



NOVEMBER 2013

community
TIMES

The Highlands Residential Services Newsletter

INSIDE THIS ISSUE**Huffing and Puffing?**

Highlands Residential Services hosts an Introduction to Quit Smoking class.

Resident Council

Get your Medicare Part D questions answered by this month's speaker.

Resource Center: Santa's Coming!

Check out Santa's Workshop and sign up your family for Toys for Tots.

**HUFFING AND PUFFING?****HRS Hosts an Intro to Quit Smoking Class**

Could you use an extra \$2,150 per year? How about \$4,300 for two years? If you smoke one pack a day, that's how much you would save if you quit smoking. Online reports show the average price per pack of cigarettes in Tennessee is \$5.89.

Besides the cost, do you have concerns for children around you breathing in secondhand smoke? Do you really want your children to start smoking themselves? Are you an expectant mother who smokes, therefore your baby does, too? There are so many reasons to quit smoking, but no reasons to continue.

Highlands Residential Services can help. Along with the Power of Putnam, on Wednesday, Nov. 20, from 5 p.m. to 6 p.m., HRS will have an introduction to quit smoking class.

This class will feature information on smoking and resources to help you quit, including local support groups. This class is free and open to anyone. Bring a friend, bring a relative or just come on your own. You may be smoking on the way in and smoking on the way out – it doesn't matter.

Seating is limited, so call Kathy at 931.526.9793 ext. 212 to register.





Melinda's MEMOS



Re-certifications for Baxter and Celine will be conducted

this month. You should receive a letter with your appointment date and time. Call me at 931.526.9793 ext. 220 if you need to reschedule.

Becky's BLOCK



The Cookeville Rescue Mission will be delivering

meals in Cookeville city limits on Thanksgiving Day to shut-ins. Please call 931.528.5819 or 931.525.6330 by Nov. 25 to reserve a meal.

Kathy's CORNER



Public Housing Authorities Directors Association will

award scholarships to public housing students entering college. For more information, visit phada.org or contact me at 931.526.9793 ext. 212.



ANNOUNCEMENTS

Attention! The annual Stevens St. Baptist Church "Feeding the Multitude" Thanksgiving Dinner **will not be held this year.**

Maintenance Minutes.

Orkin will be treating pest control requests Nov. 13 from 8 a.m. to 5 p.m. Preventative inspections and work order repairs (which should be placed in a timely manner) will continue in preparation for November REAC inspections. You will be notified when your development will be inspected. HVAC installations will continue in Monterey.

RESIDENT COUNCIL: Prevention and Part D

The council meets the second Thursday every month in the HRS main office community room.

MEETING: Thursday, Nov. 14 from 10 a.m. to 12 p.m. at the HRS main office. Your 2013-2014 officers are: Alvin Gentry, president; Cindy Babineau, vice president; BJ Thurman, secretary; Robin Smith, treasurer; and Robert Harshaw, historian. Council business this month includes collecting items for a spring yard sale. If you have anything to donate, please contact Resident Services at 931.526.9793 ext. 212. The council has placed an anonymous suggestion box in the main office lobby. Attendance at council meetings counts as four hours of community service. All are welcome.

FEATURING: Shelly Lynn will share information on health and illness prevention. She will also provide free blood pressure checks and oxygen levels. Meghan Moore from the Area Agency on Aging and Disability will attend to answer questions and discuss changes with Medicare Part D benefits. Residents with Medicare are urged to attend.



MISS OUT? Teens Need Training Room

The Teens Need Training Open House had an awesome turnout last month. Approximately 50 people attended, and many people brought school supplies and hygiene items for the teens to use.
(PHOTO: Left.)

Heads Up! For those drawing Social Security (SSI), you will receive proof of income within a few weeks from the Social Security office. Please keep these papers where you can find them for all of 2014. You will need this for: proof of income for rent, DHS benefits, energy assistance and more.



YOUTH NEWS WITH SHAQUAWANA

TNT Kept Busy Over Fall Break

A BUSY BREAK FOR TNT

During fall break, TNT members completed their last Adopt-a-Road trash pickup for 2013. Teens collected four large bags of trash along Pine Avenue. TNT appreciates everyone working to keep the road litter free year-round.

(PHOTO: Right.)

Also during fall break, TNT participants enjoyed a day of fun including lunch at Burger

King, Wii games and an afternoon spent at The Sk8.

A FAB FALL FUNDAY

Meanwhile, this October's Fall FunDay was a huge success! More than 50 children came out at six locations for a day of arts and crafts, games and lunch. We hope to see you again during school's 2014 spring break for the annual poster contest.



RESOURCE CENTER:

Santa Claus is Coming to Town

SANTA'S WORKSHOP

The Cookeville Junior Woman's Club's annual Santa's Workshop will be held Nov. 15 through Nov. 17 at the Hyder-Burks Pavilion. Admission is \$2 per person, and hundreds of craftsmen will have items for sale. TNT is a fund-raiser recipient, so your support is appreciated.

SANTA'S ROTARY RUN

The Cookeville Rotary Club selected TNT as a recipient of Santa's Rotary 5K Run fund-raiser this year. TNT will use funds to purchase computers and educational games and to complete the TNT kitchen makeover. Visit cookevillerotary.org for more information, or call 931.526.9793 ext. 212.

TOYS FOR TOTS

Sign-ups for help with Christmas toys for Putnam County children up to age 14 will be on Nov. 2 and Nov. 16 from 10 a.m. to 4 p.m. at 25 N. Washington Ave. A legal guardian (photo ID required) must register each child. **Requirements:** Birth certificates for each child, proof of residency and proof of financial need (food stamp card, etc.)

CHRISTMAS PARADES

Cookeville..... Monday, Dec. 2, 7 p.m.
 Algood..... Thursday, Dec. 5, 6 p.m.
 Monterey..... Saturday, Dec. 7, 6:30 p.m.
 Gainesboro..... Saturday, Dec. 7, 5 p.m.

**As of this writing, there is no word yet on parades for Celina or Baxter.*



DON'T FORGET TO PAY YOUR RENT

WALNUT VILLAGE

Nov. 4: 10 AM – 12 PM

WILLOW HEIGHTS

Nov. 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.



NOVEMBER 2013

S	M	T	W	T	F	S
					1 RENT DUE!	2 Sign-ups for Toys for Tots 10 a.m. to 4 p.m.
3 Daylight Savings: "Fall Back" ONE HOUR	4 WALNUT VILLAGE: Rent collection. TNT: After-School Program.	5	6 TNT: After-School Program.	7	8 WILLOW HEIGHTS: Rent collection.	9
10 LATE FEES ADDED! COMMUNITY SERVICE: Due Date.	11 VETERANS DAY! (Office Closed.)	12	13 TNT: After-School Program.	14 RESIDENT COUNCIL: 10 a.m. to 12 p.m.	15	16 Sign-ups for Toys for Tots 10 a.m. to 4 p.m.
17	18 TNT: After-School Program.	19	20 INTRO TO QUIT SMOKING CLASS: 5 p.m. to 6 p.m. TNT: After-School Program.	21 BOARD MEETING "BOUNTIFUL BREAD" for Monterey	22	23
24	25 Last day to reserve Cookeville Rescue Mission Thanksgiving Meal TNT: After-School Program.	26	27	28 HAPPY THANKSGIVING! (Office Closed.)	29	30

SANTA'S WORKSHOP at Hyder-Burks Pavilion



MAIL

P.O. Box 400

OFFICE

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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.

