



Columbia Housing and Redevelopment



March 2023

- 1. PAY/REVIEW YOUR RENT ONLINE AND INPUT WORK ORDERS** all residents can now review your account history or pay your rent online via bank draft or credit/debit card. Please visit our website at www.chrc-tn.org/residents click on the name of the community where you live (Creekside (includes Southern Hills), Oakwood, or Northridge). You will need to register your online account. Please call the office for your Registration Code. You must have an email address and remember your password because CHRC does not have any access to this information.
- 2.** We want to remind you that CHRC maintains clean and safe communities. This means that no trash, junk, excessive outdoor furniture, bikes, toys, grills, etc. should be cluttered around your apartment. Any violations will result in a failed housekeeping inspection for violation of the house rules. Please keep the majority of the items around back of your apartment in an organized and neat manner. We recommend that you discard any unwanted and bulky items immediately. You may call the City of Columbia Public Works at 931-388-8650 to request a pickup of those items at your address. If you set items out for the city, you need to call the office and let us know. Failure to let us know and if CHRC picks it up, you will get charged.
- 3.** All pets must be pre-approved at the office. **You HAVE TO PAY A** deposit, and sign a Pet Lease if you have a pet. Any unauthorized pet will result in a fine and could lead into eviction. Please refer to your CHRC Lease. Also **NO** pet sitting is allowed at anytime. **NO PIT Bulls allowed at anytime.** If you have a cat, dog, etc., and you have not been pre-approved by the office, you need to call the office today! If you have a PET, you will want to read the insert inside that was sent in the mail with your statement. If you do not have a sticker in your window....that means you are
- 4. If you change your phone number let us know.**
If you are not getting the call outs weekly by phone, text or email....that means we do not have your number.....Call the office and let us know to change your number on smart notice so you can be included of whats going on at CHRC.
- 5. If you change jobs....**you have 10 days to report this. We will be pulling EIV's monthly. Failure to report jobs will result in backpay.
- 6. Mental health and Addiction is on the rise:** If you are a victim. Please seek help.
 - Tennessee Redline 1-800-889-9789
 - 1-800-662- HELP (4357)
 - Poison Control Center is you feel someone is not responding due to a overdose @ 1-800- 222-1222
- 7. Pest Control and Housekeeping: Every Tuesday of the month (Unless notified)**
Northridge: 1st Tuesday
Creekside: 2nd Tuesday
Oakwood and Southern Hills: 3rd Tuesday

CHRC Commissioners

Jane Eve Rayburn, Chairperson
Thomas Sneed, Vice Chairperson
Jadonna Secrest, Commissioner
Jeffrey Lowrey, Commissioner
Kenny Anderson Jr., Commissioner

CHRC Staff

Trent Ogilvie, Executive Director
Conitha Howell, Operations Director/Executive Assistant
Christina Woodard, Property Manager
Dona Anderson, Resident Services
Murenda Frierson, Receptionist
Michael Armstrong, Maintenance
Tim Kennedy, Maintenance
Mark Moore, Maintenance

Website: www.chrc-tn.org

Mail: P.O. Box 115 Columbia TN

Office: 101 Penny Avenue
Columbia, TN 38401

Phone: 931.388-5203

Fax: 931.540-8684



Find us on
Facebook

Are you currently receiving a Utility Check?



If so, we will no longer be issuing paper checks. You must come to the office to pick up your debit card. Call the office if you have questions.



March 30th -April 7th. (Return back on April 10th) Kids will be out of School for Spring Break in Maury County



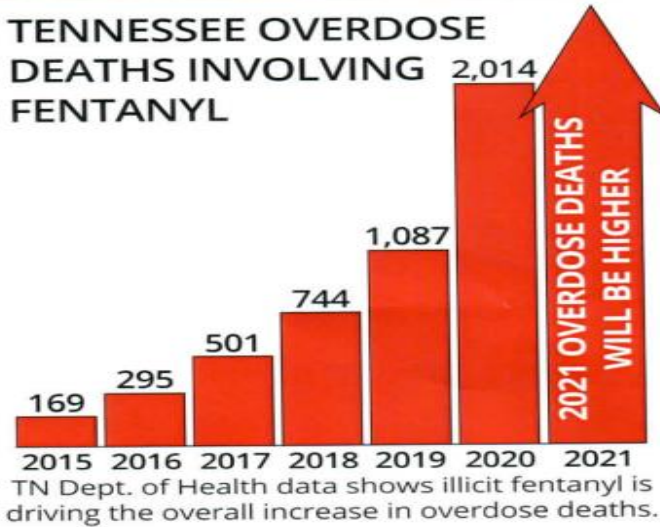
Playgrounds provide a great source of exercise and a place where children can socialize, play creatively, and test their skills. While injuries are often thought of as a normal part of play, some injuries are more serious and can prevent a child from getting the most out of healthy, physical activities.



Here are a few simple tips to help keep your child safe on playgrounds:

- Supervise your child closely and ensure they know how to use equipment safely.
- Teach them playground safety rules: To wait their turn; go down the slide feet first; hold onto railings and sit down on swings or slides. Remember to keep away from moving swings and the bottom of slides.
- Before using the playground, remove helmets, scarves, and drawstrings. Avoid playing with skipping ropes around the equipment.
- Check the playground. It should have a deep, soft surface as well as handrails and barriers to prevent falls. Watch out for sharp objects or spaces where your child's head could get stuck.

TENNESSEE OVERDOSE DEATHS INVOLVING FENTANYL



FENTANYL AND OVERDOSE

Because fentanyl is so strong, people who make illicit (illegal) drugs use fentanyl to make their drugs cheaper and more powerful. They do not have the special equipment that spread out the chemicals evenly. Each pill or powder is not the same. It does not take a lot of fentanyl to cause an overdose, especially for someone who does not usually use opioids.



Authentic Oxycodone 30 MG Tablets



Counterfeit Pills Containing Fentanyl

Can you spot the difference?

Fentanyl has been found in heroin, cocaine, meth and pressed into fake prescription pills. While there are lots of stories of fentanyl found in vapes, there are very few cases in the US when a lab tested and confirmed that fentanyl was present.

FACTS ABOUT FENTANYL

Knowledge and Tools to Save Lives



Overdoses happen when too many opioids attach to receptors in the brain and cause you to stop breathing. You can not overdose on fentanyl just by touching it. It has to get into your blood to get to your brain. If you think fentanyl may be present, avoid touching your eyes, nose or mouth so it cannot get into your bloodstream and travel to your brain. Wash your hands with soap and water. Do not use hand sanitizer. It does not remove the substance from your hands.

You can save a life by responding to an opioid overdose with naloxone!

1 CALL 911
Immediately

2 Give the person NALOXONE
if you have it.

3 Try to keep the person AWAKE AND BREATHING.

4 Prevent Choking: Lay the person ON THEIR SIDE.

5 STAY WITH THE PERSON
until help arrives.

FENTANYL TEST STRIPS

You can't tell if a drug has fentanyl in it by smelling, tasting, or looking at it. Fentanyl test strips are the best way to find out if fentanyl is in the substance. Test strips help prevent overdose and death, and they can lead to changes in a person's drug use. Engaging people, promoting health, and meeting people where they are has been proven to help people see their self-worth and seek recovery.

SAVE A LIFE WITH NALOXONE



Naloxone is a medication that reverses opioid overdose so a person can breathe until EMS arrives. It comes in several forms including nasal sprays and injectable liquids. You can get naloxone from a pharmacy without a prescription. Many insurances including TennCare cover naloxone at a minimal cost. **Remember: the only way to misuse naloxone is to not use it!**



Free and Confidential Referrals to Addiction Treatment and Other Services



855-CRISIS-1 TN.gov/CrisisLine



Contact your local ROPS to schedule a training or get more info. Scan the code for details.

TN Department of **Mental Health & Substance Abuse Services**

This project is funded under a grant contract with the state of Tennessee Department of Mental Health and Substance Abuse Services.

Cate Faulkner
Manager, State Opioid Response Prevention
615-840-0382
Cate.Faulkner@tn.gov





MARCH

2023

OFFICE

101 Penny Avenue
Columbia, TN 38401

MAIL

P.O. Box 115
Columbia, TN 38402

PHONE

931-388-5203

FAX

931-540-8684

WEBSITE

www.chrc-tn.org

BULKY ITEM

**TRASH PICKUP
& RECYCLING**

931-388-8650

Southern Hills – Wednesday
Oakwood – Wednesday
Creekside – Wednesday
Northside – Friday
Northside Annex - Friday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
					Office Closed	
5	6	7	8	9	10	11
	Last day to pay your rent	Pest Control & Housekeeping Northridge Community Cooking and saving \$ with Starla H Class @ Creekside Community Center			Office Closed	Set your clocks. SPRING FORWARD!!!
12	13	14	15	16	17	18
		Pest Control & Housekeeping Creekside Community Cooking and saving \$ with Starla H Class @ Creekside Community Center			Office Closed	
19	20	21	22	23	24	25
		Pest Control & Housekeeping Oakwood & Southern Hills Community Cooking and saving \$ with Starla H Class @ Creekside Community Center		Board Meeting 4:30	Office Closed	
26	27	28	29	30	31	
		Cooking and saving \$ with Starla H Class @ Creekside Community Center				

TNCEP (TN Nutrition & Consumer Economics Program). It is an 8-session program on nutrition, food resource management, and cooking. **Beginning March 7, 2023...**

Come for the food and the food. Door Prizes

Door Prizes will be given out to **everyone** who is in attendance as a THANK YOU for participating and attending the class.

