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## ANNOUNCING... TCAC RESIDENT ACADEMY

*"Leadership is about capturing the imagination and enthusiasm of people with clearly defined goals that cut through the fog like a beacon in the night."*

We at TCAC are excited to announce the formation of the TCAC Resident Academy. In order to combine trainings offered through our various programs, and through our bi-annual conferences, we have formed the TCAC Resident Academy. The Academy offers on-site training for residents of public housing for their self-enhancement; to foster relationships between housing authorities; and to help them better lead and serve their communities.

Some of the topics covered in these one day trainings include: HUD's most updated regulations regarding residents and resident initiatives; how to better communicate and resolve community conflict; recruit volunteers; and how to establish good working resident associations that will help build a better community.

Power point presentations offered in the training include, but are not limited to:

- Roles & Responsibilities of Resident Councils/Associations*
- Resident Council / Association Election Process*
- Roles & Responsibilities of Council / Association Officers*
- How to Conduct a Resident Association Meeting*
- Understanding / Developing / Amending By-Laws*
- Volunteer Mobilization / How to Recruit & Retain Volunteers*
- How To Communicate More Effectively*

*"Oh the Places You'll Go!" Encouragement to Find the Success Within Yourself (based on a book by Dr. Seuss)*

We will also tailor training curriculum based on your community's specific needs. We want your input as to what the specific needs in your communities are so that we may develop trainings to fill those needs.

We deeply appreciate your continued support of TCAC and our various programs. Our mission is to serve the public housing community and help meet the needs of low income and disadvantaged residents. Only you can let us know how we can best accomplish this mission.

To schedule training dates or to discuss your specific needs, you may contact Liz Grigsby, ROSS Program Coordinator at (423) 586-7636 or email her at [tcacgrantco@bellsouth.net](mailto:tcacgrantco@bellsouth.net).

UPCOMING EVENTS:	
July 27-28-Resident Academy Training-10 am to 3 pm-LaFollette HA	
July 29-Community Cares Members Graduation-1 to 3 pm-Jefferson City Housing Authority	
August 4-5-Resident Academy Training-10 am to 3 pm-Carver Center, Johnson City HA	
August 30 -Regional Resident Assembly Meeting-10 am to 3pm-Newport TN	
September 13-16-Community Cares PST-Highlander Center, New Market TN	
November 2-4-TCAC Annual Workshop-Holiday Inn-Pigeon Forge	
December 11-14-TCAC Resident Conference-Holiday Inn-Pigeon Forge	

## From the Directors Desk by Jawanna Chapman

Hello to all TCAC VISTAs, Summer Associates, Community Cares AmeriCorps members and partnering agencies. I want to thank you in advance for the services you are providing during the long days of summer. Your services are making a difference in the communities and schools served by TCAC.

Tennessee hosted a Multi State Cross Program training in Nashville on June 15-17. The purpose of this training was to bring together the various streams of service and introduce new programming techniques that will strengthen programming and recruitment efforts of National Service. TCAC's own Kathy Coffey (VISTA program Specialist) and Evonne Bennett (Community Cares Director) gave luncheon presentations. Kathy and Evonne represented TCAC very well.

Congratulations to the AmeriCorps Community Cares program. In September our number of AmeriCorps members will increase to 28. This means we will be able to service more frail elderly and challenged residents. Unfortunately, TCAC did not receive the Foster grandparents program. The program was granted to First Tennessee Human Resource Agency. TCAC congratulates the agency and looks forward to developing a productive partnership with them.

Thanks to Andrea and Kathy for coordinating the Summer Associates Pre-Service Trainings. This year the PSOs were conducted at Walters State and Dickson Housing Authority.

If you haven't been to Gifts-In-Kind for a while, come by and check out our new items. We have received shipments of Lego Building block kits, various toys, children's sandals, Estee Lauder make-up and gift sets and much, much more.

I look forward to seeing each of you soon.

## VISTA Service Spotlight-Mary Harden

by Angela Davis

On June 9, 2005 Kingsport HRA VISTA member, Mary Harden organized an in-service training on "Taking Blood Pressure." at the Holly Hills development. Mr. Joe Durant explained the "how's" and "why's" of the top and bottom numbers, during the check, and why they were important. He spoke about the importance of a healthy, low-salt, low-fat diet. There were many interested residents in attendance. Several blood pressure cuffs were given as door prizes, and refreshments were served after the program.

VISTA member, Mary Harden has organized several programs that are of great use to the community. "Breast Awareness" and "Diabetic Fair" events were hosted by her in March. Mary has also helped to improve the clothes closet in Holly Hills and



Pictured here are Joe Durant conducting the training, and Holly Hills resident Felicia Smith.

started another clothes closet in the Dogwood community. Currently Mary is working to help get the community block party together for next month. We are happy to report that Ms. Mary has signed on for another term of service as a VISTA, and we all look forward to the many great things she has planned for the future.

## A Note From Andrea by VISTA Director Andrea Hensley

I want to say THANK YOU (again) to everyone for coming together with the Summer Associate VISTA program. I know that we were all rushed through the process, but the training went off without a hitch and I have heard nothing but wonderful things about all of the successful programs going on!!!!!! We had a total of 25 SA's to come on board and we are all so glad to have them. Thanks for your patience and understanding. I am looking forward to being able to switch as many as possible over to full-time VISTAs to serve with you for a full term.

I also want to let everyone know that the year-end TCAC Workshop dates have been set for November 2 - 4. Please mark this on your calendars - it is mandatory for VISTA and Community Cares members.

We are also working out a formula to better track your weekly check-ins. Many of you are really good about touching base with Kathy or I once a week, but some of you are still forgetting about us. We need this consistent line of communication and you were informed of this when you first came on - *please stick with this rule!!!!!!* We enjoy hearing about your great programs and sharing in your successes.

Pictured right at PSO, with Jerry Herman, State VISTA Program Director; Andrea Hensley, TCAC VISTA Director; Kathy Coffey, TCAC VISTA Assistant; and Jawanna Chapman, TCAC Executive Director are summer associates: Joey Andrews; Robert Champion; Christopher Clawson; Andrew Craddock; Angela Davis; Norma DeArmond; Lydia Dodson; Aaron Everett; Charlotte Goins; Jason Lawson; Julie Lawson; Debra McCaslin; Hollister McGaha; Lena Plaut; Marie Richmond; Kristina Sales; Meggan Terrill; Valerie Tucker; Norma Vallecillo; Jonathan Holloman.



### VOLUNTEER SERVICE

BY BEN SCHLECHTER

The basis for service is simple...the people. It does not matter the age group of the individual. The people I serve may not have a lot monetarily, but make up for their finances in kindness, common sense, and a sense of wisdom.

The residents and staff at Newport Housing have been great to work with and have fun with. While the objective at Newport Housing is to provide clean and safe housing, there are many people who live and work that take interest in everyone they encounter.

Public service is a great way to meet new folks while improving their situations. One thing that I, the Community Cares member, have learned even before joining AmeriCorps, is that leadership and servanthood are synonymous. In order to be a leader, one has to be willing to serve.

Lastly, the staff at TCAC are also interested in every individual without bias. I have enjoyed serving with Evonne, Jawanna, and Liz of TCAC, and Barbara, who is now at another agency.

*Ben Schlechter is a TCAC AmeriCorps Community Cares Member who began serving at Newport Housing Authority in August of 2004.*

### R-O-S-S Update by Liz Grigsby

Oh, where to begin? There are so many exciting things going on with the ROSS Program. The announcement of the new TCAC Resident Academy is at the top of my list. We are so excited to be offering these on-site trainings for the purpose of resident self-enhancement; fostering relationships between housing authorities; and helping residents better lead and serve their communities.

We have recently conducted trainings at Maryville HA, Kingsport HRA, and at the TAHRA spring conference, and have upcoming trainings scheduled for Jefferson City HA, LaFollette HA, and Johnson City HA. We are working with several other HA's to schedule trainings at their sites. The response has been phenomenal. If you are interested in on-site training, please give us a call so we can develop your site-specific training and get a date scheduled.

Next on the agenda is the Regional Resident Assembly Meeting that is being hosted by Newport Housing Authority. The meeting, scheduled for August 30 from 10 am to 3 pm, will be held at the Fox & Hounds Restaurant in Newport TN. You will receive a flyer in the mail with the details. We hope you will attend so that we may come together to learn about each other and share experiences.

AND THEN...come December, it will be Resident Conference time again. I know that many of you will be happy to hear...we are returning to the Pigeon Forge Holiday Inn for this conference. The facilities there are very accommodating as far as mobility issues are concerned. We have some wonderful trainers lined up and are working hard to make this the best conference yet.

I want to thank everyone who attended the May conference in Gatlinburg and I look forward to seeing you again for on-site trainings and in Pigeon Forge in December.

If anyone has any ideas or suggestions on how we can better serve your needs as we fulfill the ROSS Capacity Building grant, please, please give me a call at 423-586-7636.

### Introducing...Two New Faces at TCAC



Angela Davis is serving as a Summer Associate VISTA at TCAC, assisting the ROSS Program Coordinator, Liz Grigsby.

When asked why she chose to serve, Angela said, "At the close of another semester at Walters State Community College, I began to make plans for what I would do with my summer. I knew I wanted to do something meaningful and something from which I could gain experience and knowledge. I went to the job placement center at Walters State, and learned about the

Summer VISTA program. After meeting everyone at TCAC, and learning that I may have the opportunity to serve alongside them, I was very excited. I am now assisting Liz Grigsby, the ROSS grant coordinator at TCAC, from whom I am learning a lot about TCAC, their mission and the programs they provide. After just a few weeks of being a SA VISTA, and seeing all the great things that are being accomplished, I decided to continue to serve as a full year VISTA after I have completed my summer term. I'm looking forward to all the exciting events coming up, The APT Company kickoff, the launching of the TCAC Resident Academy, and the Resident Leadership Conference. I am proud to be a part of both TCAC and AmeriCorps."

Charlotte Goins is serving as a Summer Associate VISTA at TCAC assisting Evonne Bennett with the Community Cares program.



When asked why she chose to serve, Charlotte said, "It is an opportunity for me to meet some really special people. Also, I wanted to commit myself as a good citizen for the betterment of others. I have always been involved in some kind of community event, activity, or function. I like solving different problems or any kind of issue a person may have. I like to encourage that person to pursue their dreams or goals. I think it's important to give back and in giving back you receive a warm feeling from helping others."

Charlotte has decided to devote a full year to serving as a VISTA at TCAC after her summer term is up in August. She will be assisting Melinda Kivett, Director of the TCAC Gifts-In-Kind Program.

### Community Cares News by Evonne Bennett



AMERICORPS



On June 10, 2005, The Tennessee Commission on National and Community Service awarded the Community Cares program \$297,600 and 24 FTE's (full time equivalents). TCAC's AmeriCorps Community Cares program will be able to service 26 agencies and public housing communities in Tennessee. We will be able to bring on about 28 full and half time Community Cares AmeriCorps members for the 05-06 program years. As we move into year four of the program, I have to say the AmeriCorps members are what make things happen. The Community Cares members are on the move and making things happen for the elderly and disabled in Tennessee. This year with 20 members on-board in 16 counties, we have been able to assist over 700 elderly and disabled citizens to remain living independently in their own home for another year. Members have made clients safer by providing over 350 emergency disaster kits and food boxes. They have involved over 300 community volunteers to get things done for seniors. They are simply an awesome bunch to hang with! I am going to miss each of you as you move on to life after AmeriCorps. Community Cares Alumni Rock! Hats off to everyone in the CC Gang!

**Tennessee's Community Assistance Corporation**

740 East Main St  
PO Box 485  
Morristown TN 37815

Phone: (423) 586-7636  
Fax: (423) 587-0783  
Email: [tcac1@bellsouth.net](mailto:tcac1@bellsouth.net)

**We're on the Web!**  
[www.tcac1.org](http://www.tcac1.org)

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Edited by Liz Grigsby

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**Community Cares Members Spotlight** by Evonne Bennett

**How Sara Murray & Martha Burgin Invested In AmeriCorps**

Sara Murray single mother of three always wanted to become a nurse. After hearing about AmeriCorps through a family's first program, Sara decided to invest in her future by joining AmeriCorps. Martha Burgin mother of 6 had a lifelong dream of becoming a dietician technician and working with people with disabilities decided to join AmeriCorps. This dynamic duo serves the Johnson City Housing Authority via the Community Cares program. Sara and Martha are able to meet real senior needs by light housekeeping, shopping, running errands, and feed 28 nutritious delicious home cooked meals each day to home bound seniors who are not able to cook for themselves. Recently Sara and Martha spoke to a group of young mothers that also have a desire to better themselves through a college education at ETSU in Johnson City. After delivering powerful testimony of how valuable AmeriCorps had been to their communities, they offered some good advice and that advice was "use AmeriCorps to get you where you want to be." Sara will be finishing her term August 5, 2005 and will be a full time student this fall finishing her degree as an LPN. Martha is reenrolling for another term in AmeriCorps and then plans on enrolling in classes and working toward her dream of becoming a dietician.

Pictured are Community Cares members Martha Burgin, and Sara Murray with Parkway Dunbar resident, 86 year old Fillmore McFall.



*The Latest* **Gifts-In-Kind** by Melinda Kivett



**Attention Non-Profit Organizations:**

**Don't miss out on this great opportunity!**



**TCAC's Gifts-In-Kind has partnered with Dell to give away All-in-One Printers to area non-profit agencies.**

**To qualify, you must have 501 c 3 status or be considered a Title 1 school.**

**For more information, please contact:**

**Melinda Kivett at (423) 586-7636  
or email at [tcacgik@bellsouth.net](mailto:tcacgik@bellsouth.net)**

**You can also check out the information on our website at [tcac1.org](http://tcac1.org)**

**Applications are now being accepted. Supplies are limited to 10 printers or less for each qualifying agency. Pictured here in each corner are some of the styles that will be available. You may request a particular printer but we can not guarantee you a specific type.**

**The printers will be here on or before July 15th.**

