



community TIMES

The Highlands Residential Services Newsletter

HIGHLANDSR.S.COM

OCT./2014



INSIDE THIS ISSUE



QUAWANA'S COATS Preparations for the annual coat drive are under way.
FALL FUNDAY Check out the schedule, and join us for a day of food and fun!
YOUTH NEWS TNT presenters teach teens about their finances and health.

MAKE A DIFFERENCE

HRS Gets Ready for Third 'Quawana's Coats'

All are invited to come by for the third annual Quawana's Coats on national Make A Difference Day, Saturday, Oct. 25, between 11 a.m. and 2 p.m.

Coats and jackets of all sizes will be distributed at the HRS main office parking lot, 235 W. Jackson St., to anyone in the community in need. Plus, plan to hang around for food, music and games.

Donations are needed from the Quawana's Coats wish list.

For now, coats can be dropped off at the HRS main office. But watch our Facebook pages and website as we announce new drop-off locations around town. Remember, just one coat can "Make A Difference" to someone in need! **(PHOTO:** Coats have already started arriving for Make A Difference Day.)

For more information, contact Shaquawana at 931.526.9793 ext. 213 or swester@highlandsrs.com.

Quawana's Coats Wish List:

- Used/new coats and jackets, all sizes
- Hygiene products
- Nonperishable food items
- Clothing hangers
- Toys
- Food (hot dogs, buns, snacks, chips, etc.) and canned or bottled drinks
- Volunteers
- Collection sites
- Business/group internal drive hosts
- Monetary donations



Melinda's MEMOS



Hello,
Highlands
Residential
Services
residents!
If you live

in **Monterey** and missed your annual recertification appointment, please contact me to reschedule a recertification interview. Reach me at 931.526.9793 ext. 220.

Sammie SAYS



Weekly
job list-
ings have
returned
to the
main of-

fice lobby. Check for the latest area job postings on Monday afternoons. Plus, I'll soon be making home visits to as many residents as possible, so be watching for me in your area!

Kathy's CORNER



Word is
that jobs
are com-
ing to
Cookeville
within the

next two years. Now is the time to prepare great resumé's, learn useful job skills and further your education. Please call us at 931.526.9793 if you need help in these areas.



ANNOUNCEMENTS

Resident Council. The Tuesday, Oct. 14, meeting will be held at the HRS main office from 10 a.m. to 12 p.m. Tyler Smith of PC Emergency Management Agency will share information on emergency preparedness planning. Council business will include planning holiday events. Meanwhile, the Council welcomes newly elected officers April Pickerin, vice president; William "BJ" M. Thurman, secretary; and Cindy Babineau, treasurer. They join Alvin Gentry, president, and Robert Harshaw, historian. The Council wishes to thank everyone who voted.

Flu Shots. The Putnam County Health Department, located at 701 County Services Drive, will have drive-thru flu shot clinics on Monday, Oct. 13, and again Monday, Nov. 10, from 7:30 a.m. to 4 p.m. No appointment necessary. Just wear a short-sleeve shirt and have your TennCare, Medicare or insurance cards ready.

FALL HAS ARRIVED: Get Ready for Fun!



FALL FUNDAY: Hey, kids! Join us for our fourth annual Fall FunDay with lots of fun games, crafts, free lunches and goody bags for children in grades K through 12. Each year this event gets bigger and better, and we want you there! **(PHOTO: Baxter children had loads of fun at last year's Fall FunDay.)** **Hey, parents!** Your child can visit at any location closest to them. Just drop your child off and pick them up later.

Fall FunDay will be held from 11 a.m. to 2 p.m. at the following sites:

(**Cookeville**) TNT center/Police substation, 706 Pine Ave. Monday, Oct. 6
(**Cookeville**) HRS main office, 235 W. Jackson St. Tuesday, Oct. 7
(**Monterey**) Community room, 819 Jackson St. Wednesday, Oct. 8
(**Baxter**) Community room, 318 Alexander St. Thursday, Oct. 9
(**Gainesboro**) Old manager's office, 509 N. Murray St. Tuesday, Oct. 14
(**Celina**) Soil conservation office, 301 Green St. Wednesday, Oct. 15

YOUTH LUNCH PROGRAM: The summer lunch program was such a big hit with the kids and parents that we are doing it again! During the Putnam County school system's fall break, free lunches will be available at the 706 Pine Ave. TNT Center/police substation for any Putnam County children through age 18 (must be able to eat a school lunch meal) on Mondays, Wednesdays and Fridays, beginning Oct. 6 through 17, from 11 a.m. to 1 p.m. Kids can look forward to fun, games and fellowship. This event is sponsored by University Heights Baptist Church and several other area church volunteers, Cookeville Police Department, HRS and the Putnam County school system.



YOUTH NEWS WITH SHAQUAWANA

Lots of Learning This Fall with TNT

PRESENTERS AT TNT

Our Teens Need Training (TNT) after-school program is going great! Terry Moul with FSNB bank spoke to the teens one afternoon about saving for their futures. Randy Todd of Quit 4 Life and the UC Anti-Tobacco Coalition also shared information on the hazards of e-cigarettes.

TNT FALL BREAK PLANS

Can you believe that our children's fall break is already here? In addition to Fall FunDay – offered to all housing youth in grades K through 12 – we have some other

fun things planned for TNT.

During their fall break, the teens will perform their community volunteer

Adopt-A-Road trash pickup, then they get to enjoy lunch and a fun-filled afternoon event. **(PHOTO:** Last year, two TNT members worked hard during their Adopt-A-Road volunteer project.)



TEENS NEED TRAINING

WISH LIST

- Halloween candy
- Party favors
- Chips, snack cakes, crackers, and fruit or granola bars (individual packages)

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

RESOURCE CENTER:

Seniors, Smokers and Safe Streets

HELP WANTED

The Foster Grandparent Program is looking for persons ages 55 and older to serve as "grandparents" to local children an average of 20 hours per week. This is a Senior Corps program – similar to AmeriCorps – in which volunteers receive a stipend of \$2.65 per hour without counting against any current benefits. For more information, contact Cheryl Pack, Foster Grandparent Program director, at 931.528.6488.

DON'T QUIT, JUST COME

Do you have a love/hate relationship with tobacco? Come to our Tobacco Cessation classes. We especially encourage expectant mothers who smoke or persons smoking around young children to attend. After

all, nicotine is one of the most addictive substance out there. Do you really want your baby or child addicted to it?

This month's classes meet Tuesday, Oct. 14, and Tuesday, Oct. 28, from 4 to 5 p.m. at the HRS main office, 235 W. Jackson St. Attendance counts as two hours of community service. These classes are free and open to the public.

LOOK BOTH WAYS

Attention drivers! Please remember to slow down and watch for children playing along the streets. Attention parents! Please watch your children, and teach them to not run between passing cars and to not play in the streets.



TIMELY TIDBITS

SENIOR EXPO.

Stop by the HRS booth at the AAAD Senior Expo on Thursday, Oct. 23, from 8 a.m. to 12 p.m. at the Hyder-Burks Pavilion, 2390 Gainesboro Grade, Cookeville. Enjoy seminars, screenings, prizes, bingo and more!

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.

 **OCTOBER 2014**

S	M	T	W	T	F	S
			1 RENT DUE! LIHEAP Sign-Ups begin at UCHRA <i>TNT:</i> After-School Program.	2	3 WALNUT VILLAGE: Rent collection from 10 a.m. to 12 p.m.	4
5	6 <i>Fall FunDay and Lunch Program:</i> Pine Ave. 11 a.m. to 2 p.m.	7 <i>Fall FunDay:</i> Main Office 11 a.m. to 2 p.m.	8 WILLOW HEIGHTS: Rent Collection from 10 a.m. to 11 a.m. <i>Fall FunDay:</i> Monterey 11 a.m. to 2 p.m. <i>Lunch Program:</i> Pine Ave. 11 a.m. to 1 p.m.	9 <i>Fall FunDay:</i> Baxter 11 a.m. to 2 p.m.	10 COMMUNITY SERVICE: Due Date. <i>Lunch Program:</i> Pine Ave. 11 a.m. to 1 p.m.	11 LATE FEES ADDED.
12	13 <i>Lunch Program:</i> Pine Ave. 11 a.m. to 1 p.m.	14 <i>Resident Council and "Bountiful Bread"</i> 10 a.m. to 12 p.m. <i>Fall FunDay:</i> Gainesboro 11 a.m. to 2 p.m. Tobacco Cessation 4 to 5 p.m.	15 EVICTON NOTICES FOR NON-PAY/ COMMUNITY SERVICE. <i>Fall FunDay:</i> Celina 11 a.m. to 2 p.m. <i>Lunch Program:</i> Pine Ave. 11 a.m. to 1 p.m.	16 <i>BOARD MEETING</i> <i>TNT:</i> Volunteer Project and Field Trip	17 <i>Lunch Program:</i> Pine Ave. 11 a.m. to 1 p.m.	18
19	20  <i>TNT:</i> After-School Program.	21	22  <i>TNT:</i> After-School Program.	23 Senior Expo 8 a.m. to 12 p.m. at the Hyder-Burks Pavilion	24	25  MAKE A DIFFERENCE DAY: Quawana's Coats 11 a.m. to 2 p.m.
26	27  <i>TNT:</i> After-School Program.	28 Tobacco Cessation 4 to 5 p.m.	29  <i>TNT:</i> After-School Program.	30	31  HAPPY HALLOWEEN! LAST DAY TO CALL FOR PEST CONTROL.	

**MAIL**

P.O. Box 400

OFFICE235 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.

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.**
