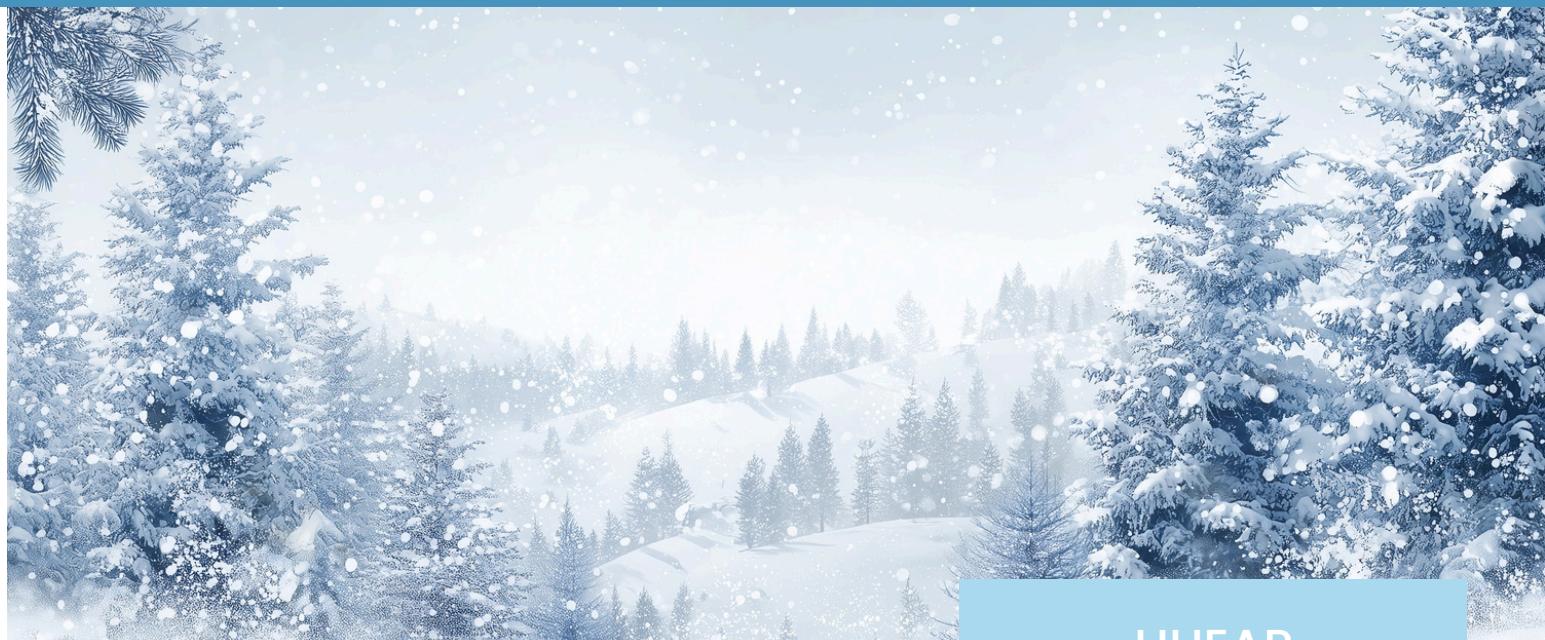


Community Newsletter



Toilet Paper Roll Drive for Community Roots Garden

Save those cardboard toilet paper tubes and give them a second life! The tubes make wonderful eco-friendly plant starter pots for the fruits, vegetables, and herbs that will grow in our Community Roots Garden. By donating your tubes, you're helping reduce waste, support local gardening, and nurture fresh produce for our neighborhood. Tubes can be dropped off at our Community Resource Center, located at 1149 Kennedy Cr. Thank you for helping our plants and our community.



Remember this season....

During the winter, disconnect water hoses to prevent freezing. If an outside faucet freezes due to a connected hose, you may be charged for repairs. To prevent pipes from freezing, let your kitchen faucet trickle slightly, as moving water helps. Open cabinet doors under sinks to allow warm air to circulate. These simple steps, especially at night, can help protect your pipes during freezing temperatures.



LIHEAP applications are now being accepted online.

Elderly or disabled residents of TVHS that need assistance with their application process can schedule an appointment. Please have the following documentation:

- Photo ID
- Social Security card
- Proof of income
- Proof of disability (if applicable)

Please call 423-587-0925 to schedule an appointment.





Trespass List Updates

can be viewed online at TVHSTN.org or at the
Main Office – 600 Sulphur Springs Rd.

For community safety concerns, please contact: Officer Cobb
Liaison/Crime Prevention Officer Office Number:
423-586-5115 ext.8017



the kitchn

Starbucks Medicine Ball Tea



PREP TIME: 3 minutes COOK TIME: 3 minutes SERVES: 2

INGREDIENTS

- 3/4 cup water
- 3/4 cup lemonade
- 1 bag citrus mint tea, such as Tazo Zen
- 1 bag peach-flavored tea, such as Celestial Seasonings Country Peach Passion
- 1 tablespoon honey
- 1 drop peppermint extract (optional)
- Lemon slices, for serving

INSTRUCTIONS

1. Bring 3/4 cup water and 3/4 cup lemonade to a simmer in a small saucepan. Remove from the heat and add 1 citrus mint tea bag and 1 peach-flavored tea bag. Cover and steep for 3 minutes.
2. Discard the tea bags, add 1 tablespoon honey, and stir until dissolved. Add 1 drop peppermint extract if desired. Divide the tea between 2 mugs and serve immediately with a thin slice of lemon.

Let's Close the Season with Cheer – Decorations Down by January 31

As we roll into the new year, please remember to take down Christmas and holiday decorations by the end of January. Keeping things tidied up helps our community look great and prevents any weather or safety issues. Thanks so much for helping keep our neighborhood looking its best!



Please remember that no wipes of any kind—including baby wipes, disinfecting wipes, makeup wipes, and "flushable" wipes—should be flushed down the toilet.

These products do not break down like toilet paper and can cause severe plumbing blockages, leading to costly repairs and potential damage to the building's plumbing system.

To help maintain a smooth and functioning sewer system, please dispose of all wipes in the trash. Your cooperation is greatly appreciated in keeping our community's plumbing in good condition.

SPEED cleaning

BEFORE YOU START:

make your bed get dressed grab a laundry basket music & candle

GET TO WORK:

Use a timer & spend 10 minutes on each task. When the timer goes off, move on whether you're done or not. You will come back to each step to finish what you didn't get done the first time.

KITCHEN:

- Empty & Load Dishwasher
- Clean sink
- Wipe counters
- Wipe outside of all appliances

LIVING ROOM:

- Toss misplaced items in laundry basket
- Put trash in a trash bag
- Straighten up furniture
- Wipe/ dust hard surfaces

BATHROOM:

- Wipe the sink
- Swish the toilet & wipe it down
- Pick up dirty clothes
- Wipe the mirrors
- Spray air freshener

BREAK & REPEAT

Set the timer for 10 minutes, grab a snack and have a seat. When the timer goes off, you are back in work mode. Repeat the above steps picking up where you left off until you are happy with your results. It may be one rotation, it may be 2 or 3.

AND IF THERE'S TIME...

- wipe inside microwave
- hang clean towels in the bathroom
- put misplaced items from the laundry basket away
- take the trash outside

FLOORS:

- Sweep
- Vacuum
- Mop

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 Attracts Cockroaches in Your Home?

Ample of Moisture



The number one thing that attracts roaches to a home is an ample amount of moisture. It is one of the necessities for pests like cockroaches to thrive and survive.



Cockroach Prone Location



The second thing and the most common factor that may make your house more vulnerable to cockroach infestation despite you keeping it clean is its location.

Easy Access



Do you know that rats and cockroaches are masters when it comes to sneaking in a premise through a small opening or crack? So, if you are offering easy access to cockroaches, will they say no?

Food Sources



Another main thing that attracts cockroaches to a home is food. When they find ample amounts of food sources at a place, these pests prefer hiding and staying there for an extended period.

Dense Landscaping



Do you think cockroaches will enter directly your home? No, many times, they make an entry first in your dense garden because they get all they want there like water, shelter, and food.

Cluttered and Neglected Areas



Last and the most neglected reason for which cockroaches often infest a house is a neglected area or area with some clutter.



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

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!



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.

— Insights, Updates & News —

FROM THE DESK OF THE EXECUTIVE DIRECTOR

— January

2026 —

Dear Friends,

Happy New Year! I hope you all enjoyed a festive holiday season filled with new memories and time spent with family and friends.

As we embark on a fresh year, it's the perfect time to reflect on the past and set intentions for the future. At Tennessee Valley Housing Services, we remain deeply committed to supporting our residents on their journey toward self-sufficiency. I encourage you to explore this newsletter and calendar for a comprehensive look at the many programs and resources available to you. These free offerings are designed to help create a roadmap toward stability, consistency, and an enhanced quality of life for you and your loved ones. If you haven't already, consider making this one of your top goals for 2026.

As we look ahead, we also pause to recognize and celebrate a significant milestone within our organization. After 28 years of dedicated service, Jeff Green is retiring from his role as Operations Director. Jeff's leadership, institutional knowledge, and commitment to excellence have played an integral role in shaping TVHS into the organization it is today. We are grateful for his many years of service and wish him nothing but happiness and fulfillment in his well-earned retirement.

Together, we can continue building on this strong foundation as we work toward a brighter future for our community.

Wishing you a successful and prosperous New Year!

Warm regards,

Sean Gilbert

Sean Gilbert

A Quote to Reflect On...

“We spend January 1st walking through our lives, room by room, drawing up a list of work to be done, cracks to be patched. Maybe this year, to balance the list, we ought to walk through the rooms of our lives ... not looking for flaws but for potential.” –Ellen Goodman