



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

AUGUST/2014



INSIDE THIS ISSUE



LAY OUT THE WELCOME MAT HRS selects coordinator for adult programs.
REMINDER With free Tobacco Cessation classes, what excuses are left?
YOUTH NEWS Enjoy a recap of the 2014 TNT Summer Day Camp experience.

LAY OUT THE WELCOME MAT

Announcing New Hires at HRS

Highlands Residential Services is pleased to announce that beginning August 15, Shaquawana Wester will be employed full-time with HRS. For the past three years, Shaquawana has been an AmeriCorps volunteer serving as our youth programs coordinator. She will continue in her work with Teens Need Training (TNT) members and their parents and in other youth programs.

HRS is also pleased to announce that beginning August 6, Sammie Ferrell will begin as an AmeriCorps volunteer and will serve as the adult programs

coordinator. Sammie and her children have been HRS residents for more than a year. She is nearing completion of her studies at Nashville State Community College with plans to obtain a bachelor's degree in health care administration from Tennessee Tech. Sammie has also worked as an in-home respiratory therapist. In her new role with HRS, she will be making home visits to meet and assist our residents.

(PHOTO: Right, Sammie, right, with her daughter Jameika, left, who is also enrolled in our TNT program.)





Melinda's MEMOS



Summer is ending, but recertifications are not.

If you live

on Boatman or Darwin streets in Cookeville, or if you live in Gainesboro and missed your annual recertification appointment, please call me at 931.526.9793 ext. 220 to reschedule.

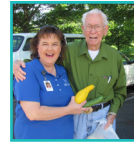
Kathy's CORNER



Don't forget our monthly bread distribution during

Resident Council meetings. You do not have to attend the meeting to receive the bread, but we'd sure love to have you. Plus attendance counts as four hours of community service!

Food FORUM



On July 3, HRS and AAAD distributed 120 bags of squash to

HRS residents. Because availability of produce is shared last-minute, be on the look out in our front office windows, our Facebook pages, and – if time permits – the newsletter for advance notice!



ANNOUNCEMENTS

Resident Council. The next meeting is Tuesday, August 12, at the HRS main office from 10 a.m. to 12 p.m. Vickie Wilson of Ten Broeck will share her personal story, "The Impact of Addiction on Families." If you or someone you know has dealt with addiction, don't miss this. Also this month, "Meet the Council" officers will be in Celina. And the Council will be taking nominations for vice president and treasurer.

The Council has another yard sale fund-raiser set for Saturday, September 6. All donations are accepted except clothing. For drop-off or pickup, contact Alvin Gentry at 931.858.1145 or 931.260.0759.

Attendance at Council meetings counts as four hours of community service and is open to all residents.

Maintenance Minutes. Please keep your yard clear for lawn mowers. No swimming/wading pools are allowed.

REMINDER: No Excuses; It's Time to Quit!

With our Tobacco Cessation classes available at no cost, smokers and tobacco users have no more excuses and every advantage to make some lifesaving changes. So ...

ASK YOURSELF SOME QUESTIONS: As a smoker, have you ever sent your child to day care or school reeking of cigarettes? Can you not sit through a meal in a restaurant, a movie in a theater or even a church service without being so distracted by your thoughts of "How much longer until I can go smoke?" Do you really want your child born addicted to nicotine or for his or her first sounds to be a cough instead of "Mama" or "Dadda"? Can you no longer walk up a few steps or a slight incline without being so out of breath that you didn't think you would make it? Do you think these are things that only happen to long-term, heavy smokers? Guess again; these are things that happen to anyone at any age who smokes.

TAKE ACTION: Please consider coming to our "Don't Quit, Just Come" Smoking/Tobacco Cessation classes on Tuesday, August 12, and Tuesday, August 26, from 4 p.m. to 5 p.m. at the HRS main office, 235 West Jackson St. There are no judgments nor expectations. We can teach you the skills to 1) avoid starting the habit of smoking or 2) "Quit 4 Life" now.

HELP OTHERS: You do not have to be a tobacco user to attend. You may simply care about someone that needs to quit. Or you may be worried about the possibility of someone you know starting to use tobacco products. This class has information for you too.

PAY NOTHING, GAIN EVERYTHING: This is free and open to the public, and you can participate at any time. Each meeting counts as two hours of community service for HRS residents. The class is sponsored by HRS and the UC Anti-Tobacco Coalition along with Power of Putnam and Quit 4 Life. If you have any questions, please call Kathy at 931.526.9793 ext. 212.



YOUTH NEWS WITH SHAQUAWANA

Participate in TNT and Reap the Rewards!

TNT SUMMER RECAP

The TNT Summer Day Camp was another awesome success! Our teens enjoyed swimming, gourmet cooking classes, learning about healthy eating habits and touring the vegetable garden of Lt. Mike Smith (after which they got to bring home lots of goodies). Our Day Camp participants also visited US Bank and Averitt Express **(PHOTO: Right)** where they learned lessons in business. And of course they



had lots of fun shopping for new school shoes, going to local parks, bowling and playing games. All meals and costs were provided.

TNT BENEFITS

Participating in the Summer

Day Camp is one of the many benefits of participating in the TNT after-school program. In order to enjoy all the fun and unique experiences, our after-school program members are expected to complete homework assignments and maintain good grades. And we help by providing tutoring and computer lab access.

If you have any questions about our TNT programs, call 931.526.9793 ext. 213.



- **Back-to-school supplies**
- **Teen hygiene items**
- **Used or new coats and jackets (all sizes)**

TNT operates under Highlands Residential Resources, which is a 501(c)(3) nonprofit. Donations are greatly appreciated.

RESOURCE CENTER:

Have a Care, Join the Fun

TENDER LOVIN' CARE

TENNderCARE is a full program of checkups and health care services for children who are covered by TennCare. Services include:

- Complete physical exams
- Lab tests
- Vision/hearing screenings
- Immunizations
- Developmental and behavioral screenings
- Health histories
- Advice on keeping children healthy

These services make sure children of all ages receive the health care they need. Good health begins at birth, so remember

to "Check In, Checkup and Check Back" with your doctor.

To make an appointment, contact your child's doctor or the health department. For transportation or other information, call the TennCare information line at 1.866.311.4287.

STREET R.A.G.E. YOUTH DAY

Street R.A.G.E. (Reaching A Generation Effectively) Youth Day, sponsored by First United Pentecostal Church, will be held on Saturday, August 23, from 11 a.m. to 1 p.m. at the Monterey community room, 819 Jackson St. Loads of fun, games, food and words of encouragement. All residents are welcome!



TIMELY TIDBITS

AFTER THE BEEP.

Please leave HRS clear voice messages with your name and a working phone number so your call can be returned.

GET AHEAD.

HRS offers eight hours of service opportunities each month.

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.



AUGUST 2014

S M T W T F S

					1	2
					RENT DUE!	
TAX-FREE holiday for certain back-to-school items						
3	4	5	6	7	8	9
	WALNUT VILLAGE: Rent collection.			WILLOW HEIGHTS: Rent collection.		
10	11	12	13	14	15	16
COMMUNITY SERVICE: Due Date.	LATE FEES ADDED. TNT: After-School Program.	Resident Council and "Bountiful Bread" Main Office 10 a.m. to 12 p.m. Tobacco Cessation 4 to 5 p.m.	tnt TNT: After-School Program.		EVICTON NOTICES FOR NON-PAY/ COMMUNITY SERVICE.	
17	18	19	20	21	22	23
	tnt TNT: After-School Program.		tnt TNT: After-School Program.	BOARD MEETING		Street R.A.G.E. Youth Day 11 a.m. to 1 p.m.
24	25	26	27	28	29	30
	tnt TNT: After-School Program.	Tobacco Cessation 4 to 5 p.m.	tnt TNT: After-School Program.			
31						
LAST DAY TO CALL FOR PEST CONTROL.	3 MARK IT: 9/6 HRS Resident Council Yard Sale Fund-Raiser					



MAIL
P.O. Box 400

OFFICE
235 W. Jackson St.
Cookeville, TN 38503

PHONE
931.526.9793

EMERGENCY
931.260.6080

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



DOWNLOAD IT

To download a digital version of our calendar, please visit HighlandsRS.com.



iCal



Google

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.

