



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

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GET TECH-SAVVY Learn how to keep up with your kids in the digital world.
DON'T MISS OUT Attend College Goal Sunday for financial aid information.
YOUTH NEWS Shaquawana recommends Head Start for early development.

STAY UP TO DATE

It's a ~~Cyber World~~ Kids' World After All

Today, if parents are not tech-savvy, they are ten steps behind knowing what goes on in their children's lives.

Even if your children don't have cell phones or computers, it doesn't mean they don't have access to these devices.

(PHOTO: Right, TNT member Kiara works on an iPad.) According to a study by Common Sense Media, 40 percent of children ages 2 to 4 can use everything from TVs to mobile devices and apps.

HRS is pleased to offer information that can help you keep up with the technology in your children's world. All are invited to a Lunch and Learn

session on Thursday, Feb. 13, from 12 p.m. to 1 p.m. at 235 W. Jackson St. in the HRS main office. (Please use the community room entrance.)

Shaquawana Wester, who presented this information at an AmeriCorps conference, will help you update your cyber knowledge so that you can keep your children safe from predators, bullies and – most of all – themselves.

If you have children of any age, you don't want to miss this. Attendance counts as four hours of community service. Please call 931.526.9793 ext. 213 to reserve a seat.



Melinda's MEMOS



If you live on Polly Hargis, W. Stevens, 5th streets or Pine

Ave. and missed your recertification, contact me at 931.526.9793 ext. 220 to reschedule. If you must leave a message, please state clearly and briefly your need, name and current phone number.

Becky's BLOCK



My office phone extension has changed. You

can now reach me at 931.526.9793 ext. 224. Please call if you have questions regarding community resources. An updated emergency assistance directory is available in the main office.

Kathy's CORNER



The bread distribution schedule has changed. As of now,

"Bountiful Bread" will occur the second Tuesday each month from 10 a.m. to 12 p.m. during Resident Council meetings at the main office. Please disregard the schedule in your HRS calendar.



ANNOUNCEMENTS

Resident Council. Join us Tuesday, Feb. 11, (Feb. 18 if snowed out) for a Valentine's Day social and a short business meeting. All are welcome, and attendance counts as four hours of community service.

Meet the Council. From Feb. 17 through 21, Resident Council officers will visit Algood to invite residents to participate in council activities.

Annual Yard Sale. The Resident Council is accepting donations for the second annual yard sale fundraiser. Items may be dropped off at the main office. For pickup, call Becky at 931.526.9793 ext. 224.

Maintenance Minutes. We will be installing electric water heaters and stoves on 6th and the 500 block on Cypress in Cookeville; Warren and Lane in Algood; and Reeves and N. Murray in Gainesboro.

DON'T MISS OUT: College Goal Sunday



What: College Goal Sunday

When: Sunday, Feb. 9, 2014, from 2 p.m. to 4 p.m.

Where: TTU campus

Details: Do you need information on how to obtain financial aid for college? At College Goal Sunday, you can get free on-site professional assistance filling out the Free Application for Federal Student Aid (FAFSA) form. And you can talk to financial aid professionals about financial aid resources, how to apply and more!

» For more information, visit tn.gov/collegegoalsunday, or call 1.800.342.1663. Brochures are available in the HRS main office lobby. This is a free service for anyone looking to go to college.

What to BRING?

(If Available)

- ☐ 2013 Federal Tax Return or other income documentation
- ☐ Social Security number
- ☐ Driver's license (if any)
- ☐ 2013 W-2 Forms or year-end pay stubs and other year-end records of money received
- ☐ 2013 untaxed income records - Social Security, Temporary Assistance to Needy Families, welfare, or veterans benefits records
- ☐ Your 2013 bank statements
- ☐ 2013 business and investment mortgage information; business and farm records; stock, bond, and other investment records
- ☐ Your alien registration card (if you are not a U.S. citizen)

If you plan on filling out the FAFSA at the event, bring:

- ☐ PIN# for the FAFSA. (Apply for your PIN# at pin.ed.gov)
- ☐ If possible, plan to attend with your parent/guardian.



YOUTH NEWS WITH SHAQUAWANA

Make Sure You Get a Head Start

GET A HEAD START

Kathy and I attended a conference in December sponsored by the Tennessee Commission on Children and Youth. There, we learned that 90 percent of all brain connections are made before your child even gets to kindergarten.

After we returned from the conference, we conducted our own informal survey of 18 children. For the children who did not attend Head Start or preschool, we observed that they had more difficulty in keeping

up in school than their peers. We also observed these children had attention and behavior challenges.

In addition to working with your child at home, the Head Start program is a great place for your child to develop. All my children have attended Head Start or preschool, and I have been amazed by what they learned there. Please give Head Start a call at 931.372.8021.

DON'T FORGET

The "What Home Means to Me"

poster contest will start next month. Look for more details in your March newsletter.

COLLEGE SCHOLARSHIPS

Applications for upcoming college freshmen or adult continuing education scholarships are available at the main office.

These scholarships are for residents of Highlands Residential Services only and are due by March 31, 2014. If you have any questions, please call Kathy at 931.526.9793 ext. 212.

RESOURCE CENTER:

Pick Up a Coat, Put Out the Cigarette

WINTER CLOTHING GIVEAWAY

First United Methodist Church's Angel's Attic will be giving away winter clothing every Tuesday of February from 2:30 p.m. to 5 p.m. at the Wesley Chapel, 155 East Broad St. No requirements are necessary. Angel's Attic also sponsors a food pantry. Please see the church's website at cookevillefumc.org/missions for more information and requirements.

LEAVE IT IN THE ASHTRAY

Our tobacco cessation class is planned for Tuesday, Feb. 11, from 4 p.m. to 5 p.m. at 235

West Jackson St. in the HRS main office. This class is sponsored by HRS and the Upper Cumberland Anti-Tobacco Coalition in conjunction with Quit 4 Life and the Power of Putnam. Attendance counts as two hours of community service.

MARK IT: 2/11
Tobacco Cessation
Class from
4 PM - 5 PM.

RSVP to Kathy at 931.526.9793 ext. 212 by noon on Monday, Feb. 10. In case of bad weather, the class will be cancelled. Please call 931.526.9793 if you are unsure.



TIMELY TIDBITS

BEAT THE FREEZE.

To prevent frozen water lines, let faucets drip and leave cabinet doors open if outside temperatures are below 25°F.

WE GOTTA EAT.

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

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.

 **FEBRUARY 2014**

S	M	T	W	T	F	S
						1 RENT DUE!
2 GROUNDHOG DAY	3  TNT: After-School Program.	4 WALNUT VILLAGE: Rent collection.	5  TNT: After-School Program.	6	7 WILLOW HEIGHTS: Rent collection.	8
9  College Goal Sunday 2 to 4 p.m.	10 COMMUNITY SERVICE: Due Date. TNT: After-School Program.	11 LATE FEES! "Bountiful Bread" 10 a.m. to 12 p.m. at main office Resident Council: 10 a.m. to 12 p.m. Tobacco Cessation 4 to 5 p.m.	12  TNT: After-School Program.	13 "Lunch and Learn - It's a Kids' World" 12 p.m. to 1 p.m.	14  HAPPY VALENTINE'S DAY!	15 EVICITION NOTICES FOR NON-PAY/COMMUNITY SERVICE.
16	17  PRESIDENTS' DAY Office Closed.	18 Resident Council: Snow Day.	19  TNT: After-School Program.	20 BOARD MEETING	21	22
MEET THE COUNCIL: Resident Council officers visit Algood.						
23	24  TNT: After-School Program.	25	26  TNT: After-School Program.	27	28 LAST DAY TO CALL FOR PEST CONTROL	



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.



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.

