

Positively UC

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



OCT. 27, 2023

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2023 SENIOR & CAREGIVER EXPO DRAWS LARGE CROWD

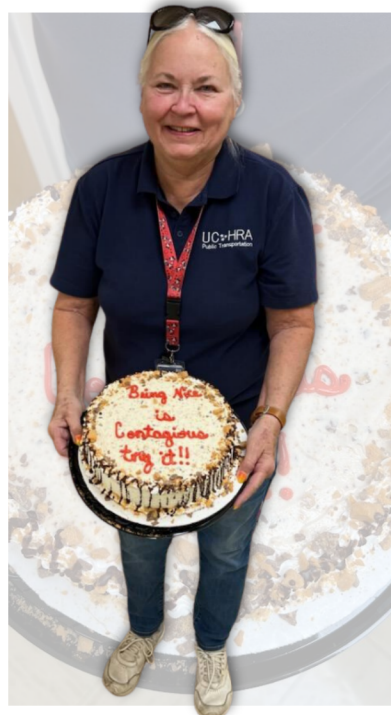
Another great Senior & Caregiver Expo is in the books! The final tally showed that 1,020 were in attendance for the 22nd annual event. Thank you to all of our vendors, sponsors, volunteers, and attendees for making this event the highlight of the year. It takes a lot of preparation and involvement to make this event possible and we couldn't do it without YOU!



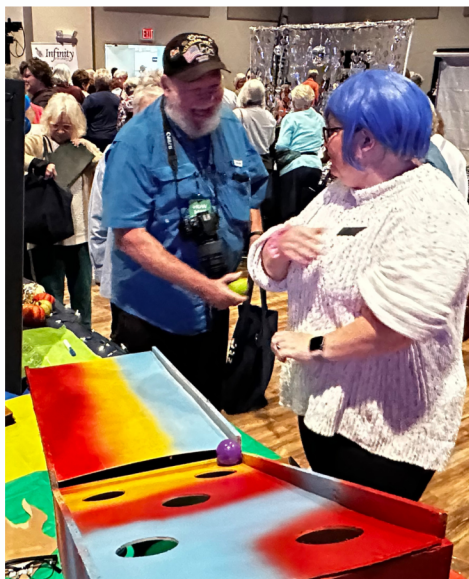
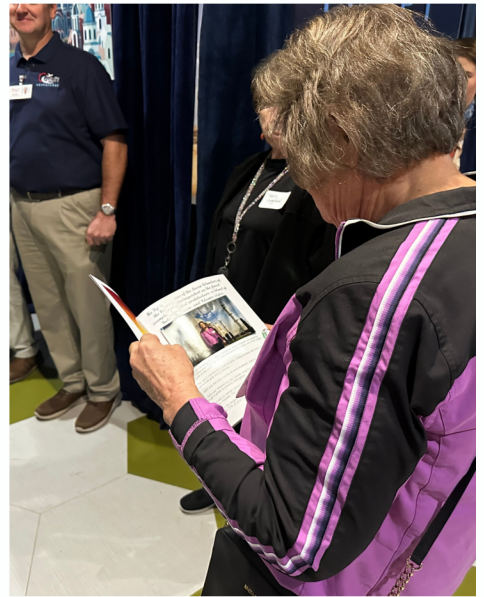
See page 2 for more photos from the event.

DO SOMETHING NICE DAY

Even though our employees are known for being kind, on Do Something Nice Day, staff were asked to take a moment to pay a compliment, open a door, or be encouraging to someone new or even to themselves.



SCENES FROM THE 2023 SENIOR & CAREGIVER EXPO



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.



HAVE YOU HEARD? IT'S MEDICARE ANNUAL ENROLLMENT

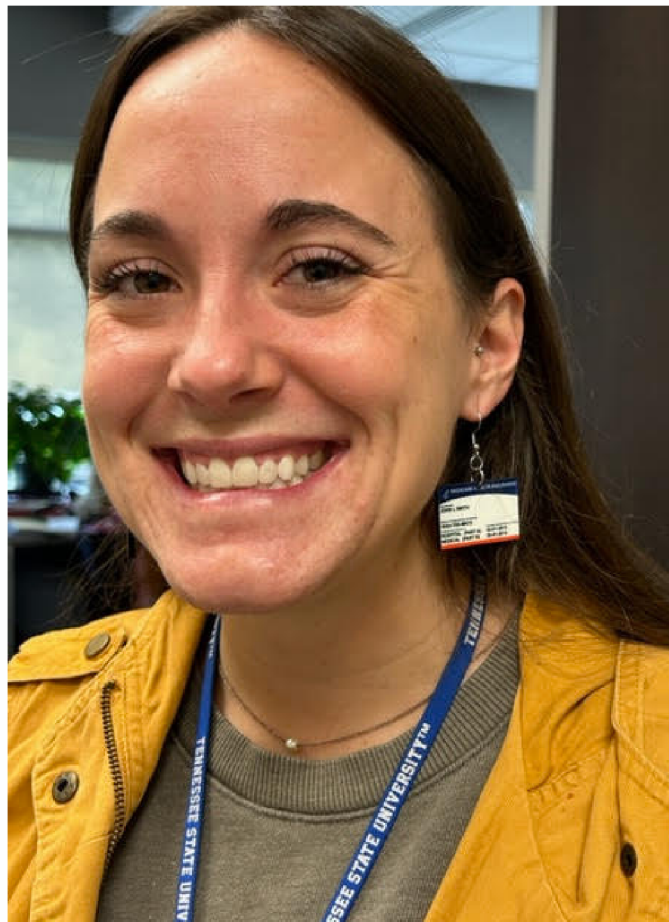
Have you *heard* the news? Annual Enrollment for Medicare Part D (drug coverage) has officially started Oct. 15.

Our SHIP Program staff and volunteers are hard at work helping Medicare beneficiaries with cost comparisons for 2024.

The SHIP experts will be available at events in all fourteen counties of the Upper Cumberland helping with one-on-one counseling and enrollment Assistance throughout the enrollment period, which ends Dec. 7.

For more information or a request for free help, please call SHIP at 432-4150.

Pictured is our wonderful SHIP Coordinator, Sara Martin, sporting her festive Medicare card earrings.



CUMBERLAND COUNTY OUTREACH

The Cumberland County UCHRA office has been busy attending various outreach events across the Upper Cumberland including the Fairfield Glade Expo, an open house at the local Head Start, and a resource fair at the local TCAT facility.



VETERANS DAY (OBSERVED) - NOV. 10

SALUTE OUR VETERANS!

HONORING ALL WHO SERVED

Share your service pictures with us at connect@ucdd.org by **Friday, Nov. 3**. Don't forget to include your branch of service and rank. Let us celebrate and pay tribute to your dedication and service!