



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

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RESIDENT SPOTLIGHT Ms. Kerry Masters lives her life to the fullest.
RESOURCE CENTER Resolve to come to our tobacco cessation classes.

FIRE SAFETY REMINDERS

With Great Power Comes Great Responsibility

Our installation of central heat and air units in all our developments is almost complete. **(PHOTO: Right, Mary in Monterey adjusts her new thermostat.)** Three areas will not receive HVAC, but those are under review for other plans. But with the introduction of new electrical elements, residents must continue to be cautious and safety conscious.

FIRE SAFETY TIPS

- Do not put anything within 3 feet of your heat source or your new air return system.
- Do not cover, disconnect, cut off at the panel box or disable your smoke alarm or the battery.
- If your smoke alarm starts to "chirp," your battery is going dead. Call the office to have it replaced by maintenance.
- The storage or use of kerosene, gasoline or other flammable or explosive materials is prohibited.
- Never leave a lit cigarette unattended. Do not empty just-extinguished cigarettes into trash.*
- Keep matches, lighters or any other flammable device away from children.* Avoid using candles.
- Never overload electrical outlets or extension cords. Do not place cords and wires under rugs, over nails or in high traffic areas.



- Never leave food cooking (or especially, frying) unattended.

*In 2013, three fires started in HRS homes after children were left unattended or cigarettes were left burning.



Melinda's MEMOS



Annual recertifications for Hargis, Polly, West Stevens,

Fifth and Pine streets will be conducted in January. You should receive a letter notifying you of your appointment date and time.

Becky's BLOCK



Just a reminder that I post local job announcements in

our main office lobby every Monday by noon. Plus, we have a great community resource information wall in the main office.

Kathy's CORNER



It's not too early to be thinking about your "What Home

Means to Me" poster for this year. The contest starts during schools' spring breaks. Be watching the newsletter for details.



ANNOUNCEMENTS

Resident Council. We are looking forward to a great year. We will meet on Tuesday, Jan. 14, from 10 a.m. to noon at the main office. In case of snow, we will meet the following week on Jan. 21. This month, Randall Killman from the UCHRA will tell us about the great programs they offer. Enjoy refreshments and door prizes. All are welcome. Attendance counts as four community service hours.

Maintenance Minutes.

Do not park your vehicle in front of the mailboxes; it may be towed at your expense. You may stop to get your mail with your vehicle still running. Plus, annual inspections will start in January for Celina and Gainesboro. Also, HVAC installations will continue in early January at 33-05 in Gainesboro (Reeves and North Murray) and at 33-08 in Baxter (North Third and Maxwell).



RESIDENT SPOTLIGHT: Kerry Masters

In December, Ms. Kerry Masters was awarded the "HRS Property of the Year" in recognition for the beautification of her Walnut Village apartment. She hung fresh greenery and Christmas decorations around not only her apartment, but also the stairwell and her neighbor's apartment.

"I have a gift for decorating," said Ms. Kerry. "I can take old or unwanted things and remake them on a budget into something really decorative or useful."

Her home is spotless and beautifully decorated with many items from thrift shops or yard sales. She loves to decorate for Halloween, Thanksgiving and Christmas.

Ms. Kerry moved here two years ago from Chattanooga to be closer to her brother. She is a foster grandparent at Kids Putnam five days a week. She also makes phone calls to shut-ins, visits the sick in the hospital and takes food to the needy through the Retired Senior Volunteer Program.

Ms. Kerry is known for her Southern pecan cake and walks for exercise. She loves to garden and can food with her brother.

"It is truly a blessing to be here at Walnut Village," said Ms. Kerry. "I am appreciative of Highlands Residential for all they do for me. I want to give back to them and the community."



YOUTH NEWS WITH SHAQUAWANA

Don't Rain on My Rotary 5K Run

TNT RACES AHEAD

In December, our Teens Need Training program was one of the honored recipients of the Santa's Rotary 5K Run fund-raiser. This event was sponsored by the Cookeville Noonday Rotary.

Numerous runners and volunteers braved the cold, drizzling rain to run.

(PHOTO: Right, TNT participant Dylan helped raise money for TNT at Santa's Rotary 5K Run.)

GIVE US A "LIKE"

Please check out our Facebook page (facebook.com/TeensNeedTraining) to see more updates on our Teens Need Training program, including recent photos from our Toys for Tots packaging event and fun Christmas outings.

You can also find updates on the Highlands Residential Services Facebook page (facebook.com/HighlandsRS).



RESOURCE CENTER:

It's New Year's Resolution Time



Are you ready to quit smoking? Come to our tobacco cessation classes for lots of information and support.

WHAT SHOULD I EXPECT? You will receive tools to help you quit smoking, facts about secondhand smoke, information on support groups and quit-smoking aids and more. **(PHOTO: Right, Julie Gibson shares information with an HRS resident.)**

WHEN DOES THE CLASS MEET? Our next class is Tuesday, Jan. 28 from 4 to 5 p.m. at the HRS main office, 235 W. Jackson St. This class is sponsored by HRS and the UC Anti-Tobacco Coalition in conjunction with Quit 4 Life and the Power of Putnam.



WHO CAN PARTICIPATE? These classes are free and open to the public. Bring a friend and enjoy a pizza dinner. Please RSVP to Kathy at 931.526.9793 ext. 212 by noon on Monday, Jan. 27. In case of bad weather, the class will be cancelled. Please call the office if you are unsure.



DON'T FORGET TO PAY YOUR RENT

WALNUT VILLAGE

Jan. 3: 10 AM – 12 PM

WILLOW HEIGHTS

Jan. 8: 10 AM – 11 AM

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.



JANUARY 2014

S	M	T	W	T	F	S
			1 NEW YEAR'S DAY! Office Closed. RENT DUE!	2	3 WALNUT VILLAGE: Rent collection.	4
5	6 tnt TNT: After-School Program.	7	8 WILLOW HEIGHTS: Rent collection. TNT: After-School Program.	9	10 COMMUNITY SERVICE: Due Date.	11 LATE FEES ADDED!
12	13 tnt TNT: After-School Program.	14 <i>RESIDENT COUNCIL:</i> 10 a.m. to 12 p.m.	15 tnt TNT: After-School Program.	16 <i>BOARD MEETING</i>	17	18
19	20  MARTIN LUTHER KING, JR. DAY Office Closed.	21 <i>RESIDENT COUNCIL:</i> Snow Day.	22 tnt TNT: After-School Program.	23	24	25
26	27 tnt TNT: After-School Program.	28 Tobacco Cessation Class 4 to 5 p.m.	29 tnt TNT: After-School Program.	30	31	

**MAIL**

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EMERGENCY

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»» 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.