



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



## SUTHERLAND WINS PHOTO CONTEST

Chances are, if you've visited the offices of UCDD, you're familiar with Chuck Sutherland's photography; which feature breathtaking scenes and landscapes from across the Upper Cumberland. Sutherland, UCDD's Director of Informatics, won the National Recreation Trail photo contest with his photo of the Twin Arches Loop Trail at Big South Fork NRA. To view the photo, visit [www.americantrails.org](http://www.americantrails.org). Congratulations, Chuck!

*Out in the Field*

## IN THE NEWS: HOUSING THE HOMELESS HIGHLIGHTS EFFORTS OF UCHRA'S SUBSTANCE ABUSE SOLUTIONS TEAM

Be sure to check out this and other powerful stories in the Winter 2022 edition of 385 magazine (published by the *Herald-Citizen* newspaper in Cookeville). To view the Winter 2022 edition of 385, visit [www.herald-citizen.com](http://www.herald-citizen.com).

If you or someone you know is homeless or could benefit from UCHRA Substance Abuse Solutions support, please call (931) 528-1127 or (931) 303-7098.



## CONGRESSMAN ROSE SPEAKS TO IMPACT LEADERSHIP CLASS

On Thursday, Feb. 10, Congressman John Rose spoke to cohorts of IMPACT Leadership Cookeville; detailing his role serving as the US Representative for Tennessee's Sixth Congressional District as well his roots in the Upper Cumberland.

IMPACT Leadership is a collaborative, collective, and cohesive network of corporate sponsors and community leaders, who have coordinated information to educate, demonstrate, and develop the underrepresented communities in Cookeville and Putnam County. Currently, three UCDD/UCHRA staff members are participating in the 2021-2022 IMPACT Leadership class: Amye Anderson, Luke Eldridge, and Jen Knepp.

## EVENTS AND OUTREACH

### BRIDGES OUT OF POVERTY, SIMULATION ANNOUNCED, REGISTRATION OPEN



## BRIDGES OUT OF POVERTY & SIMULATION DAY

Wednesday, February 23

8:30 AM - 3:30 PM  
Upper Cumberland Development District  
1104 England Drive  
Cookeville, TN

Seating is limited to first 80 people to RSVP by February, 18

The Upper Cumberland has formed a collaboration to develop a Poverty Reduction System in our region. The Collaboration includes a variety of partners and has recently been named Empower Upper Cumberland.

Empower Upper Cumberland, alongside the Putnam County School System is putting on a Bridges out of Poverty and Simulation Day on Wednesday, Feb. 23. The schedule of events will be as follows:

- 8 a.m. - 8:30 a.m.: Registration
- 8:30 a.m. - 11:30 a.m.: Bridges out of Poverty Training
- 11:30 a.m. - 12 p.m.: Room Setup
- 12 p.m. - 12:30 p.m.: Lunch (Lunch is Provided)
- 12:30 p.m. - 3:30 p.m.: Poverty Simulation

If you are interested in attending this event, please RSVP here (<https://bit.ly/360OboV>) by Friday, Feb. 18th. Seats are limited to the first 80 people to RSVP.

RIDE GO UPPER CUMBERLAND FOR FREE  
ON VALENTINE'S DAY

YOU'LL LOVE  
HOW WE ROLL!

UC+HRA  
Public Transportation  
1-833-UCTRIPS

## UCDD, AAAD ANNOUNCE 2022 POWERFUL TOOLS CLASS SCHEDULE

Tennessee Commission on Aging and Disability (TCAD) is sponsoring Powerful Tools for Caregivers Music Enhanced program through the Upper Cumberland Development District/ Area Agency on Aging and Disability (UCDD/AAAD).

We are enhancing this six-week program by offering music as an intervention to those Caregivers caring for a care receiver with dementia. This intervention is called TN M.I.N.D.S. (Music Intervention Navigating Dementia Symptoms).

Each care receiver will be provided with personalized music playlists and equipment to listen to. Caregivers will receive technical assistance from TN M.I.N.D.S. volunteers and instruction on how to use it as an intervention.

Class times beginning March 8, Tuesday's 10am-12pm and March 10, Thursday's 5:30-7:30pm. Classes consist of weekly 90-minute sessions. Deadline to register is March 1.

#### JOIN US IN MARCH 2022

For more information or to register contact  
Clare Farless (931) 476-4143 [cfarless@ucdd.org](mailto:cfarless@ucdd.org)  
Sara Martin (931) 476-4135 [smartin@ucdd.org](mailto:smartin@ucdd.org)

*Feeling stretched  
caring for an adult  
with cognitive  
impairment or other  
related dementias?*

Powerful Tools for Caregivers can help you balance your life and learn to take care of yourself. It is a gift you can give yourself and to those you care for.



**SHIP ANNOUNCES  
FREE 'WELCOME TO  
MEDICARE' CLASSES**

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### DEADLINE APPROACHING: EMPOWER UC COLLABORATION SEEKS COMMUNITY INPUT

The Empower UC Collaboration that is writing the \$25 million grant through the TANF (Temporary Assistance for Needy Families) Opportunity Act is seeking input from families in the Upper Cumberland.

The purpose of this survey is to gather feedback from families in the Upper Cumberland regarding any needs they may have as well as better ways that services can support families. The collaboration also seeks to gather families' opinions on gaps or barriers they may be experiencing with the social services system in our region.

Responses will be completely confidential, and no identifying information will be collected. Questions about this survey may be directed to Balinda Westmoreland at [BWestmoreland@uchra.com](mailto:BWestmoreland@uchra.com).

This survey should only take 10-20 minutes, and input will be used to improve how the Empower UC Collaboration meets the needs of families in the Upper Cumberland.

Visit UCHRA to learn more and to take the survey.