



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

WELCOME TO MEDICARE CLASSES!

TN SHIP/SMP ANNOUNCES FREE 'WELCOME TO MEDICARE' CLASSES

Are you eligible for Medicare and curious about your plan options? The Upper Cumberland SHIP (State Health Insurance Assistance Program) is conducting a series of FREE "Welcome to Medicare!" classes in Cumberland and Overton counties. Each class will consist of training on Parts A, B, C & D, as well as Medigap policies and ways to prevent Medicare fraud. Visit ucdd.org for more information.

Out in the Field

ANNUAL SENIOR/CAREGIVER EXPO CELEBRATING 20 YEARS

The Annual Senior & Caregiver Expo has undergone many changes over the years, with 2020 being the most challenging year handling a pandemic. This year, the Upper Cumberland Area Agency on Aging and Disability (UCAAAD) is coming together again to celebrate 20 years of providing resources to older adults and caregivers

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WHUB HOSTS UCHRA WEEK

Thank you, Brent Fleshman, for sitting down with UCHRA team members on Good Morning Cookeville this week!

Representatives from Community Services, Substance Abuse Solutions, and Transportation visited the WHUB studio this week to talk about the programs and services offered by UCHRA... and some staff members even showcased their singing talents on air.

We appreciate the opportunity to talk about all of the services and resources our team provides!



CONTINUED, ANNUAL SENIOR/CAREGIVER EXPO CELEBRATING 20 YEARS

in the Upper Cumberland region. This year's theme, Stronger Together, will focus on recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Join the UCAAAD as they celebrate community strength. The 2021 Senior and Caregiver Expo will be held at Life Church at 2223 N. Washington Ave. in Cookeville, Tennessee from 8:30 a.m. until 12:30 p.m. Tuesday, Oct. 26.

Attendees will be able to visit booths of businesses and organizations from around the region to gather information and resources related to health care, personal care, home health, assisted living, long-term care, and other services that promote successful aging and living. Caregiving training will also be provided from 9 a.m. – 11 a.m.

Topics covered include information on safe patient handling, how to prevent falls, caregiver burnout, and dementia-related tips.

The UCAAAD is excited to announce two new activities offered at this year's expo event: Caregiver Simulation and the screening of Alive Inside.

This year we are partnering with Tennessee Technological University to offer a Caregiver Simulation course for students. This project will allow students to "step into the shoes" of family caregivers and see some challenges they face each day when it comes to caring for loved ones. Earning the 2014 Sundance Audience Award, Alive Inside follows social worker Dan Cohen on his quest to bring personalized music to nursing homes.

Upon hearing songs from their past, seniors with

dementia are suddenly able to find a joyous sense of self that had been lost. We will be showing this movie at this year's expo event from 10:45 a.m. until 12:15 p.m.

Together, we can find strength and create a stronger future. When people of different ages, backgrounds, abilities, and talents share experiences through action, story, or service, we help build strong communities; and that's something to celebrate!

Please join the UCAAAD in strengthening our community by planning on attending our annual Senior & Caregiver Expo on Oct. 26, 2021.

Platinum Sponsors for this year's expo include: Alzheimer's Tennessee, Ascension Saint Thomas Health, Cookeville Regional Medical Center, Crestlawn Funeral Home, Eye Centers of Tennessee, Habitat for Humanity of the Upper Cumberland, Heritage Pointe Senior Living, Home Instead, Life Care Center of Crossville & Sparta, NHC Healthcare Cookeville, Mabry Healthcare & Rehab, Plateau Mental Health, Putnam County Emergency Management Agency, The Quality Family, Tennessee Department of Commerce & Insurance, Tennessee Senior Medicare Patrol, and Upper Cumberland Human Resource Agency.

Opportunities are still available for sponsorships for this year's Expo event. The UCAAAD is currently seeking businesses and organizations to partner together to help make for another successful Senior and Caregiver Expo here in the Upper Cumberland.

For more details about sponsorships or general information, please contact Sara Martin (smartin@ucdd.org), or Clare Farless (cfarless@ucdd.org), at 931-432-4111.

Thank you, Gerald, Adam, Michael, Dakota, and Jack for your help at our recent commodities distribution event in Clay County.

Special thanks to Sheriff Brandon Boone (Clay County Sheriff Office Celina TN) for this opportunity to partner with you and your office, the UCHRA Clay County office, and our commodities team. We appreciate you!

Visit uchra.org to read more.

