. Just call me if you can help.

"For more information about any of our youth programs, please contact me at (931) 526-9793, ext. 213."

Summer Lunch Program We are still hopeful we can start our Summer Lunch program on Tuesday, May 26, from 10 a.m.-1 p.m. each day at 706 Pine Avenue, Cookeville, for kids age 4 to 18. Each day, we will have free breakfast and lunch, and volunteers to provide fun kids' programs.



RESOURCE CENTER



CORONAVIRUS COVID-19 WHAT YOU NEED TO KNOW & DO

Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for having serious complications, although anyone of any age can contract the disease. Some persons have mild to no symptoms and pass it on to others without knowing. There is currently no vaccine.

THE BEST WAY TO PREVENT GETTING SICK IS TO AVOID BEING EXPOSED TO THIS VIRUS.

The virus is thought to spread mainly from person to person...

- Between people who are in close contact with one another (within about 6 feet)
- Through respiratory droplets produced when an infected person coughs, sneezes or talks

These droplets can land in the mouths or noses of people who are nearby or can possibly be inhaled into the lungs.

- Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol. Be sure to cover all surfaces of your hands and rub them together until they feel dry.
- Do not touch your eyes, nose or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people of at least 6 feet. Stay home as much as possible.
- Everyone should wear a cloth face cover (except children under age 2) when you must go out in public, for example, to the grocery store.
- If you do not have on your cloth face covering, remember to always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow or the inside of your clothing.
- Immediately throw used tissues in the trash and wash your hands with soap and water or use hand sanitizer.
- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Disinfect with alcohol- or disinfectant-based wipes, a bleach solution or rubbing alcohol.
- If surfaces are dirty, clean them by using detergent or soap and water prior to disinfection.
- To make your own bleach solution, mix 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronavirus when properly diluted. Be careful where you spray the bleach solution, as it could fade or spot certain fabrics or areas.

Lastly, if we all practice the above guidelines **all the time**, just imagine how the spread of things like the flu, stomach virus and other diseases would slow down or stop.

 **MAY 2020**

S M T W T F S

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SOCIAL DISTANCING RESTRICTIONS**

PLEASE NOTE: ACTIVITIES LATER THIS MONTH ARE SUBJECT TO CHANGE OR BE CANCELED DUE TO COVID-19/CORONAVIRUS SOCIAL DISTANCING RESTRICTIONS					1 RENT DUE!	2
3	4	5	6	7	8	9
10 	11 LATE FEES ADDED	12	13 PEST CONTROL TREATMENT DAY	14	15 EVICTION NOTICES FOR NON-PAY	16
17	18	19	20	21 Board Meeting	22	23
24	25  MEMORIAL DAY Office Closed	26 First Day: Summer Lunch Program 10 a.m. - 1 p.m. Quawana's Closet Open 1:30-3 p.m.	27 Summer Lunch Program 10 a.m. - 1 p.m. DELI BREAD DAY	28 Summer Lunch Program 10 a.m. - 1 p.m.	29 Summer Lunch Program 10 a.m. - 1 p.m. LAST DAY CALL IN FOR PEST CONTROL	30
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**MAIL**

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Cookeville, TN 38503**PHONE**

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**AFTER OFFICE
HOURS PHONE**

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FAX

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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 policy is available at the HRS main office.

NO FIREWORKS AT ANY TIME ON ANY HRS PROPERTY BY ANYONE.

No fireworks (includes bottle rockets, firecrackers, sparkers, poppers, etc.) at any time on any HRS property by anyone."



ADDRESSES: ONLY residents listed on the current lease can receive mail at one of our addresses and no one else.

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