

Positively UC

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



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WYWH POISED FOR 2023 ALICEANN WOHLBRUCK AWARD

Congratulations are in order for our own Hannah Carroll, Tourism Recovery Coordinator, and the Wish You Were Here team!

WYWH is among the 2023 Aliceann Wohlbruck NADO Impact Award recipients. The annual Impact Awards program honors NADO (National Association of Development Organization) members for their creative approaches to advancing regional economic development and improving quality of life.

From Nado: These projects have made significant impacts on their regions and demonstrate the diversity of services and program delivery provided by regional development organizations across the country. The 2023 class of awardees consists of 108 projects from 71 organizations spanning 28 states. These projects will be recognized at NADO's Annual Training Conference in Cleveland, OH in November.

Way to go Hannah and the WYWH team!



PUTNAM COUNTY CIRCLES COHORT GRADUATES



Congratulations to Empower Upper Cumberland's Putnam County Circles USA cohort two for graduating last Thursday night.

That night they were matched with an Ally that will continue to walk alongside them to help them reach their goals.

Congratulations, ladies, on a job well done!

To learn more about being an Ally, visit empoweruppercumberland.org and click on the "Volunteer" tab at the top.

UCHRA STAFF ATTEND ANNUAL SEACAA CONFERENCE



Last week, members of the UCHRA team attended the SEACAA (Southeastern Association of Community Action Agencies) annual conference in Myrtle Beach, SC. There, attendees were able to gain new insights on a range of topics relevant to the region. The conference also provided opportunities for networking and building connections with fellow attendees from across the eight southeastern states.



OCT. 24

2023 SENIOR & CAREGIVER EXPO: AGING UNBOUND

FREE LUNCH & COMMUNITY RESOURCES!

8:30 a.m. - noon
Cookeville Life Church
2223 N. Washington Ave.
Cookeville, TN 38501

Contact:
Lynn Drew
ldrew@ucdd.org | 931-476-4143



UCDD SOUP CONTEST OCT. 17

We know UCDD is filled with hidden culinary talents, and what better way to bring out the flavors of camaraderie and creativity than with a friendly soup competition?

Whether you're a seasoned chef or just a passionate soup lover, this event is for you! PRSVP now and prepare to ladle up some laughter and camaraderie at the Employee Soup Contest. We're excited to see who will be crowned the ultimate soup champion!

Please let us know if you plan to participate. Contact Marcie Ackerman at (931) 476-4175 or by email at mackerman@ucdd.org.

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.



DID YOU KNOW?

Helping staff make the most of available tools, resources, and information!

As the month of September comes to a close, so does Suicide Prevention Month.

One of the most important steps that individuals can take in the fight against suicide is recognizing the signs of crisis and understanding how to intervene.

SUICIDE AND CRISIS
LIFELINE: CALL 988

YOU CAN MAKE A DIFFERENCE

- **Reach out:** Express your concern in a non-judgmental way. Let them know you're there to listen.
- **Encourage professional help:** Suggest seeking help from a mental health professional or counselor.
- **Stay connected:** Regularly check in and let them know you care.
- **Involve others:** If you're seriously worried, don't hesitate to involve friends, family, or professionals who can provide support.
- **Emergency situations:** If you believe they're in immediate danger, don't hesitate to contact emergency services.

