

# Positively UC

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



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## APPROXIMATELY 150 ATTEND STIGMA TALKS

Approximately 150 individuals representing diverse industries and professions attended *Let's Talk Stigma* events during the week of March 20. Seven events were held across the Upper Cumberland; providing an opportunity for a candid discussion about the stigma surrounding use disorders.

Participants reflected on how they support people with Opioid Use Disorder (OUD) and their families and examined how working together in communities can reduce stigma. These interactive conversations included lots of discussions and the use of portraits and videos to facilitate the conversation.

*Special thanks to Tedra Cobb and Mikel Miller for facilitating these sessions!*



## VOLUNTEERS BRING SMILES, SUPPORT TO COMMODITIES EVENTS



We love our volunteers! Regardless of the weather, these amazing folks show up and ensure UCHRA's commodities clients are served quickly and efficiently.

Currently, volunteers are needed to assist with bagging items ahead of distribution events and loading bags into clients' cars during distribution events. For just a few hours per month, volunteers can make an impact on the communities served by UCHRA's commodities program.

*To learn more, contact your local UCHRA county office or call (931) 528-1127.*

# SUCCESSFUL OUTREACH FOR PUTNAM CO., TRANSIT TEAMS



UCHRA's Putnam County office staff and Public Transportation representatives teamed up to meet with residents of Oak Tree Towers Apartments in Cookeville.

In addition to assisting clients with LIHEAP applications and providing information about available public transportation services, UCHRA recognized Tanayha Meeks for the support and service she provides to Putnam County seniors.

Tanayha has assisted UCHRA in gathering Highland Residential residents in multiple facilities. *We appreciate her dedication as a UCHRA community liaison!*

# UCHRA TRANSIT REPS MEET WITH SPEAKER SEXTON DURING DAY ON THE HILL VISIT



Thank you, Speaker Cameron Sexton, for taking a few moments to meet with UCHRA's Public Transportation team during Tennessee Public Transportation Association's Day on the Hill. It is always a pleasure to discuss public transportation in the Upper Cumberland!

*Pictured, from left: Jacklyn Medley, Mobility Manager; Speaker Sexton; and Holly Montooth, UCHRA Public Transportation Director.*

## 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.**

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