

Positively UC

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



JAN. 13, 2023

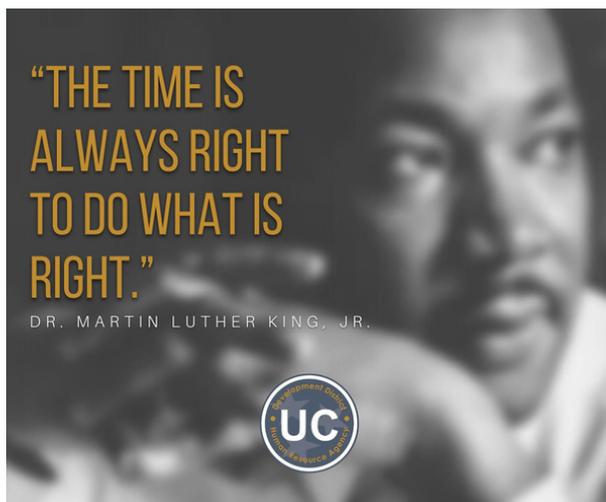
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DONATIONS BRING HOLIDAY CHEER TO CANNON CO. FAMILIES IN NEED



During the holiday season, Cannon UCHRA received donated food from Smile Creations in Woodbury to help needy families. Cortlind McCutcheon and Amber Milligan, Cannon County Coordinator, sorted through the boxes of donations and passed out items to seven needy families/UCHRA clients in Cannon County so they would have meals for Christmas. *We are so thankful to Smile Creations and Dr. Susan Alison for their generous donations!*

UCDD, UCHRA OFFICES CLOSED MONDAY



Our offices are closed Monday in observance of Martin Luther King Jr. Day. We will reopen Tuesday at 8 a.m. The Go Upper Cumberland bus route will not run on Jan. 16.

NEW BUS SIGNS GOING UP



New Go Upper Cumberland bus route signage is going up throughout Cookeville. The new signs feature a QR code that can be scanned with a smartphone camera and directs passengers to the Passio Go page. There, passengers can track their bus in real-time and view arrival times.

FREE WELCOME TO MEDICARE CLASSES ANNOUNCED

Upper Cumberland SHIP (State Health Insurance Assistance Program) is conducting a series of FREE Welcome to Medicare!

Classes during the month of January on the following dates:

- Jan. 17 from 10 a.m. until noon at the Upper Cumberland Development District (UCDD) office located at 1104 England Dr. in Cookeville
- Jan. 23 from 10 a.m. until noon at the Millard Oakley Library located at 107 E. Main in Livingston
- Jan. 31 from 9 a.m. until noon p.m. at the Art Circle Library located at 3 East St. in Crossville

Visit www.ucdd.org for more information.



Free
WEBINAR
What is Dementia?

Keita Cole
TCAD Dementia Services Coordinator

Learn more about Alzheimer's Disease and Related Dementia and things you can do to prevent it.

January 27, 2023
10am - 11:30am CST

TCAD ANNOUNCES FREE *WHAT IS DEMENTIA* WEBINAR

TCAD's Dementia Services Coordinator, Keita Cole, will be providing a FREE webinar on Friday, Jan. 27 titled "What is Dementia". It is for the general public and anyone is welcome to attend.

Visit the UCDD Facebook page for the registration link or email keita.cole@tn.gov for more information.

WHO WE ARE

OUR MISSION

To help the Upper Cumberland region cultivate self-sufficiency and build true wealth through innovation, collaboration, and leadership.

OUR VISION

A region abundant in resources, fostering a productive and vibrant life for the people of the Upper Cumberland.

get plugged in.

Follow us on social media for the latest updates.

