

# NEWSLETTER



## MATTHEW WALKER MOBILE HEALTH BUS

The mobile health clinic will now be visiting our properties on a regular basis. They can provide many services on sight such as BP checks, HIV screenings and basic exams. They can book appointments for women's health visits, sick visits, drug or alcohol abuse help, and behavior health.

These services are free so the next time you see the bus, feel free to walk in and be seen.



## Renewals: What You Need to Know

TennCare must see if you still qualify for coverage each year. Coverage means TennCare, CoverKids, Medicare Savings Plan, or Katie Beckett.

### + What can you do now to get ready?

1. **Make sure TennCare has your correct contact information.** You can update it using TennCare Connect or by calling 855-259-0701. Don't have a TennCare Connect account? You can create one at [TennCareConnect.tn.gov](https://TennCareConnect.tn.gov) and link the account to your case. You can also opt-in for text and email alerts.
2. **Find your renewal date.** Your renewal date is due once per year. Find your renewal date online from your [TennCare Connect](https://TennCareConnect.tn.gov) account or by calling 855-259-0701. For instructions on finding your renewal date online, visit [tn.gov/tcrenew](https://tn.gov/tcrenew).
3. **Open and respond** to all mail from TennCare. You must complete all the steps by your renewal date, or your coverage will end.

### How to find your renewal date:

To find your renewal date login to [TennCareConnect.tn.gov](https://TennCareConnect.tn.gov) or call 855-259-0701. Scan the QR code or visit [TN.gov/tcrenew](https://TN.gov/tcrenew) for instructions on finding your renewal date.



### + How to complete the renewal process:

- **Online** at [TennCareConnect.tn.gov](https://TennCareConnect.tn.gov). Or download and use the TennCare Connect App if you are asked for proof.
- **By Phone** call 855-259-0701.
- **In person** at a Department of Human Services kiosk or to submit your documents to TennCare.
- **Mail** the signed renewal packet to the address listed in the renewal packet.
- **Fax** your completed packet to 855-315-0669.

### + Did you lose your TennCare or CoverKids coverage?

If you or someone in your home loses TennCare or CoverKids, you can enroll in other health insurance for a limited time.

Talk to your employer about health insurance through your work's health insurance plan and tell them you've had a qualifying life event. You may also qualify for a free or low-cost, health plan through [healthcare.gov](https://healthcare.gov).

### Do you think TennCare made a mistake?

You can file an appeal. For more information on filing an appeal visit [TN.gov/TennCare](https://TN.gov/TennCare) or call 855-259-0701.



The Little Library was installed in Lincoln Homes at the beginning of October and we are excited to be able to offer books to children and young adults. Please encourage your children to read/return their books and exchange for more.





WITH RISING COSTS FOR JUST ABOUT EVERYTHING, WE BELIEVE THE BENEFITS CLIFF IS THE GREATEST PROBLEM KEEPING MANY FAMILIES FROM GETTING AHEAD.

**START TODAY!**  
[WWW.OURCHANCETN.ORG](http://WWW.OURCHANCETN.ORG)

Client Assistance of \$1,000 in your family's first year of enrollment in Our ChanceTN.

Eligible families receive support for 2.5 years that includes:

-  Individual Coaching
-  Financial Planning
-  Customized Resources

## OCTOBER EVENT PHOTOS





# Pictures with Santa

Santa has taken time out of his busy schedule to come see us for two days and take family pictures. Get excited!

- 12/14 from 4-6pm
- 12/16 from 12-2pm

Come have some holiday snacks and take your family photo home that day

Registration is required, see link



## LEASE REMINDERS

- PLACE ALL TRASH IN TRASH CANS
- PICK UP TRASH AROUND YOUR DOOR AND IN YOUR YARD
- DO NOT REMOVE YOUR SMOKE DETECTORS OR THEIR BATTERIES.
- KEEP ALL WALKWAYS, STAIRS AND SIDE WALKS CLEAR
- ALLOW PEST CONTROL ACCESS TO YOUR APARTMENT
- KEEP YOUR HOME CLEAN AND FREE OF EXCESS CLUTTER



## PHADA Scholarship Program

**3 SCHOLARSHIPS  
AVAILABLE  
TOTALING \$17,000.**

### MUST BE:

- PUBLIC HOUSING RESIDENT
- A SENIOR IN HS
- A B AVERAGE GPA

Apply by 1/24/24!

[www.phada.org/Conference-s-Education/PHADA-Scholarship-Program](http://www.phada.org/Conference-s-Education/PHADA-Scholarship-Program)



## WHY ANNUAL RECERTIFICATION?

- VERIFY HOUSEHOLD INCOME
- VERIFY HOUSEHOLD COMPOSITION
- VERIFY THE HOUSEHOLD QUALIFIES FOR CONTINUED OCCUPANCY

failure to  
recertify  
could result  
in lease  
termination

MINISTRY OF RECONCILIATION CHURCH

Thanksgiving

**Supplies Giveaway**

FREE THANKSGIVING BASKET GIVEAWAY

While Supplies Last!

**SATURDAY, NOVEMBER 18**  
11:00 AM - 1:00 PM  
1110 Peachers Mill Road  
Clarksville, TN 37040

For more information please contact us at (931) 624-6325 or visit our website at [www.ministryofreconciliationchurch.org](http://www.ministryofreconciliationchurch.org)

### What is emotional or psychological abuse?

Emotional or psychological abuse (terms often used interchangeably) involves trauma to the victim caused by verbal abuse, acts, threats of acts, or coercive tactics.<sup>1</sup> Perpetrators use emotional or psychological abuse to control, terrorize and denigrate their victims. It frequently occurs prior to or concurrently with physical or sexual abuse. Emotional or psychological abuse includes:

- Humiliating the victim
- Controlling what the victim can/cannot do
- Withholding information from the victim
- Deliberately doing something to make the victim feel diminished/embarrassed
- Isolating the victim from friends/family
- Denying the victim access to money or other basic resources
- Stalking
- Denigrating the victim in public or in private
- Undermining the victim's confidence and/or sense of self-worth
- Convincing the victim (s)he is crazy
- Other forms of verbal abuse<sup>2</sup>

Emotional or psychological abuse increases the trauma of physical and sexual abuse, and number of studies have demonstrated that emotional or psychological abuse independently causes long-term damage to a victim's mental health. These include depression, post-traumatic stress disorder, suicidal ideation, low self-esteem, difficulty trusting others. Subtle emotional psychological abuse is often more harmful than either overt emotional or psychological abuse or direct aggression.<sup>3</sup>

### Did you know?

- 48.4% of women and 48.8% of men have experienced at least one psychologically aggressive behavior by an intimate partner.<sup>4</sup>
- 4 in 10 women and 4 in 10 men have experienced at least one form of coercive control by an intimate partner in their lifetime.<sup>5</sup>
- 17.9% of women have experienced a situation where an intimate partner tried to keep them from seeing family and friends.<sup>6</sup>
- 18.7% of women have experienced threats of physical harm by an intimate partner.<sup>7</sup>
- 95% of men who physically abuse their intimate partners also psychologically abuse them.<sup>8</sup>
- An employed woman with an unemployed partner is more than twice as likely to be psychologically abused by her partner than a woman with a different employment situation.<sup>9</sup>
- Women who earn 65% or more of their households' income are more likely to be psychologically abused than women who learn less than 65% of their households' income.<sup>10</sup>

### Impacts of emotional or psychological abuse

- 7 out of 10 emotionally or psychologically abused women display symptoms of PTSD and/or depression.<sup>1</sup>
- Women experiencing emotional or psychological intimate partner violence are significantly more likely to report poor physical and mental health and to have more than 5 physician visits in the last year.<sup>12</sup>
- Emotional or psychological abuse is a stronger predictor of PTSD than physical abuse among women.<sup>13</sup>

### Am I in an emotionally or psychologically abusive relationship?

Does your partner:

- Threaten to harm you, your children, your family and/or your pets?
- Tell you are worthless?
- Tell you no one else will ever love you?
- Isolate you from your friends and/or family?
- Control your behavior and movements?
- Monitor your whereabouts?
- Tell you that you are crazy?
- Demean you in public or in private?
- Constantly criticize you?
- Blame you for everything that goes wrong?
- Stalk you?
- Cause you to feel guilt over things that are not your fault?
- Threaten to take away your children?

<sup>1</sup> Centers for Disease Control and Prevention (2014). *Intimate partner violence: Definitions*. Retrieved from <http://www.cdc.gov/violenceprevention/intimatepartnerviolence/definitions.html>.

<sup>2</sup> Ibid.

<sup>3</sup> O'Leary, K. D. & Matus, R. D. (2005). *Psychological abuse in violent domestic relations*. New York, NY: Springer Publishing Company.

<sup>4</sup> Browning, M. J., Chen, J. & Black, M. C. (2014). *Intimate partner violence in the United States - 2010*. Retrieved from [http://www.cdc.gov/violenceprevention/pdf/cdc\\_nisvrsrpt\\_2013\\_v17\\_single\\_a.pdf](http://www.cdc.gov/violenceprevention/pdf/cdc_nisvrsrpt_2013_v17_single_a.pdf).

<sup>5</sup> Ibid.

<sup>6</sup> Ibid.

<sup>7</sup> Harman, K. & Kington, L. M. (2003). Prevalence and characteristics of psychological abuse reported by court-involved battered women. *Journal of Interpersonal Violence*, 18(8), 857-871.

<sup>8</sup> Kaufman, C. (2004). Status compatibility, physical violence, and emotional abuse in intimate relationships. *Journal of Marriage and Family*, 66(2), 452-471.

<sup>9</sup> Ibid.

<sup>10</sup> Pico-Alfonso, M., Garcia-Litago, L., Calde-Narvaz, N., Blanco-Ros, C., Schellorus, E. & Martinez, M. (2006). The impact of physical, psychological, and sexual intimate partner violence on women's mental health: Depressive symptoms, posttraumatic stress disorder, state anxiety, and suicide. *Journal of Women's Health*, 15(3), 399-411.

<sup>11</sup> Collier, A., Smith, P., Bethel, L., King, M. & McKewen, R. (2000). Physical health consequences of physical and psychological intimate partner violence. *Archives of Family Medicine*, 9(5), 451-457.

<sup>12</sup> Boney-McCoy, S., Green, B., Kilpatrick, S., Roesch, D., Zeffins, T. & Krause, E. (2006). Intimate partner violence, PTSD, and adverse health outcomes. *Journal of Interpersonal Violence*, 21(7), 955-968.

# November 2023

SUNDAY MONDAY

		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 10AM Summit Pancakes and Games Rent Due	2	3	4
5	6 Rent Late Fee Added	7	8 Matthew Walker Mobile Health Bus Mana Café 5-7 REC	9	10 CMCSS out of school	11
12	13	14	15 Mana Café 5-7 REC	16 Thanksgiving Meal Distribution Summit	17	18
19 Mana Café Thanksgiving Meal Distribution REC	20	21	22 Paint and Snack REC Lincoln 2pm	23 ThanksGiving Office Closed	24 Office Closed	25
26	27	28	29 Mana Café 5-7 REC	30	1	2

Coloring  
Sections!

Not es

**Thanksgiving Boxes will be distributed from the lower level of the Main office at Summit Heights beginning at 2PM on the 16th. No registration required, first come first serve. Contact Renee or April at the Resident Engagement Center for more information. 931-614- 5552.**

Do not  
forget

