May 2026 Newsletter

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Rent Due	2
3	4	5 Cinco de Mayo	6 Office Closed 8am-4pm	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day Office Closed	26	27	28	29	30 Splash the badge w/the JET Team
31						

🧠 Wellness Check-In

May is Mental Health Awareness Month—a great time to pause and check in with yourself.

Taking care of your mental health is just as important as your physical health.

Here are a few simple self-care tips to get started:

✔️ Take a few minutes each day to relax and reset

✔️ Get outside for fresh air or a short walk

✔️ Stay connected with friends, family, or neighbors

✔️ Set small, realistic goals for yourself

✔️ Don't be afraid to take breaks when needed

Need someone to talk to or looking for support?

There are local counseling and support resources available to help. Please don't hesitate to reach out.

💬 You are always welcome to connect with Resident Services for support, resources, or just a check-in—we're here for you!

Tmcadory@cha-tn.org

Protect What Matters Most

We encourage all residents to purchase renters insurance to help protect your personal belongings in case of unexpected events such as fire, theft, or water damage. Renters insurance is typically affordable and can provide peace of mind knowing you're covered.

If you need assistance understanding your options or getting started, please contact Tiffany McAdory. I am happy to help guide you through the process.

Let's work together to keep you and your household protected!

Calling All 2026 Graduates!

We are excited to celebrate the accomplishments of our residents and families who are graduating this year! If you have a high school or college graduate in your household, we would love to feature them in our upcoming newsletter.

Please submit a photo along with the graduate's name, school, and future plans (if available) by May 29th

You can send submissions to: tmcadory@cha-tn.org

Let's celebrate your achievements and recognize this important milestone!

Riddle:

The more sunshine I get in May, the more I disappear. What am I?.

Summer Camps for Kids

Below is a list of summer camps/ activities. When contacting these organizations, please ask if financial assistance is available to cover any costs.

- **YMCA of Middle Tn.**
  midtn.recliquecore.com
  615-742-7328
- **Montgomery Co. Public Library**
  mcgtn.libcal.com/calendar
  931-648-8826
- **Lil Govs Summer Camps**
  apsu.edu/recreation/camp
  931-221-7564
- **APSU Coding Camps**
  https://www.apsu.edu/csci/camp/index.php
  931-221-7840
- **Clarksville Camp Rainbow**
  clarksvillecamprainbow.org
  931-647-9865
- **Montgomery Co. Spring and Summer Activities**
  mcgtn.org/parks/events-and-programs

🧹 Spring Cleaning Made Easy! 🧹

Dumpsters will be placed throughout the property to assist residents with spring cleaning. They will be on site for 30 days starting April 30th. Feel free to take advantage of this opportunity to clear out unwanted household items and refresh your space!

Please remember to use the dumpsters responsibly and do not dispose of any hazardous materials (such as chemicals, paint, batteries, or electronics).

Important Reminders

Please ensure that all trash is properly disposed of in designated trash cans.

If you have furniture or large items to discard, notify maintenance for pickup.

All recertification documents must be uploaded to the resident portal prior to your scheduled recertification appointment.

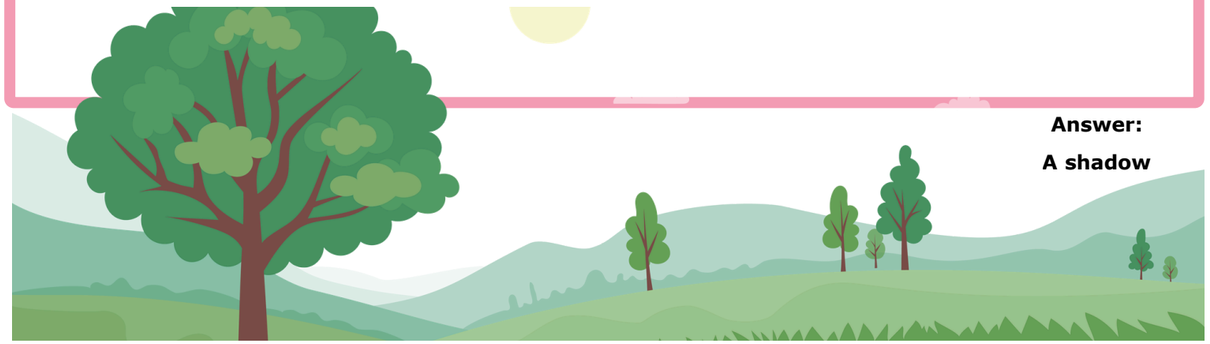
Please be respectful to all neighbors, both new and existing residents.

Report any and all criminal activity to your property manager immediately.

Lease Reminders

Why Annual Recertification is important!

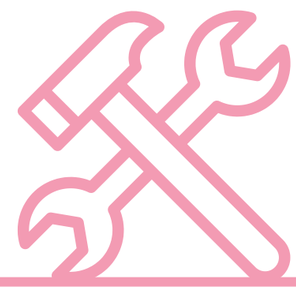
- Verify Eligibility
- Ensures households still meet income and program requirements
- Keeps housing fair and available to those who qualify
- Update household information
- Record changes in income, family size, or employment
- Helps staff provide accurate rent calculations and services.



Answer:

A shadow

After Hours Emergency Number
931 575 1964

What constitutes an emergency?

- Fire
- Serious water leak/burst water pipe
- Toilet wont flush if the unit has only (1) toilet. If your unit has two (2), this is not an emergency.
- Sewer back up
- Unable to lock the door.
- No heat
- No A/C (if outside temp is 85 or higher)
- No water