

Make Tracks on...  
**Mondays & Wednesdays**  
**at 3:30 pm**  
**April 4, 6, 11, 13, 18, & 20th**  
**With RUDY the Raccoon!**  
 Computer Learning Center—1149 Kennedy Circle

**Spring Time Slushies**  
 Coming to your Neighborhood!  
 Look for the Morristown Housing Van  
**Tuesday April 19th**  
 Between the hours of **3:15-4:15**  
**FREE slushies to all Kids!**

An EGGcellent Day!  
  
 Thursday, April 14, 2022  
 3-5pm @ CLC  
 eggs, eggs & more eggs!  
 Bring kids after school!



DATE: APRIL 4<sup>TH</sup> – MAY 23<sup>RD</sup> (EVERY MONDAY)  
 LOCATION: LOCAL PARKS  
 TIME: 6:00PM  
 PROMOTING A HEALTHIER COMMUNITY ONE STEP AT A TIME

**2022 WALK ACROSS HAMBLÉN MONDAY MILE @ 6:00PM**  
 TAKE THE FIRST STEP  
 Put on your walking shoes and join us in an eight-week journey to change our community! You can join as a team or an individual walker.  
<https://www.healthyhamblen.com>

Sponsored By:  
 Morristown Parks and Recreation  
 Hamblen County Health Department  
 Hamblen County Health Council




Store Hours:  
 Mon – Friday 9:00-5:00  
 1st & 3rd Saturday 9:00-2:00

**TCAC Depot**

TCAC Depot is Morristown's best kept secret. That stops now! TCAC Depot is a service of Tennessee's Community Assistance Corp. We are a nonprofit with the purpose of helping the community. We sell new and gently used merchandise to the public at discounted prices. Our merchandise varies from health & beauty, sporting goods, clothing, toys, electronics, home supplies, and more. Our stock is always changing but our great prices remain the same. On top of saving money you can feel good about shopping at TCAC Depot because all of our revenue goes back into the community through our other important services. We are also happy to announce that we are on the public bus route with a stop right in front of the store. Please come shop with us and start saving! You can visit our website for more information about TCAC.

"Your Community Discount Store."  
 740 E Main St. Morristown, TN 37814  
 423-586-9982  
[www.tcac1.org](http://www.tcac1.org)



**LIL ROAD RACERS**



APRIL 30TH - 1-3PM  
 AGES 3-5 - POWER UP THOSE POWER WHEELS  
 PRE-REGISTER BY APRIL 18TH  
 DR. MARTIN LUTHER KING JR. PARK  
 FOR MORE INFO: 423-586-0260 OR JGENTRY@MYMORRISTOWN.COM

**EASTER SCRAMBLE**



Color cards will be available on [mymorristown.com](http://mymorristown.com), MPD Facebook or MPD office.  
 Answers will be posted in the parks April 8th.  
 Turn in your completed card by April 12th for a chance to win a gift basket for each age group, 5 and under, 6-11 and 12 and older.  
 FOR MORE INFORMATION: 423-586-0260 OR JGENTRY@MYMORRISTOWN.COM

**ROAR!**  
**UPCOMING JOB OPPORTUNITIES**  
 WITH A POSSIBILITY OF TRANSPORTATION TO AND FROM WORK



**CHECK OUT NEXT MONTHS NEWSLETTER FOR MORE INFORMATION!**

Dear Residents,

Save The Date! Mark Your Calendar! All Saints' Will Be Hosting A Fun Filled Day Of Barbecue And Bingo On **Wednesday, May 11th!**

Doors Will Open At **11:30** For the First **75** People

**Only! We Will Not Request Vaccination Cards!** Must Be 16 Years Old or Older to Attend. We Look Forward to Seeing You All! It Has Been Far Too Long!

-All Saints Church

**EASTER Eggcellent ADVENTURE**  
 April 12th at Fred Miller Park  
 Registration begins at 5:00pm  
 Children ages 2-10

Each age group will have a designated egg hunt time.  
 Children ages 5-6 begin at 6:00 pm, ages 7-8 at 6:30 pm and ages 9-10 at 7:00 pm.  
 Children ages 2-4 will not have an egg hunt but will receive their eggs through the Easter Village.  
 For more information: 423-586-0260 or email [jgentry@mymorristown.com](mailto:jgentry@mymorristown.com)



**Morristown Little League - Family Day!**

April 9, 2022  
 Popkin Fields  
 4-8 pm Games, Activities & Competitions  
 8 pm Starlite Cinema "Angels In the Outfield"

CONCESSIONS WILL BE AVAILABLE!  
 FOLLOW US ON FACEBOOK FOR MORE DETAILS!



For More Information : 423-586-0260





## Getting ready to quit

Find out why you use tobacco and why you want to quit.

### Why do you use tobacco?

- It makes me feel better when I'm stressed and worried.
- I'm addicted to the nicotine in tobacco.
- I use tobacco out of habit.
- Using tobacco helps me feel at ease in social situations.
- I use tobacco as a reward for getting through a tough situation.
- I use tobacco because I have cravings.

### Why do you want to quit?

- I want to be a healthier person. If I quit smoking, I will lower my risk of heart disease, cancer, and many other smoking-related health problems.
- I want those around me to be healthier, and I want to set a good example for them.
- I am pregnant.
- I want to have more energy.
- I want to have more money to save or spend.
- My doctor recommended that I quit.

### Now ask yourself:

- Do my reasons for quitting matter more than my reasons for smoking?
- Do these reasons seem important enough to make me want to quit soon?

### I'm ready to quit, now what?

When you quit using tobacco, it is important to see where, when and what triggers cause you to light up or dip.

Studies have shown that these steps will help you quit for good. You have the best chance of quitting if you use them together:

#### 1. GET READY! *Set a quit date.*

My quit date: \_\_\_\_\_

#### Change your environment.

- Get rid of ALL tobacco products and ashtrays in your home, car and work.
- Don't let people smoke in your home or your car.

Review your past attempts to quit. Think about what worked and what did not.

From now until you quit, buy one pack at a time and change brands every time you buy tobacco.

## 2. GET SUPPORT! *List two people you can call.*

Name: \_\_\_\_\_

Number: \_\_\_\_\_

Name: \_\_\_\_\_

Number: \_\_\_\_\_

## 3. LEARN NEW SKILLS AND BEHAVIOR

- Try to distract yourself from urges to use tobacco. Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

## 4. CHOOSE YOUR METHOD OF QUITTING

*Discuss options with a counselor or healthcare provider*

- Cold Turkey
- Nicotine Patch
- Nicotine gum or Lozenge
- Medication
- Cutting Down
- Telephone or Online Counseling
- Class
- Buddy System

### What if you use tobacco again?

If you slip, it's OK! Ask yourself, "Why am I using tobacco right now?"

- Is it withdrawal? Look for a better way to handle the discomfort.
- Is it stress or anger? Remember the Four D's (Deep breathing, Drink water, Do something else, Delay for 10 minutes). Take a walk or call your support person.
- Did someone offer you tobacco and you took it? Try to stay away from people with tobacco for a while.

Don't let this slip set you back. Just pick up where you were and continue being tobacco-free!

Call **1-800-QUIT-NOW** or **1-800-784-8669**

to speak to a counselor to help you get back on track to become tobacco-free!

#### Hours of Operation

Monday - Friday 7:00 a.m. - 10:00 p.m. CST

Saturday: 8:00 a.m. - 5:00 p.m. CST

Sunday: 10:00 a.m. - 4:00 p.m. CST



<http://health.tn.gov/tobaccoquitline.htm>



**SMOKING IS PROHIBITED WITHIN 25 FEET OF ALL HOUSING AND ADMINISTRATIVE BUILDINGS UNDER HUD'S SMOKE-FREE POLICY IN PUBLIC HOUSING**

Due to issues beyond our control, it has become necessary to reassess our delivery methods. In the past, Resident Services has delivered commodities to those with and without transportation.

**We are asking those with transportation to begin picking up their commodities at Central Services.**

Please contact Resident Services **quarterly** to be placed on the upcoming Commodity delivery list.

423-586-5115 ext. 8026 or CLC 423-200-5584

### Commodity MHA Delivery Dates

Hamblen County	Jefferson County (Appalachian Outreach)
Monday, May 9 <sup>th</sup> (sign up by April 14 <sup>th</sup> )	Wednesday, May 11 <sup>th</sup> (sign up by April 14 <sup>th</sup> )
Monday August 15 <sup>th</sup> (sign up by July 14 <sup>th</sup> )	Wednesday, August 10 <sup>th</sup> (sign up by July 14 <sup>th</sup> )
Monday, November 7 <sup>th</sup> (sign up by October 13 <sup>th</sup> )	Wednesday, November 9 <sup>th</sup> (sign up by October 13 <sup>th</sup> )

Contact Resident Services each quarter before the "sign up by" date.

Central Services pick-up Dates	Appalachian Outreach Pick-up Dates
Tuesday, May 10 <sup>th</sup>	Thursday, May 12 <sup>th</sup>
Tuesday, May 15 <sup>th</sup>	Thursday, August 11 <sup>th</sup>
Tuesday, November 7 <sup>th</sup>	Thursday, November 10 <sup>th</sup>

You're invited to

# BUCKETS & SUDS

### 4-week Cleaning Class

Wednesday, April 6<sup>th</sup>, 12:00pm-2:00pm

Wednesday, April 13<sup>th</sup>, 12:00pm-2:00pm

Wednesday, April 20<sup>th</sup>, 12:00pm-2:00pm

Wednesday, April 27<sup>th</sup>, 12:00pm-2:00pm

Computer Learning Center-1149 Kennedy Circle

Participants must complete all 4-weeks to receive

Bucket and Suds Gift Basket & Certificate of Completion