

# Positively UC

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



MAR. 3, 2023

Vol. 4 Issue 9

## UCHRA DONATES BUS PASSES TO AVALON CENTER



Our Cumberland County team recently donated 20 city route bus passes to the Avalon Center to be shared with their clients.

The Avalon Center provides support and services to domestic violence and sexual assault victims. They serve Bledsoe, Cumberland, Fentress, Morgan, Rhea, Roane, and Van Buren counties.

*Great work, Cumberland County team!*

## TEAM MEMBERS VISIT FENTRESS RSCC CAMPUS

Several UCDD team members joined community partners and leaders to visit the Roane State Community College campus in Fentress County.

*We love seeing these partnerships in action and look forward to more updates on this project!*



## MARCH IS SENIOR NUTRITION MONTH

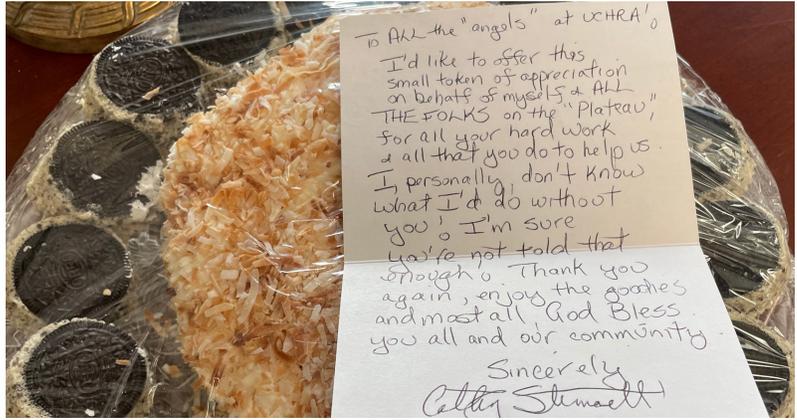
Tennessee Gov. Bill Lee has proclaimed March 2023 as *Senior Nutrition Month*. In Tennessee, services are provided in more than 200 congregate settings, such as senior centers and senior housing, and to homebound older adults. The state's senior nutrition program served more than 3.3 million meals to 67,000 older adults in the 2022 state fiscal year. Local senior nutrition programs help older adults access healthy foods, nutrition screening, education, and counseling while also providing social opportunities and other supports that encourage well-being. Visit [ucdd.org](http://ucdd.org) to learn more about how our agency is providing nutrition support to area seniors.



# A SWEET 'THANK YOU' FOR UCHRA'S CUMBERLAND COUNTY OFFICE



Check out these sweet treats provided to UCHRA's Cumberland County office! Keep up the great work, team, and thank you for the delicious treats, Cathy!



To All the "angels" at UCHRA!  
 I'd like to offer this small token of appreciation on behalf of myself & ALL THE FOLKS on the "Plateau", for all your hard work & all that you do to help us. I personally, don't know what I'd do without you! I'm sure you've not told that enough! Thank you again, enjoy the goodies and most all God Bless you all and our community.  
 Sincerely  
 Cathy Stewart

## LET'S TALK STIGMA.

Join us for a critical community conversation. This interactive conversation explores how to support our loved ones experiencing substance use disorder as well as how to care for ourselves and the wider community.

### MARCH 21

- Overton County 9a-12p
  - I am Worship
- White County 1-4p
  - First National Bank

### MARCH 22

- Smith County 9a-12p
  - Smith County Chamber
- DeKalb County 1-4p
  - DeKalb County UT Extension

### MARCH 23

- Putnam County 9a-12p
  - UCDD office
- Putnam County 1-4p
  - UCDD office

### MARCH 24

- Putnam County 9a-12p
  - Train the Trainer at UCHRA

SCAN THE CODE REGISTER NOW:



### EMPLOYEE SHOUT-OUT: EMILY SELLS

Emily Sells, Senior Center Services Coordinator, has worked diligently to improve and expand the congregate nutrition program across the Upper Cumberland. Already this year, she has assisted the Baxter Senior Center and the Granville Senior Center in becoming active congregate meal sites. Thanks to her, both sites were able to start serving in February. Emily's hard work and dedication to the senior centers and the nutrition program is much appreciated!

*Thank you, Philip Fox, for this submission and for recognizing the work Emily is doing for the Upper Cumberland!*



## 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.



Follow us on social media for the latest updates.

