

# Positively UC

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



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## UCHRA'S HERALD NAMED TMHCA BOARD PRESIDENT

Jordan Herald, UCHRA Community Services Assistant Director, has been named the Board President for the Tennessee Mental Health Consumers' Association (TMHCA).

TMHCA's mission is to promote recovery and community through peer support, education, and advocacy for all mental health consumers in Tennessee.

Jordan says she is honored to serve in this role and is committed to upholding the organization's values while expanding its reach across the state. With a strong team and a shared vision, TMHCA will continue to empower individuals on their recovery journeys.

Jordan looks forward to advancing peer-led initiatives and supporting a compassionate mental health system for all.

Visit [tmhca-tn.org](http://tmhca-tn.org) for more information about TMHCA.



## OFFICES, TRANSPORTATION SERVICES CLOSED MONDAY

This Memorial Day, we honor and remember the brave men and women who gave their lives in service to our country.

Their sacrifice will never be forgotten.

Our offices will be closed on May 26 in observance of Memorial Day. UCHRA Public Transportation services, including Go Routes and Connect 1-40/1-24, will not operate on Memorial Day.

Normal operations will resume on Tuesday, May 27.



# IN THE NEWS: PUTNAM HEALTH DEPT. JOINS WITH UCHRA TO CELEBRATE NO TOBACCO DAY

*The following was published by the Herald-Citizen:*

The Upper Cumberland Human Resource Agency (UCHRA) and the Putnam County Health Department have collaborated to display the Tennessee Tobacco QuitLine on all public transportation vehicles across the 14 counties of the Upper Cumberland Region.

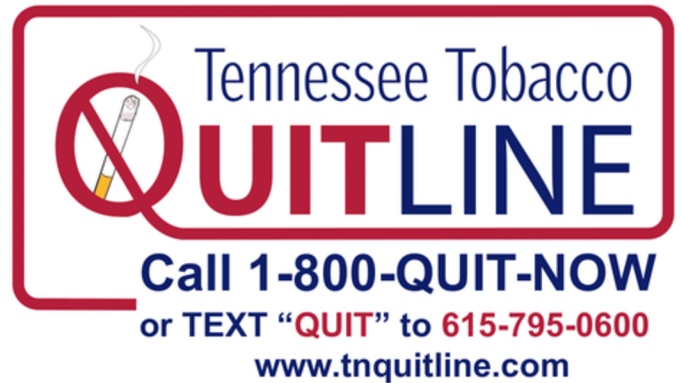
“As part of our commitment to community health and well-being, UCHRA Public Transportation is proud to partner with the Tennessee Department of Health to promote the Tennessee Tobacco QuitLine on our public transportation fleet,” UCHRA Director of Transportation Holly Montooth said.

“Covering more than 3.3 million miles and providing over 290,000 trips last year, our vehicles reach every corner of the Upper Cumberland and beyond. By displaying QuitLine information, we’re helping ensure that life-changing resources are visible and accessible to the communities we serve every day.”

Health Department Director Lisa Bumbalough agreed.

“When organizations join forces, we do not just meet the needs — we transform lives,” she said. “Together, we can create a healthier, more resilient community where every individual has the opportunity to thrive. We are grateful for UCHRA and this partnership to empower families and build strong, resilient communities.”

The Tennessee Tobacco QuitLine is a telephone and texting service that provides



personalized support for Tennessee residents 18 and over who want to quit tobacco and nicotine usage.

The QuitLine provides counseling services geared toward youth, counseling, and two weeks of Nicotine Replacement Therapy for those 18 and over who qualify, and more. The QuitLine program is proven effective in doubling a tobacco user’s chances of quitting.

Tobacco is addictive, and quitting is hard. But there is at least one day this year, for 24 hours, the entire world will be supporting all smokers who’ve decided to put down their cigarettes and other smokeless tobacco products.

During World No Tobacco Day, May 31, the Tennessee Tobacco QuitLine and Department of Health are encouraging tobacco users to take the first step to quit by contacting a Quit Counselor at 1-800-QUIT-NOW (1-800-784-8669) or use the texting program called TN 2 Quit by texting “QUIT” to 615-795-0600. For more information, visit [tnquitline.com](http://tnquitline.com).

## 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.





## STAFF SPOTLIGHT: TRAMEL ADVANCES WITH CERTIFICATION, PROMOTION

Please join us in congratulating Mindy Tramel on two major accomplishments!

Mindy recently completed the Council of Development Finance Agencies' (CDFA) Development Finance Certified Professional (DFCP) Program—the only comprehensive certification program in the development finance industry.

This rigorous training equips professionals with advanced knowledge of development finance tools and strategies, preparing them to make an even greater impact in their communities. CDFA recognized Mindy for her achievement, noting her role in providing critical financing that supports small businesses and drives job creation across our region.

In addition to this certification, Mindy has been promoted to

Business Lending Manager. In her new role, she will take on expanded leadership over our loan programs, including Business Development Loans, Microloans, and Farm Loans. Her work continues to be instrumental in helping entrepreneurs and small businesses thrive throughout the 14-county Upper Cumberland area.

*We're proud to celebrate Mindy's hard work, dedication, and continued leadership. Congratulations, Mindy!*



## STAFF ATTENDS LUNCHEON



Earlier this month, UCDD team members attended a luncheon hosted by the Sycamore Institute.

The Sycamore Institute equips decision-makers, journalists, citizens, and civic leaders across Tennessee with impartial, data-driven resources to identify, understand, and solve big challenges.

*Visit [sycamoretn.org](https://sycamoretn.org) to learn more.*

## SECOND HARVEST EVENT DOUBLES PARTICIPATION IN OVERTON CO.



Second Harvest recently distributed fresh produce and food items at the ADAM Building in Livingston. UCHRA Overton and Empower staff were on site to assist and connect with local residents.

The event was a success, with 12 new families signing up for Commodities and Empower gaining several new leads. Participation doubled compared to March's event—highlighting both community need and the impact of our outreach.