



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSRS.COM

JAN./2015



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KIDS MATTER New program gets kids ready for reading.
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YOUTH NEWS Community donations have helped in more ways than one.

GET READY FOR READING New Program 'Matters'

KIDS MATTER is our new after-school reading program, and it's off to an awesome start. The first day, 11 kids came, with more participating since. We want you to come, too! Mrs. Lisa and Ms. Janie from University Heights Baptist Church, along with HRS, are starting a second location for kids in grades K-4 who live in the Polly/Hargis Street area.

Meeting times:

Every Tuesday at the TNT Center in the Police Substation, 706 Pine Ave.

Every Thursday at the HRS main office community room, 235 W. Jackson St.

The programs at both locations begin immediately after school and end at 4:45 p.m. Parents can walk their children to the sites or drop them off. Children can be picked up, or a volunteer can walk them home. Children from any of our housing sites are welcome to attend at either location. Transportation is not provided at this time.

The children will be provided with a snack, then play fun reading games or have story time. They will be able to do arts and crafts and check out books to read at home. Kids Matter will not meet if school is closed or bad weather is approaching.



Please consider bringing your child to these reading programs. Studies show that children who read perform much better in school with higher grades and improved learning ability, and graduate with plans for further education. For more information, please call Mrs. Lisa at 931-261-9486 or Kathy at 931-526-9793 ext. 212.



Melinda's MEMOS



Recertification interviews for Polly and Hargis and W.

Fifth and parts of Pine Ave. will be conducted in January. You should receive a letter notifying you of your appointment date and time. Questions? Call me at 931-526-9793 ext. 220.

Kathy's CORNER



We've made some updates to our website:

www.highlandsrs.com. Please check it out. And don't forget to like us on Facebook at Highlands Residential Services and Teens Need Training to get the latest information or see pictures of all the great things happening!

Sammie's SECTION



Lots of people make New Year's resolutions this time

of year. In the upcoming months, we plan to offer programs, events or classes to help you with those resolutions. If you need transportation to any of these, please call me at 931-526-9793 ext. 213.



RESOURCE CENTER

Important information regarding Social Security: As of Oct. 1, 2014, the Social Security Administration will no longer provide benefit verification letters (proof of social security amount) in local offices. You can still get a benefit verification letter online instantly with a My Social Security account. To create an account, please visit www.socialsecurity.gov/myaccount.

You may also call the Social Security toll-free number at 1-800-772-1213 to request a benefit verification letter by mail.

Bountiful Bread: Bread distribution will be Tuesday, Jan. 13, from 10 a.m. to 12 p.m. at the HRS main office community room.

Maintenance Minutes: To prevent frozen water lines let faucets drip, and leave cabinet doors open if outside temperatures are below 25 degrees.

DON'T QUIT: Just Come!

TOBACCO CESSATION CLASSES. It takes courage to quit smoking and put down that last cigarette. It's a process that takes time. Our instructors know. Randy Todd of Quit 4 Life was a smoker for 20 years. It took him five tries to quit, and he's not looked back for 26 years now. Most people feel an intense combination of fear and excitement leading up to their quit date. Feeling afraid to quit smoking is completely normal and is a by-product of tobacco addiction. Don't let that fear paralyze you, because the benefits you'll experience once you quit are well worth the work it takes to achieve. Your decision to take that first step and throw the butts away will be a choice you'll never regret making. Your life will improve immensely when you have kicked tobacco out of your life once and for all.

Don't try to quit alone. Our classes can help you make the decision, even if it takes years! Our instructors offer support without judgment and explain the different approaches to quitting. Within 20 minutes of quitting smoking, your blood pressure decreases, your pulse rate drops and the body temperature of your hands and feet increases. After two days of not smoking, your ability to taste and smell improves and nerve endings start to regrow. Know what happens in six months or one year or five years? Join us and find out!



Classes will cancel for bad weather conditions. Please call Kathy at 931-526-9793 ext. 212 with any questions. Attendance counts as two hours of community service.

Classes are free and open to anyone. Meetings are the second and fourth Tuesdays of each month from 4 p.m. to 5 p.m. at the HRS main office, 235 W. Jackson St. In January, we meet on the 13th and 27th.



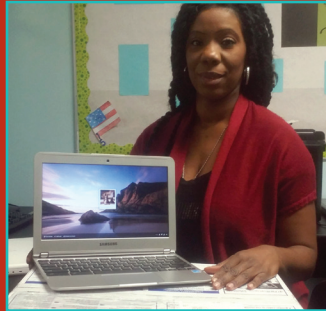
YOUTH NEWS WITH SHAQUAWANA

A Big Thank You

TNT NEWS

TNT recently received a much needed and very much appreciated donation of seven new computers and a printer from Ed Vandeveire, vice president of One Main Financial Bank, and Jennifer Shelton, the Cookeville Branch manager. Vandeveire had heard about all the great things happening with HRS Resident Programs and called wanting to help. Within a week, TNT had new computers. A big thank you goes out to One Main Financial Bank.

HRS also wants to thank numerous community supporters who have donated



food, clothing, toys, money and more to ensure our TNT youth and families had a great Christmas.

TNT will not meet if school is closed for bad weather or bad weather is approaching. If unsure, please call Shaquawana at 931-526-9793 ext. 213.



- Chips, snack cakes, crackers, fruit or granola bars (individual packages)
- Story/reading books for kids up to age 18 (new or gently used)

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

RESIDENT COUNCIL:

Go T.E.A.M., Go!

T.E.A.M. RESIDENT COUNCIL

Our Christmas social was awesome! Along with a fantastic brunch, we played Dirty Santa, and everyone got in on the photo booth fun. Resident Council is for everyone, so please join us next month. It's an opportunity to learn new things, meet and network with other housing residents to improve your neighborhoods, find out what's going on in housing or express any concerns you may have.



Ms. Cleo and Ms. Deborah enjoy photo booth with Sammie.



Our next meeting will be Tuesday, Jan. 13, from 10 a.m. to 12 p.m. at the HRS main office, 235 W. Jackson St.

This month, Randy Todd, our Don't Quit, Just Come instructor, will share "The Truth About Tobacco." Do you know the number one age group tobacco companies market their products to? Do you know how they do it? Come to our meeting and hear the answers!

Refreshments will be served. In the event of bad weather, the meeting will be moved to the council business meeting on the following Tuesday. Attendance at either of these meetings counts as four hours of community service each.

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

will be Tuesday, Jan. 20, from 10 a.m. to 12 p.m. at the main office, 235 W. Jackson. Agenda: Looking ahead to the new year.



TIMELY TIDBITS

HAPPY NEW YEAR!

The office will be closed Jan. 1, New Year's Day.

I HAVE A DREAM

In honor of Martin Luther King, Jr. Day, the office will also be closed Jan. 19.

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 2015**

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				1  NEW YEAR'S DAY Office Closed RENT DUE!	2	3
4	5 WALNUT VILLAGE: Rent Collection from 10 a.m. to 12 p.m.  TNT: After-School Program	6 TNT Center KIDS Matter	7  TNT: After-School Program	8 WILLOW HEIGHTS: Rent Collection from 10 a.m. to 11 a.m. Main Office: KIDS Matter	9	10 COMMUNITY SERVICE: Due Date
11 LATE FEES ADDED	12  TNT: After-School Program	13 <i>"Bountiful Bread" and TEAM Resident Council</i> 10 a.m. to 12 p.m. TNT Center KIDS Matter Tobacco Cessation 4 to 5 p.m.	14  TNT: After-School Program	15 BOARD MEETING EVICTON NOTICES FOR NON-PAY/COMMUNITY SERVICE Main Office: KIDS Matter	16	17
18	19 MARTIN LUTHER KING, JR. DAY Office Closed	20 TEAM Resident Council Business Meeting 10 a.m. to 12 p.m. TNT Center KIDS Matter	21  TNT: After-School Program	22 Main Office: KIDS Matter	23	24
25	26  TNT: After-School Program	27 TNT Center KIDS Matter Tobacco Cessation 4 to 5 p.m.	28  TNT: After-School Program	29 Main Office: KIDS Matter	30 LAST DAY TO CALL FOR PEST CONTROL	31



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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.

