



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

FEB./2015



INSIDE THIS ISSUE



MEET THE COUNCIL Get to know the officers who help with HRS needs.
TNT NEWS First-time drivers, poster contest, teens for jeans and more!
AMERICAN HEART MONTH Health tips, plus free dental assistance.

SUPER SENIOR EXTRAVAGANZA

Put on Your Dancing Shoes (if you choose)!



HIGHLANDS RESIDENTIAL SERVICES, along with the Cookeville Senior Citizens Center, is hosting a Super Senior Afternoon on Friday, Feb. 6, from 1:30-3:30 p.m. at the senior center, located at 186 S. Walnut Ave., across the street from our Walnut Village Apartments.

This free event is open to all residents, but is especially for persons age 50 and up. We have so much fun planned! We'll be offering a photo

booth, games, music and dancing if you choose, refreshments, prizes, facility tours and more! The center has so much to offer. Please join us and check it out.

In case the senior center closes for snow or bad weather, the event will be held on Friday, Feb. 20. If you need more information or have transportation needs, call Sammie at (931) 526-9793, ext. 213, or Kathy at (931) 526-9793, ext. 212.



HRS Adult Programs Coordinator Sammie and HRS resident Ms. Ruth enjoy an afternoon together.

Melinda's MEMOS



If you
live on
West 5th
Street,
Pine

Avenue or Polly, Hargis
or West Stevens streets
and missed your recer-
tification, please con-
tact me immediately to
schedule an appointment
at (931) 526-9793 ext. 220.

Kathy's CORNER



Need
community
service
hours?
This

month, Resident Pro-
grams is offering 12 hours
of events that count for
community service. We
also have a list of com-
munity resources that
you can contact for pos-
sible community service
hours near your home.

Sammie's SECTION



If you
did not
receive an
HRS 2015
calendar

delivered to your door, or
if there is ever a month
that you do not receive
your monthly newsletter
or it does not arrive in a
timely manner, please call
Resident Programs. If you
need transportation to
any HRS events call me at
(931) 526-9793, ext. 213.



ANNOUNCEMENTS

'Don't Quit, Just Come!'
Tobacco Cessation
Classes are free and
open to anyone. Each
class is independent
from one to the next,
so it's never too late
to join in! We will meet
Tuesday, Feb. 10 and
24, from 4-5 p.m. at the
HRS main office, 235
W. Jackson St. Please
call Kathy at (931)
526-9793, ext. 212, with
any questions. Each
class counts as two
hours of community
service. Classes will
cancel for bad weather
conditions.

KIDS Matter after-
school reading
program is for kids in
grades K-4 who are
served by HRS. The
children have a snack,
reading activities,
arts/crafts, and get
to check out books
to read at home.
The Putnam County
Library has started
working with us one
Tuesday a month, and
they have some really
great plans. KIDS
Matter meets every
Tuesday at the TNT
Center in the Police
Substation at 706
Pine Ave. We have
cancelled KIDS Matter
at the main office until
further notice.

RESIDENT COUNCIL: Go T.E.A.M., Go!

T.E.A.M. RESIDENT COUNCIL

Our next meeting will be Tuesday, Feb. 10,
from 10 a.m.-noon at the HRS main office,
235 W. Jackson St. We are celebrating
Black History Month with Mr. Morris
Irby presenting a program. Afterwards,
we will have a Valentine's Day party and
lunch. Attendance counts as four hours
of community service. In the event of bad
weather, the meeting will be held the following
Tuesday with the council business meeting.

T.E.A.M. RESIDENT COUNCIL BUSINESS MEETING

will be Tuesday,
Feb. 17, from 10 a.m.-noon at the main office.
Agenda: Working on annual report, planning
for fund-raising and program ideas for the

year. Attendance counts as four hours of
community service.

COUNCIL NEWS: Resident Council will
be participating in the Dream Sweep Yard
Sale fund-raiser again this spring. If you or
anyone you know has items they would like
to donate, you can drop these off at the
HRS main office lobby or call Sammie,
(931) 526-9793, ext. 213, for pickup.

Just a reminder: The council has a resident
suggestion box in the HRS main office lobby
that is only checked by the council. You
can anonymously leave any questions or
suggestions you may have for the council.

MEET THE COUNCIL: Resident Council
officers have worked hard over the past
several months visiting HRS developments
to get to know the residents' needs. We
would like for you to get to know these
officers better by featuring an officer in
each of the next few newsletters.

This month, we begin with Cindy Babineau,
who has been involved with resident
councils for at least 10 years. She has
served in every officer capacity and is
currently the council treasurer. Cindy has

been a resident of Baxter for 14 years.



"It has always been a
challenge to involve
residents," said Cindy.
"I want to encourage
everyone to come
to our great classes
and meetings with
interesting speakers
and valuable information. There is always
something for everyone."



YOUTH NEWS WITH SHAQUAWANA

TNT News

FIRST-TIME DRIVERS

On Jan. 6, Mr. Chuck Sparks with BB&T-Legge Insurance spoke with our Teens Need Training (TNT) youth about auto insurance for first-time drivers. He shared some very valuable insight into the responsibility and privilege of driving. Legge Insurance has been just one of numerous community supporters for the teens.

POSTER CONTEST

Hey kids!!! Be thinking now about your idea for our

annual "What Home Means to Me" poster contest. We will be visiting locations near you during spring break.

TEENS FOR JEANS

Also, be watching for Teens for Jeans this spring. As part of Quawana's Coats, I will be distributing new and gently used blue jeans of all sizes at the HRS main office.

SCHOLARSHIPS

Applications for Tennessee Association of Housing and Redevelopment Authorities

(TAHRA) college scholarships are available through Resident Programs. This \$1,500 scholarship is for first-time freshmen, regardless of age, at any college this fall. We encourage anyone to apply, especially graduating high school seniors planning to start an accredited university; college; community college; or vocational, technical or business school. Applications are due by March 15. Please call (931) 526-9793, ext. 212 or 213, for more information or to obtain an application.



TEENS NEED TRAINING

WISH LIST

- **Chips, snack cakes, crackers, fruit or granola bars (individual packages)**
- **Story/reading books for kids up to age 18 (new or gently used)**
- **Craft items for kids**
- **Individually wrapped Valentine or Easter candy/items for kids.**

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

RESOURCE CENTER:

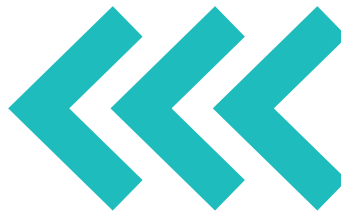
Helping Hearts

February is American Heart Month, and Friday, Feb. 6, is "Wear Red Day" to signify Heart Month. Cardiovascular disease (CVD) – including heart disease, stroke and high blood pressure – is the No. 1 killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities.

Some ways to prevent heart disease are:

- Change your diet and lifestyle.
- Cut back on saturated fat foods, such as meats and whole-fat dairy products.
- Limit trans fats found in fried and processed foods.
- Decrease your intake of sugary drinks, especially sodas.
- Keep blood pressure, blood sugar and cholesterol under control.
- Stop smoking, and exercise as much as possible.

Doctors with a Heart: Free dental assistance will be offered Friday, Feb. 13, from 8 a.m.-noon. Locations at this time will be Hintz Family Dentistry at 120 W. Jackson St.



and Johns Family & Implant Dentistry at 121 S. Washington Ave., both in Cookeville. Services are one filling or one extraction or a dental cleaning. No questions asked regarding income. Open to anyone in the area. Get there early to get in line.

Resources: The First United Methodist Church Angel's Attic, 165 E. Broad St., is distributing cold-weather clothing every Tuesday in February from 2-5 p.m. at the Wesley Chapel building. For more information, call (931) 526-2177.

LIHEAP applications are available in our main office lobby, along with Monday morning area job listings and information about local community resource or emergency help programs.

If you are a veteran or widow of a veteran, are not receiving any VA benefits and need help to remain in your own home, call Sammie at (931) 526-9793, ext. 213. Our local veterans service officers have great information that may be able to help you with VA benefits.



TIMELY TIDBITS

LOVE IS IN THE AIR

Don't forget your sweetie on Valentine's Day, Saturday, Feb. 14.

PRESIDENTS' DAY

The office will be closed for Presidents' Day, Feb. 16.

BOUNTIFUL BREAD

distribution will be Tuesday, Feb. 10, from 10 a.m.-noon at the HRS main office community room.

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 2015

S M T W T F S

1 RENT DUE!	2 GROUNDHOG DAY TNT: After-School Program	3 TNT Center KIDS Matter	4 WALNUT VILLAGE: Rent Collection from 10 a.m.-12 p.m. TNT: After-School Program	5	6 Super Senior Extravaganza 1:30-3:30 p.m. "Wear Red Day" for American Heart Month	7
8	9 WILLOW HEIGHTS: Rent Collection from 10-11 a.m. TNT: After-School Program	10 "Bountiful Bread" and TEAM Resident Council 10 a.m.-12 p.m. COMMUNITY SERVICE DUE TNT Center KIDS Matter Tobacco Cessation 4-5 p.m.	11 TNT: After-School Program LATE FEES ADDED	12	13 Doctors with a Heart free dental assistance	14 VALENTINE'S DAY
15 EVICITION NOTICES FOR NON-PAY/COMMUNITY SERVICE	16 PRESIDENTS' DAY Office Closed	17 TEAM Resident Council Business Meeting 10 a.m.-12 p.m. TNT Center KIDS Matter	18 TNT: After-School Program	19 BOARD MEETING	20	21
22	23 TNT: After-School Program	24 TNT Center KIDS Matter Tobacco Cessation 4-5 p.m.	25 TNT: After-School Program	26	27 LAST DAY TO CALL FOR PEST CONTROL	28


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 12-1 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.

