



*A moment to focus on the good our team is doing every day*



## INAUGURAL MAYORS' BOOTCAMP WELL ATTENDED

Check out the turnout for the Mayors' Bootcamp held May 19! We are so thankful for the City and County Mayors, along with Congressional Representatives, from across the UC who joined us to learn all about the services UCDD and UCHRA have to offer to the residents of the Upper Cumberland!

### *Out in the Field*



YOUTUBE.COM

Van Buren County Head Start - Class of 2020-2021

Join us as we take a look back at the 2020-21 school year for the st...

## ANOTHER SCHOOL YEAR IS IN THE BOOKS FOR VBCHS

Another school year is in the books for our Van Buren County Head Start. We wish everyone a healthy and happy summer! Check out the 2020-21 recap video on the UCHRA Facebook page or on our YouTube channel, UC Connect.

Want to learn more about UCHRA's Van Buren County Head Start? Head to [ucvbheadstart.org](http://ucvbheadstart.org) to see what our program is all about!

## JOHN'S PLACE AWARDED \$40,000 HISTORIC PRESERVATION GRANT



Photo by Chuck Sutherland

John's Place, a small, African American-owned restaurant and bar operated continuously by the McClellan family since 1949, has been awarded a \$40,000 grant by the Backing Historic Small Historic Restaurants program. The grant was made possible by American Express and the National Trust for Historic Preservation.

UCDD Historic Preservation Planner Mark Dudney authored the grant application. "I am thrilled they got it," Mark Dudney, Historic Preservation Planner and Dale Hollow RPO Coordinator, said.

"John's Place had some damage from the March 2020 tornado and then the pandemic hit six months after their re-opening. They're one of only twenty-five American restaurants selected."

Dudney said that the primary focus of the work will be exterior improvements on the public-facing frontage of the restaurant and property.

Listed on the National Register of Historic Places in 2011 for its contributions to race relations in Cookeville and the Upper Cumberland, the restaurant was the subject of a WCET-PBS documentary titled *Everybody's Welcome at John's Place*.



## Inside the Issue

### CAREGIVING SERIES

Discover the latest educational materials offered through the UCAAAD Family Caregiver Program.

### LOCAL RESOURCES

Read about community resources within the Upper Cumberland Region.

### SAVE THE DATE

Plan on joining us for our largest community resource event.

## NEW CAREGIVER SERIES - CARING FOR YOU, CARING FOR ME

Our Family Caregiver Program at the UCAAAD has recently launched a 5-part series on caregiving. The educational and support program was developed by the Rosalynn Carter Institute for Caregiving. Check out their latest installments on the UCDD's Facebook or Youtube Page.

The name of the episode is called Caring for You, Caring for Me, and is for both family and professional caregivers. In this 5-part series, our Family Caregiver coordinators will cover a variety of caregiving topics such as self-care, solving problems, and local resources.



## TENNESSEE TECH INTERNS

For nearly a decade, the UCAAAD has been partnering with Tennessee Technological University to provide on-the-job experience to local college students pursuing a career in the aging network.

This past school year, we had 3 interns from TTU. They helped with many projects, including our Powerful Tools for Caregivers classes. Creating a local resource guide in lieu of our annual expo event, and implementation of telehealth stations across the Upper Cumberland region. We are beyond thankful for the hard work and dedication that each student provides to the Family Caregiver Program.

## JOIN A SUPPORT GROUP

We invite you to join us each month for an online support group. Connect with other family caregivers in the Upper Cumberland region and learn about local resources and services that can assist you and your loved one. Meetings are held on the 2nd Monday of each month from 10 AM - 11 AM. If you are interested in joining the monthly support group, contact us today at 931-432-4111 or by emailing [cfarless@ucdd.org](mailto:cfarless@ucdd.org)





ALONE WE ARE STRONG, TOGETHER WE ARE STRONGER:  
DISCOVERING COMMUNITY STRENGTH

**STRONGER!  
TOGETHER!**

## 2021 SENIOR & CAREGIVER EXPO

October 26, 2021  
Life Church  
Cookeville, TN



### SAVE THE DATE

Mark your calendars to join us this Fall for our annual Senior & Caregiver Expo. This year, we will be focusing on the importance of community strength. For more information on the event or how to be a sponsor, contact Sara Martin at 931-432-4111 or by email at [smartin@ucdd.org](mailto:smartin@ucdd.org).

### COMMUNITY RESOURCES

The AAAD serves as the Aging and Disability Resource Center (ADRC) for adults age 60 and over, adults with disabilities, caregivers, and agencies or organizations seeking information on behalf of an individual regarding services and programs to meet their needs. The AAAD/ADRC maintains a resource database containing up-to-date and accurate information about community resources. An individual may contact the AAAD/ADRC for Information & Assistance through email, personal visit, or telephone (1-866-836-6678).

Information and Assistance (I&A) includes:

- Assessing the needs and capacities of the individual, including home and community-based services (HCBS)
- Providing current information on opportunities and services available within his/her community
- Linking the individual to available opportunities and services
- Providing follow-up calls within 14 days to clients who are referred to another agency



INFORMATION & ASSISTANCE

### ASK CLARE ABOUT CARE

*With Clare  
Farless*



#### WHY IS MY LOVED ONE HAVING HALLUCINATIONS?

Hallucinations and delusions are common in people with Alzheimer's Disease and other types of dementia. While they're alike in some ways, they are not the same thing.

People with Alzheimer's Disease or other dementias can sometimes hear, see, smell, taste, or feel something that is not there. They may talk to someone from the past who is no longer in the home or even still living. This can often worry those around the individual.

Delusions cause someone to firmly believe in untrue things. They might think you're stealing their things or that there are strangers in the house.

Why do hallucinations or delusions occur in people living with Alzheimer's Disease or dementia sometimes? It could be concerning medications or the individual going through changes in the brain due to the disease.

What can you do as a caregiver? Be reassuring. Say things like, "don't worry, I am here and will take care of you." Agree with the individual; do not argue about whether what's happening is real or not, because to them it is real at that moment. Try involving him or her in something pleasant for distraction.

Think about the cause of the hallucination and consider changing the situation if you can. For example, do they not recognize the person in the mirror; consider covering the mirror. If they are having difficulty with things appearing in the dark, consider using a nightlight or lamp. Often, a tv show or book can seem scary; consider offering a different activity that is more uplifting.

If you have any questions or would like more information about Alzheimer's Disease or other related dementias, contact me at 931-432-4111 or [cfarless@ucdd.org](mailto:cfarless@ucdd.org)