

January 2024

# Community Newsletter



## Start the New Year Clean!

**Declutter:** Go through each room and declutter by removing items you no longer need or use. Donate or recycle items that are in good condition but no longer serve a purpose for you.

**Trash and Recycling:** Store garbage cans at the rear of your unit, except on designated trash pickup days. Empty all trash bins and recycling containers in each room.

**Check Expiry Dates:** Go through your pantry and check the expiration dates on food items. Discard anything expired.



**Organize:** Organize drawers and closets. Straighten up bookshelves and entertainment centers.

**Timely Reporting of Repairs:** Report any needed repairs promptly by calling in a work order to the office.

**Monthly Pest Control Check:** Ensure a pest-free environment by calling the front desk monthly for pest control services.

Remember, you don't have to do everything at once. You can break down the tasks over a few days or weeks, depending on your schedule. This list is a starting point, and you can customize it based on your specific needs and the size of your living space. Happy cleaning and happy new year!



## Remember this season....

Here are a couple of things you can do to help prevent water pipes from freezing in your apartment during extended periods of below freezing temperatures;

- Open your kitchen faucet enough to allow a small trickle of water to run. Moving water will help prevent pipes from freezing.
- Open the cabinet doors under your kitchen sink to allow warmer air in. This helps keep pipes warm. If you have a vanity in your bathroom, open those doors as well.

Doing these simple things, especially at night time, can help reduce the chances of water pipes freezing in your apartment.



# TRESPASS LIST UPDATES

can be viewed online at [TVHSTN.org](http://TVHSTN.org) or at the  
Main Office – 600 Sulphur Springs Rd.



## This holiday season, just whistle & we'll come running!

As the weather continues to cool down, we're here for you. Whatever the problem, our skilled and friendly staff are here to help.

Not Feeling the Heat? Check These Before Calling:

- Make sure your thermostat is set to HEAT position.
- Make sure that there's power to the furnace.
- Make sure that the air vents and registers aren't blocked.
- Make sure your filter isn't dirty.
- Make sure your thermostat batteries aren't dead.

Still not working? Give us a call!

[CONTACT US](#)

423-273-2489

[Changes to Tennessee Valley Housing Services](#)

[Utility Allowances and Flat rents](#)

[EFFECTIVE JANUARY 1, 2024](#)

In accordance to the 2023 Appropriations Bill, Tennessee Valley Housing Services will adjust flat rents as established by the Department of Housing and Urban Development (HUD) for Hamblen and Jefferson Counties.

Federal Regulation requires housing authorities to conduct an annual review of utility allowances to ensure they reflect current utility consumption and rate changes. The Tennessee Valley Housing Services implements utility allowances used by the Tennessee Housing Development Agency (THDA) for Hamblen and Jefferson.

The proposed flat rent changes will not affect residents currently paying a flat rent until their annual recertification. Utility allowance changes will affect new admissions and current residents at annual recertification, unless an interim occurs prior to recertification.

If you wish to review the changes, please come to the office on or after October 31, 2023, ask the Receptionist to review the changes.



## Parking Permit

Please remember to update your parking permit information! A resident must register all vehicles she/he wishes to park on-site with TVHS.

## Convos with Cobb

Each month we chat with Officer Cobb and share his thoughts with you!



Officer Cobb

Liaison / Crime Prevention Officer

Office Number: 423-587-0376

Q. How do you stay updated and continue to grow in your profession?

A. Training in Law Enforcement is continuous. You can never stop learning in this career.

Q. How do you manage stress in a demanding profession?

A. Physical activity helps me. Running can reduce stress greatly.

Q. What hobbies or interests do you pursue outside of work?

A. Sports; especially college football!

Q. If you could time travel to any era in history, when and where would you go?

A. Either the Civil War (1861-1865) or World War II (1935-1945)

Q. Would you rather fight one horse-sized duck or a hundred duck-sized horses?

A. One horse-sized duck. Have to be careful and have a solid plan though. Much better that fighting 100 duck-sized thoroughbreds, but still a big task.

Q. If you were a flavor, what would you be?

A. The best.

Q. Pancakes or waffles?

A. Depends on my mood but I will go waffles.



## TVHS TRASH TRUCK RUNS every MONDAY

This is a service provided by TVHS to help residents dispose of large items such as televisions, couches, washers & dryers, etc. Lately, small items such as pizza boxes, bags of trash, etc. have been placed at the street. Please be aware that smaller items must be disposed of in the household trash can furnished by the City of Morristown. TVHS will no longer pick-up small items. If small items are placed at the street, you may receive a maintenance charge for pick-up. After the City empties your trash can, please return the trash can to your unit. Do not leave trash cans at the street from week to week.

Large items for TVHS pick-up should be placed at the curb from Sunday afternoon to no later than 7 a.m. on Monday morning. Do not place the large items at the street after 7 a.m. on Mondays. The trash truck will make one pass through each neighborhood and anything placed at the street after this time will result in a maintenance charge to your household.

**IF LARGE ITEMS ARE PLACED AT OR NEAR YOUR UNIT AFTER THE DESIGNATED TIMES, YOU WILL BE CHARGED. IF A NEIGHBOR IS PLACING THINGS IN FRONT OF YOUR UNIT, CALL THE OFFICE AND FILL OUT A COMPLAINT FORM TO PREVENT BEING CHARGED.**

If a holiday falls on a Monday, the TVHS trash truck will run on Tuesday. Tennessee Valley Housing Services does not furnish or repair the City provided trash cans. If you need a trash can, recycle bin or have one that is in need of repair, please contact: The City of Morristown Public Works Department at 423-585-4658.



## What is considered an emergency work order?

AFTER HOURS emergency number  
423-273-2489

Hearing impaired residents should call  
TN Relay Center at 711

- Refrigerator not working
- Outside door lock torn up
- Broken water lines on TVHS property.
- Gas leak at any appliance or meter.
- Fire in any building in the TVHS
- Range (only if entire range doesn't work)
- Commode stopped up and overflowing.
- Smoke alarm (going off, needs repair, loose or hanging)
- An elderly tenant is thought to be hurt or in difficulty.
- Heating system off (only if outside temperature is below 55 degrees F.)
- Give assistance to the Police Department in case of break in or emergency.
- Any electrical problem which causes a power failure or poses a threat to persons or property.
- Any water heater where the relief valve pops off or develops a hole in the tank where water runs constantly

## Pest Control

All TVHS units will receive Pest Control treatments in the months of March & September. These semi - annual treatments will begin on the second Monday of the month and be completed by Friday of the same week. No units will be excluded from the March & September treatment schedule.

Additional Pest Control Services will be on a call-in basis. Call-In treatments will begin on the second Monday of each month and completed by Friday of the same week. Call the office by 12:00 p.m. on Thursday to have your unit scheduled for the following week.

To schedule additional Pest Control at your unit, contact 423-586-5115 X 8010.



## FILTER CHANGES & SMOKE ALARMS

TVHS staff will change filters each month. Filter changing will begin on the second Monday of each month and be completed by Friday of the same week. No personal items may be stored in the mechanical closets. During filter change, smoke alarms will be checked as well as the overall condition of units. Housekeeping and any lease violations will be noted.

**Please remember all TVHS properties are smoke free!**



— *Insights, Updates & News* —

FROM THE DESK OF THE  
EXECUTIVE DIRECTOR

— *January* 2024 —



*Dear Friends,*

Wishing you a joyous New Year! I trust that your holiday was delightful, filled with cherished moments spent safely with your loved ones. As we embark on a new year, it's an ideal time for reflection and future planning. At TVHS, our primary focus is supporting residents on their journey toward self-sufficiency. Explore our newsletter and calendar to discover the array of free programs we offer. These initiatives are designed to assist you in creating a solid foundation for yourself and your family. If you haven't already, consider making this a goal for the year ahead. Here's to a thriving and prosperous 2024 for each of you!

*It's a time for  
new beginnings,  
new  
opportunities,  
and the hope for  
a better year  
ahead!*

*Happy New Year,*

*Sean Gilbert*

# JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Rent Due New Year's Day TVHS OFFICES CLOSED	2	3	4	5	6 Rent + late fee
7	8 Womens Group 6:00-7:00 PM Community Room	9	10	11 Adult Smoking Cessation @ Resource Center 1149 Kennedy Cir. 11am&4pm	12	13
14	15 Martin Luther King Day TVHS OFFICES CLOSED	16	17	18 Teens/YA Book Club @ Resource Center 3:30pm	19 Bingo! @ Resource Center 1149 Kennedy Cir. 12pm-1pm	20
21	22 Morristown Second Harvest Food Truck @ Noon 815 Tulip St.	23 White Pine Second Harvest Truck @ 1:30pm	24	25	26	27
28	29	30	31			



## MORRISTOWN

Food truck delivery is being held on Monday **January 22nd** at **815 Tulip Street**  
Next delivery date:  
**February 19th @ noon**

## Women's Fellowship Group

This group is held on the 2nd Monday of each month  
**6:00-7:00pm**  
at the John R. Johnson Community Room on Tulip Street



## WHITE PINE

Food giveaway will be held at the White Pine Community Room at **Apartment # 231** on **Tuesday, January 23rd @ noon**



SEE  
YOU  
SOON

## For more Information

Please reach out to Constance Hansen at 423-586-5115 ext. 8026 or stop by the Community Resource Center at 1149 Kennedy Circle

## Adult Smoking Cessation

Do you smoke? Dip? Vape? Are you considering quitting? Come learn about how tobacco and nicotine affect your health and take the first step to a healthier life. This free class is 1 hour long. Snacks will be provided. Classes will be in our Community Resource Center at 1149 Kennedy Circle on **Thursday January 11th @ 11:00am & 4:00pm**



## Teens & Young Adults Book Club

Next meeting in our Community Resource Center at 1149 Kennedy Circle on **January 18th @ 3:30pm**

## Bingo!

Join us in our Community Resource Center at 1149 Kennedy Circle on **Friday January 19th @ 12:00pm**

