

monthly newsletter

LEBANON HOUSING AUTHORITY

AUGUST 2026

MAILING ADDRESS

P.O. Box 187

Lebanon, TN 37088

PHYSICAL ADDRESS

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www.lhatn.org



Lebanon
Housing Authority

"Providing Decent, Safe and Affordable Housing"



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What To Do If You Smell Gas In Your Unit

- Take your children and pets and leave the apartment right away.
- Do not use your phone (even a cell phone) on the premises. A phone could also create a spark.
- Do not light a match, candle, stove, lighter or turn on a light switch. Do not turn electrical appliances on or off. This could cause a spark that would cause the GAS to ignite.
- Exit the unit immediately, tell your neighbor to do the same if you live in a duplex. Get as far away as possible, and call the housing authority.
- Call the Lebanon Housing Authorities after hours emergency phone line 615-829-4026 only when you are a safe distance away.
- Do not go back into the building or the area until a housing authority representative or emergency on site personnel has informed you that it is safe.

Dana Sandefur

Safety & Security Coordinator

Security@lhatn.org



This August, Lebanon Housing Authority invites residents to join us in celebrating National Wellness Month! It's the perfect time to slow down, practice self-care, and create healthy habits that support your physical, mental, and emotional well-being. Remember, wellness doesn't have to involve big changes—even small daily choices can have a lasting impact.

How to Celebrate & Build Habits

You can improve your daily routine with small, manageable actions:

- **Stay Hydrated:** Set daily water intake goals and track your progress.
- **Screen-time Breaks:** Set digital limits or make your bedroom a tech-free zone to reduce evening stress.
- **Add Something New:** Start your morning with a fresh smoothie or a 5-minute meditation session.
- **Get Involved:** Take the "I Choose Wellness" pledge and follow the 31-day challenge on Live Love Spa.

Local Wellness Spots near Lebanon, TN

If you want to treat yourself or jumpstart your health journey, Lebanon and the nearby Nashville area offer several local resources:

- **Float Horizen:** Unwind with sensory deprivation float therapy and infrared saunas right in Mt. Juliet (just a few miles from Lebanon) Float Horizen.
- **Hot Yoga of East Nashville:** Build your physical strength and mindfulness at a nearby studio just a short drive down the road Hot Yoga of East Nashville.
- **Float Alchemy:** Another great nearby spot in Nashville for salt room therapy and float pods Float Alchemy.

As always, stay safe LHA!



Alisa Cottrell

Property Manager

Occupancy2@lhatn.org



August is a wonderful time to enjoy our neighborhoods, whether you're spending time at the playground, visiting with neighbors, or preparing for the new school year. By working together and following a few simple community guidelines, we can keep Lebanon Housing Authority clean and welcoming.

Help Keep Our Community Clean

We've noticed a small increase in litter around our playgrounds and common areas. We ask everyone to please use the trash cans provided and encourage children to always clean up after themselves when playing outside. We also ask that all blue tire mulch remain inside the playground fencing. The blue tire pieces are part of the playground's safety surface and should not be removed or scattered throughout the property. Keeping our community clean and our playground materials where they belong helps create a welcoming environment for everyone and allows our landscaping crews to focus on maintaining the property rather than picking up trash or playground materials.

Trash Collection Reminder

Please remember to place your trash can at the curb no earlier than 7:00 p.m. the evening before your scheduled pickup and return it to the rear of your apartment by 7:00 p.m. on collection day. Keeping trash cans stored properly helps maintain the appearance of our neighborhoods and ensures compliance with your lease agreement. Residents who are elderly may contact the City of Lebanon for assistance with retrieving their trash cans at no charge. To qualify for this service, residents must obtain documentation from their physician and submit it to the City's Sanitation Department for approval.

Pet Reminders

We appreciate everyone who follows our pet policies and helps keep our neighborhoods safe. As a reminder:

- Pets should not be chained or tied to porches.
- Please secure your pet inside your unit during scheduled pest control days located on the calendar of this newsletter.
- Dogs must always be walked on a leash while outdoors.
- Per Housing Authority policy, pets may not exceed 25 pounds.

Visiting Guests

August is National Wellness Month—a time to focus on healthy habits, meaningful relationships, and overall well-being. We encourage all residents to spend time with family and friends who bring positivity and support into your life. As you enjoy visits with your loved ones, please remember that overnight guests may not stay longer than permitted under your lease. By following HUD occupancy guidelines, we can help ensure our community remains fair, safe, and in compliance for everyone.

If you have any questions regarding Lebanon Housing Authority policies, please contact me. **I'd be happy to assist!**

Daejah Maklary

Resident Coordinator

Residentcoordinator@lhatn.org



Hi LHA Families!

Is your child currently on the **Mid-Cumberland Head Start** waiting list? Lebanon Housing Authority is excited to continue our partnership with Mid-Cumberland Head Start to help connect eligible resident families with this valuable early childhood education program.

Head Start provides children with a strong foundation for success by offering quality early childhood education, social and emotional development, nutritious meals, health screenings, and family support services.

Through our partnership with Mid-Cumberland Head Start, which operates from Lebanon Housing Authority's Head Homes property at 1 Head Homes, Lebanon, TN 37087, LHA has the opportunity to advocate for resident families whose children are already on the Head Start waiting list. While we cannot guarantee immediate placement, we may be able to help move your child closer to receiving services!

If your child is currently on the Mid-Cumberland Head Start waiting list, or if you believe they may qualify but have not yet applied, please contact me as soon as possible. I am committed to connecting our residents with resources that support healthy, successful families and look forward to assisting you!

Resource Brochures

I would also like to inform residents that updated Wilson County Renewal Network Resource Guides are now available in the lobbies of both the Main Office and the Inman Court Office. These brochures contain contact information for a variety of local services and community resources that may be helpful to you or your family. If you are looking for a specific service or need assistance connecting with resources, please don't hesitate to contact me!

Jerome Stewart

Maintenance Supervisor

Maintenance@lhatn.org



Hello, LHA Neighbors! As summer begins to wind down, we hope you've had the chance to enjoy the sunshine, make memories with family and friends, and stay cool during these warm August days. Thank you for helping make Lebanon Housing Authority a place we're all proud to call home!

See Something? Report it!

One of the best ways you can help us care for your home is by reporting maintenance concerns as soon as you notice them. A dripping faucet, plumbing issue, air conditioning concern, or other repair may seem small at first, but catching problems early helps prevent larger repairs and keeps your home safe and comfortable.

Thank you for working alongside our Maintenance team to help keep our homes comfortable and well cared for.

We appreciate everything you do and wish you and your family a happy, healthy August!

Shelton Walker

Facilities & Modernization Director

Construction@lhatn.org



Greetings LHA! As we move into August, we are excited to continue sharing updates on the progress of the Upton Heights Phase I Project. Construction continues to move forward, and with each passing week we are seeing significant progress throughout the community.

Below, you'll find photos highlighting the latest construction progress, along with a preview of the work scheduled to take place over the next **2-4 weeks**.

710 Lake St.

- Siding & Masonry on columns finishing up week of 7/6
- Painting week of 7/16
- Interior doors installed right after first coat of paint is finished
- Flooring installation week of 7/23
- MPE trim-out week of 8/3
- Final painting week of 8/10
- Punch and touch ups after final paint week of 8/10
- Building final inspection w/City of Lebanon week of 8/17

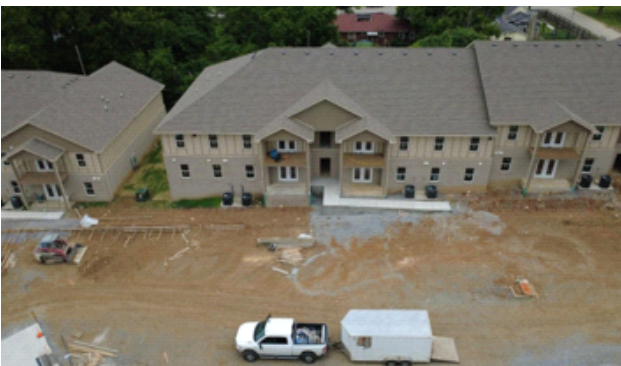
712 Lake St.

- Final Paint beginning week of 6/29
- Carpet scheduled week of 7/6
- Punch and touch ups week of 7/6
- Building final inspection w/City of Lebanon week of 7/13
- Appliances delivered/installed week of 7/20

712 Lake St.



716 Lake St.



714 Lake St.

- Wrapping up punch items week of 7/6
- Building final inspection w/City of Lebanon week of 7/6
- Appliances delivered/installed week of 7/20

716 Lake St.

- Flooring installation completed
- Final painting week of 7/13
- Final electric inspection 7/13
- Carpet installation week of 7/20
- Punch and touch ups week of 7/20
- Building final inspection w/City of Lebanon week of 7/20
- Appliances delivered/installed week of 7/20

Site

- Paving prep work to begin week of 7/6
- Backfilling behind curbs and sidewalk areas in progress
- Landscaping
- Dumpster gates
- Security gate

We sincerely appreciate your continued patience, understanding, and cooperation as construction activities remain underway. **Your support has played an important role in helping this project move forward successfully.**

714 Lake St.



Community Building



August 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Exterior Pest Control Upton Heights (1-51) & (135-184) 	4	5	6 Late Fee applied to unpaid rent	7	8 Rent Due
9	10 Exterior Pest Control Parkview, Head homes, Watertown	11	12	13	14	15
17	18 Exterior Pest Control Hillcrest & Upton Heights (52-63) & (72-83)	19	20	21 Last day to pay rent before court processing Board Meeting 4:00 PM	22	23
24	25 Exterior Pest Control Inman Court	26	27	28	29	30
30	31					



3 WAYS TO PAY RENT

(Rent can be paid using a VISA or Mastercard Credit/Debit card, Check or Money Order)

1. Online: www.lhatn.org

2. Drop Box Depository (outside office)

3. Walk-in