



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

APRIL/2016



INSIDE THIS ISSUE

FREE MEDICAL CLINIC first come, first serve, two day general health clinic
MISSED YOUR LOCAL POSTER CONTEST? You can still enter!
COMMUNITY GARDEN is back and ready to get the community garden going



FREE RAM - Remote Area Medical Clinic

A great resource is coming to our area! This FREE, first-come, first-served general health care clinic will be held April 2-3, 2016, at Cookeville High School, 1 Cavalier Dr., Cookeville, TN 38506. The following information was taken from the RAM website, www.ramusa.org. You can also go to the link on our HRS Facebook page for more information about the Putnam County Remote Area Medical Clinic event. Volunteers and financial donations are also needed for the clinic.

What services does RAM offer?

- **Dental:** Cleaning, fillings, extractions
- **Vision:** Complete dilated eye exams, testing for glaucoma, testing for diabetic retinopathy, glasses made on site
- **Medical:** General medicine. No on-site surgery is available.
- **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.
- **How do I get into the clinic?** To enter a clinic, you will need a number, and to receive a number, you will need to be present when we provide them. No pre-registration is available.
- **Can I get a number for my friend or family member?** Because our services are free and resources are limited, we only give numbers to those who are physically present at the time of number distribution.

- **When do I receive my number?** We hand out numbers at the clinic location at 3 a.m. on clinic days.
- **When should I arrive to ensure I receive a number?** We open the parking lot at clinic sites at 12 midnight. Often, folks begin arriving several hours before the parking lot even opens. We can't tell you a specific time to come, but the earlier you come, the greater your chances of being seen by a doctor.
- **What should I bring with me?** We do not ask for proof of residency or proof of income. Bring a list of your medications and any medications that you will need to take that day. Just take them like you normally do. Because you will likely wait outside of the clinic site until the clinic begins, we suggest checking weather conditions and preparing accordingly. Since the wait can be a long one, it's also a good idea to bring food, water and entertainment like books or games.

▶ **GED TODAY!**

Have you ever thought "Maybe I should get my GED?" but seemed to always find reasons not to at least inquire about it? Now is a great time! In March, the Putnam County Adult Learning Center was at the HRS Main Office community room to begin helping residents take that first step, the placement test, to know where they would need to start their work. The next placement test will be on Wednesday, April 13, from 9 a.m.-noon. Everything is provided at no cost. If there is enough interest, we may be able to have GED classes at the main office. If you are currently living with HRS and working on your GED but would rather attend class here, let us know. Call Misty today at (931) 526-9793, ext. 224, to sign up.

Melinda's MEMOS



Recertification

If you live in Algood or on Willow Valley, Newman, Buffalo Valley or Coffelt and missed your recertification appointment, please call me as soon as possible at (931) 526-9793, ext. 220, to reschedule your interview.

Kathy's CORNER



Bountiful Bread distribution will be Tuesday, April 12, from 10 a.m.-noon

in the HRS main office community room. All residents are welcome to stop by for fresh deli bread items while supplies last. Remember to "like" us on our Facebook pages at Teens Need Training and Highlands Residential Services to check out all the great things happening.



TIMELY TIDBITS

Safety Tips - Please keep children and pets away from the mowers and move any items in the yard out of the path of the mowers. **Also, kiddie pools are not allowed.** Drive carefully and obey the speed limits in all HRS developments. Children will be playing, and people are outside more. Parents, please teach your child about outdoor safety.



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

T.E.A.M. RESIDENT COUNCIL

The council is composed of residents for the purpose of networking and helping other residents. The next T.E.A.M. Resident Council meeting will be Tuesday, April 12, from 10 a.m.-noon at the HRS main office community room, 235 West Jackson Street. This month, Jane Byers from the Goodwill Career Center will talk about the programs they offer and ways to help you land your ideal job. The Goodwill Career center is for anyone and not just for working at the Goodwill Store. Did you know they offer classes such as computer skills, forklift operation and food safety? Please come and find out more! Afterwards, everyone is welcome to stay for lunch; feel free to bring your favorite dish.

Resident Council will have a planning meeting on Tuesday, April 19, from 10 a.m.-noon. The council will be discussing the fundraiser next month and summer events for residents.

Don't forget, Resident Council has a suggestion box in the main office lobby where you can anonymously place your questions or comments. Please note that if you have a specific need, you should call that in to the HRS main office.

Dream Sweep Yard Sale is back again this year, and the council will be participating. This massive yard sale will be Saturday, May 7, from 7:30 a.m.-4 p.m. This is a great fundraiser for the council who will be selling barbecue sandwiches and sweet tea. Mark your calendars to find great bargains that day, and drop by the Highlands Resident Council T.E.A.M. booth for some awesome food!

Misty's MINUTES



Walnut Village Residents

Great things are happening at Walnut Village! On Thursday, April 21, at 2 p.m., Sgt. Anthony Leonard of the Cookeville Police Department will share information on senior safety and the latest scams targeting not just seniors but adults of all ages. We'll also have some light refreshments and perhaps some surprises! All Walnut Village residents are welcome to join us at Brenda's Walnut Village office # R-5.

Don't Quit, Just Come! Tobacco Cessation classes. April classes will be on the 12th and 26th from 2-3 p.m. at the HRS Main Office, 235 West Jackson St. Remember each class stands alone so you can attend one time or come on a regular basis. Plus, there's no joining, commitments or expectations. Our instructor, Randy Todd, has been teaching Quit 4 Life classes for over 20 years. In addition to teaching about cigarettes, cigars and chewing tobacco, he now focuses on any nicotine-related products, including e-cigarettes and vaping. Come and learn how this latest nicotine trend is marketed and how it can affect your health.

House of Deliverance Church is hosting a kids outreach on April 2 & April 16 at 2 p.m. at the HRS Algood homes. There will be games, puppet shows, crafts, music, food & fellowship. All residents invited.

CATS transportation is available through UCHRA in Cookeville. CATS is bus transportation that runs a set route or loop around town at the same time, stopping at various locations to pick up or drop off passengers. There are two routes - green and purple - which have various times, most beginning at 7 a.m. They have great, friendly bus drivers who can help you follow the routes and get to the locations you want to go to. You can also flag down the bus from the curb for a ride. The cost is \$1 each time you get on, or you can get an all-day pass for \$3. For disabled persons and those age 60 and over, the cost is 50 cents. These buses come through HRS sites in the Pine Avenue area, Walnut Village, Willow Valley, Boatman Street, the main office and within a block of Buffalo Valley. I have personally ridden the CATS bus, and it is super easy to navigate and affordable. If you would like more information about this or any of the programs listed here, please call me at (931) 526-9793, ext. 212.

Eat Healthy - Be Active Community Workshop continues. These free monthly nutrition workshops are continuing at the Putnam County Health Department, 701 County Services Drive, Cookeville. This month's class, featuring "Healthy Eating on a Budget," will be Thursday, April 14, and you can choose either the 10:30 a.m. or the 2:30 p.m. class. Call Katie at the health dept. (931) 528-2531, ext. 1046, today to register or for more information.

Community Garden. Longer days and warmer temperatures are here! Ellen and Sherrye from Sun, Seed and Soil Horticultural Therapy are back and ready to get the community garden going. Beginning April 1 and continuing every Friday through the growing season, Ellen and Sherrye will work with HRS residents at the community garden. You help grow the food, you eat the food! And there is no charge for this program. Transportation is available beginning at 8 a.m., as it's best to work in the garden before the day gets too warm. Adaptive tools, shelter and support are provided. You may bring water, snacks, and sunscreen and wear garden clothes/supportive shoes. To schedule a ride or for more information, call Sherrye at (931) 529-2427 or Ellen at (931) 261-2111.



YOUTH NEWS WITH SHAQUAWANA

Prom Dresses Quawana's Closet has received several donated formal dresses that would be great for proms or other formal events. I have lots of styles, colors and sizes. If you would like to borrow one, please contact me.

Missed your local poster contest? You can still enter! Simply design your poster at home and drop off at the HRS main office by noon on Friday, April 22, which is the deadline for all posters. Posters and crayons are available at the main office if needed. Posters will be judged that day, and the winners in each grade category will advance to the state competition. In 2009, Helen Priester was one of twelve national winners, and in 2012, Kayla Padgett was the Grand National Winner and won an all-expense paid trip to Washington, D.C. You, too, could win!

Summer Lunch program plans are underway for this year's lunches to be held at Pine Avenue. Be watching for more information in the May newsletter.

TNT summer day camp.

HRS We are planning to continue having the day camp four days a week, but new this year will be an extra week for a total of six weeks. Some of the awesome, fun things TNT kids do during summer day camp are swimming, cooking and culinary skills, hiking, learning life skills, movie day, fun parks, community citizenship, job training and much more! And it's all free! How can you get in on this? Youth are selected from being enrolled in the Teens Need Training (TNT) after-school program. TNT is for youth in grades 5-12 who live in or around HRS in Cookeville. Youth complete an application and, after interviews with the teens and their parent, may be accepted into the TNT after-school program. We do have a limited number of slots, but we currently have some openings. If you would like more information about this or any of the above programs, please call me at (931) 526-9793, ext. 213.



TNT members Madelynn and Izayah at work on computers

The Captain Ralph Walker Scholarship, established by the Cookeville Police Athletic League, is accepting nominees for scholarship funds to Tennessee Tech University. Criteria: Must be a prospective or current TTU student in good standing, must be a full-time student enrolled in any course of study leading to a TTU degree and must be a Highlands Residential Services resident for at least one year during the four years immediately preceding entry to TTU. For more information or to be nominated for the scholarship, please call Kathy at 526-9793, ext. 212, by April 25.

tnt TEENS NEED TRAINING WISH LIST

- Packaged snack items
- Clean plastic Easter eggs
- Sunscreen
- Hand sanitizer
- Beach towels
- Individual bottles of water
- Cleaning supplies of all kind

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 ←

Resident Council has received several suggestions/comments in the anonymous drop box. The council presented them to HRS management. Here they are, along with HRS responses in black.

- **Drink machines at community rooms such as Monterey.**
These require time to manage – maintaining and accounting. Plus, they are often damaged. There are businesses within short distances of all of our housing sites that either sell these products or have drink machines.
- **Turn the old park into a pool.**
We agree, pools are a lot of fun. However, they are not an allowable housing expense. We encourage everyone to utilize any public pools or water parks in their area.
- **Get rid of the drugs. Mandatory drug testing. Suspicious activity at an apartment. A woman has a lot of boyfriends who stay over.**
HRS would like to see all illegal drug activity eradicated. We work closely with groups such as Power of Putnam and local law enforcement to educate our residents on drug abuse. Illegal drug use is a criminal activity that should be reported to the local police by the person who witnesses the activity. Public housing does not have the legal authority to drug test residents. As far as suspicious activity, the witness would need to contact the office so we would know what the activity is. Please review your Resident Handbook regarding our guest policy. Specific issues regarding "traffic or guests" should be called in to the main office.
- **Do more for Baxter kids.**
Our resident services department provides the following activities on a yearly basis to children in Baxter, Cookeville/Algood, Monterey, Gainesboro and Celina: "What Home Means to Me" poster contest, Fall FunDay and the Easter egg hunt. Churches and other community groups are encouraged to sponsor block parties or youth day events in

these areas. We encourage all residents to send their children to these activities, which will show the needs and desires exist. We constantly look for new opportunities, funding, etc., to support expanding programs for youth in all our developments.

- **We need to put a stop to kids riding in other people's backyards. Also, kids ride their bikes and play in the streets without watching for cars, and it really is not good for their safety.**
Children do play outside. If a resident is having a particular issue, they would need to call the main office. HRS encourages all parents to be mindful of their child's safety, not only at home, but everywhere.
- **Be able to pay (rent, charges, etc) with debit card or online.**
Residents have inquired about the use of credit cards/debit cards. We agree this would be a convenient method of payment. Unfortunately, these payment methods generally have fees or charges that are charged to HRS. Because of that, we can only accept cash, checks or money orders at this time. Payments can be made in person or by mail.
- **New faucets, please. Air vents cleaned at least every five years.**
These are all maintenance issues/comments. HRS will be happy to look at your maintenance/ repair needs. Please review the work order request policy in your lease or Resident Handbook. Then contact the main office at (931) 526-9793, ext. 210, to place a work order. We need to know who you are to help you. If you feel the results did not meet your needs, please contact the main office again to request a review. HRS strives to ensure all our residents' homes are safe and in good order.
- **Stop maintenance men from playing loud music when they clean empty apartments. 7:30 is when it all starts up. "Make maintenance men pass inspection in their homes."**
If you need help with a particular staff person or department, please call the main office so this can be addressed properly.
- **I feel this council has gone above and beyond when it was first started four years ago. Glad to see it moving forward!**
Thank you! As always, we love positive comments.

 **APRIL 2016**

S M T W T F S

7 MARK IT: 5/7 Dream Sweep Yard Sale Saturday, May 7					1 RENT DUE! <i>Community Garden</i>	2  RAM CLINIC <i>House of Deliverance, Algood</i> 2 p.m.
3  RAM CLINIC	4 WALNUT VILLAGE: Rent Collection 10 a.m.-12 p.m.  TNT: After-School Program	5  <i>Celina</i> Poster Contest 11 a.m.-1 p.m. KIDS Matter Reading Program	6  TNT: After-School Program	7	8 WILLOW HEIGHTS: Rent Collection 10 a.m.-11 a.m. <i>Community Garden</i>	9
10	11  TNT: After-School Program TOMORROW: LATE FEES ADDED	12 <i>Bountiful Bread & TEAM Resident Council Meeting</i> 10 a.m.-12 p.m. <i>Tobacco Cessation Class: 2 p.m.-3 p.m.</i> KIDS Matter Reading Program	13 Adult Learning - GED Prep 9 a.m.  TNT: After-School Program	14 Eat Healthy, Be Active Workshop 10:30 a.m. or 2:30 p.m.	15 NON-PAY EVICTION NOTICES GO OUT <i>Community Garden</i>	16 <i>House of Deliverance, Algood</i> 2 p.m. New Beginning Fellowship Church Food Pantry 9 a.m.-11 a.m.
17	18  TNT: After-School Program	19 <i>TEAM Resident Council Planning Meeting</i> 10 a.m.-12 p.m. KIDS Matter Reading Program	20  TNT: After-School Program	21 BOARD MEETING Walnut Village Senior Safety 2 p.m. Healthy Eating Workshop 10:30 a.m. or 2:30 p.m.	22 <i>Community Garden</i> Deadline for Poster Contest Entries 12 p.m. noon	23
24	25 <i>Deadline for Captain Ralph Walker Scholarship</i>	26 <i>Tobacco Cessation Class: 2 p.m.-3 p.m.</i>	27	28 TOMORROW: LAST DAY TO CALL IN FOR PEST CONTROL	29 <i>Community Garden</i>	30



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P.O. Box 400

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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.



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.

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

