

Positively UC

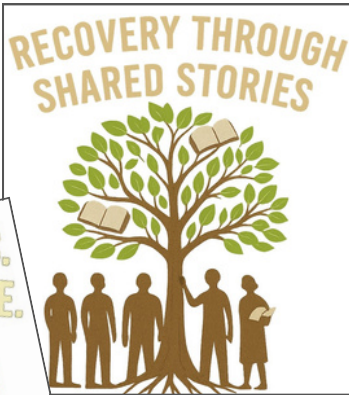
A moment to focus on the good our team is doing every day



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UCHRA CPRS' ART TAKES CENTER STAGE



UCHRA's very own Amanda Warden, Certified Peer Recovery Specialist (CPRS), is leaving her mark on this year's 2025 Tennessee All Peer Conference, literally! Amanda's shirt design was selected as the official logo for this year's event, hosted by the Tennessee Department of Mental Health and Substance Abuse Services.

The conference will bring together credentialed peers from across the state for two days of education, entertainment, and fellowship on Oct. 20-21 at Trevecca Community Church in Nashville.

This annual gathering celebrates the work and connection among Tennessee's CPRS staff, Certified Family Support Specialists (CFSS), and Certified Young Adult Peer Support Specialists (CYAPSS) and we're proud to have one of our own helping represent the spirit of this inspiring community.

Congratulations, Mande, on this creative and meaningful achievement!

2025 SENIOR, CAREGIVER EXPO OCT. 28

Grab your poodle skirts and leather jackets!

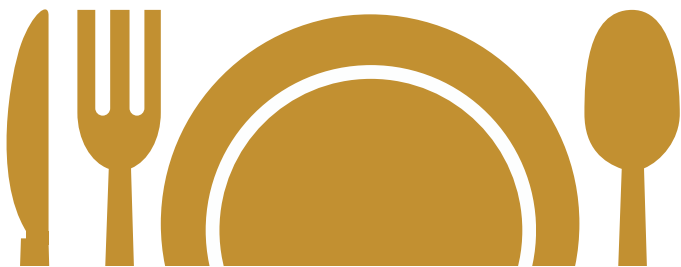
The Upper Cumberland Area Agency on Aging and Disability (UCAAAD) is celebrating 50 years of the AAAD with a 1950s-themed Senior & Caregiver Expo on Tuesday, Oct. 28, 2025, from 10 a.m. until 1 p.m. at Life Church in Cookeville.

This annual event is one of the largest gatherings for seniors, caregivers, and service providers in the Upper Cumberland.

Thanks to the Diamond Lunch Sponsor, the Quality Family of companies, which includes Quality Home Health, Buckeye Home Medical Equipment, Quality Private Duty Care, Quality Hospice Care, and Access, lunch is free for attendees.

Platinum sponsors of the 2024 Senior and Caregiver Expo include Cookeville Regional Medical Center, Hospice of Tennessee, Life Care Center of Crossville and Sparta, Saint Thomas Ascension Regional Behavioral Health, Signature Healthcare, and Tennessee SMP.





OPEN ENROLLMENT CONTINUES

It's that time of year again! Open Enrollment for Medical, Vision, Dental, and Supplemental benefits runs through Oct. 31, 2025. This is your annual opportunity to review your coverage and make sure it fits your needs for the 2026 plan year.

During Open Enrollment, you can enroll in coverage if you're not already signed up, add or remove dependents, change plan options, or opt out of a plan. This is also the time to update your supplemental benefits, including Cancer Insurance, Pet Insurance, Short-Term Disability, Accident Insurance, and Critical Illness coverage. If your current coverage meets your needs, simply complete Parts 2 and 8 of the enrollment form, write "NO CHANGES" at the bottom, and you're done.

Updated contribution rates will automatically apply to your paycheck starting Jan. 1, 2026. There are a few updates to be aware of this year. Delta Dental is being replaced by MetLife, so even if your coverage automatically rolls over, you must submit your enrollment form with "NO CHANGES" noted. Premium rates for all plans have also been updated. If you are enrolled in a Health Savings CDHP medical plan, please confirm that you've received provider change information, and contact HR if you have not.

To complete your enrollment, fill out the applicable parts of the form, attach any required documents, sign, and submit your completed form to hr@ucdd.org by Oct. 29, 2025. Forms received after this date may not be processed during the Open Enrollment period.

HELP FAMILIES THIS FALL WITH QUAWANA'S COATS

It's that time of year again! Quawana's Coats is an annual community event helping kids and families in need stay warm, and your help is needed to make it a success!

Mark your calendars: Oct. 25, 2025, at UCHRA Cookeville. Here's how you can get involved:

- Coat Donations: Gently used or new coats can be dropped off at UCHRA Cookeville or UCDD through Oct. 22.
- Event Supplies: We're looking for door prizes, hot dogs and buns, sodas, waters, and condiments (ketchup, mustard, etc.).
- Volunteer Power: Help us with setup and teardown on the big day!

Want to show off your program or services? Bring a door prize and a table to connect with the community while sharing the amazing work you do.

Have questions? Reach out to Shaquawana Wester at SWester@uchra.com.

Let's come together to make a difference and put smiles and warm coats on kids and families in our community!



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.



FREE VIRTUAL TRAINING: BECOME A DEMENTIA GATEKEEPER



		Dementia Gatekeeper	
Position Title:	Dementia Gatekeeper		
Purpose or Role:	As a Dementia Gatekeeper, you will be trained to identify signs and symptoms of mild cognitive impairment (MCI) or dementia that may appear in older adults within your community. From here, you can help refer them to different programs for assistance, such as the Dementia Navigator Program. Dementia Gatekeepers serve the community by acting as the eyes and ears of people living with dementia (PLWD) or dementia-like symptoms.		
Department:	Dementia Gatekeeper is located within the Tennessee Department of Disability and Aging (DDA) through a grant from the federal government.		
Essential Duties and Responsibilities:	• Identify "red-flags" of PLWD who may be living alone, or in need of services • Refer to a Dementia Navigator for supports and services • Commit to providing education about dementia navigation services in your area • Submit monthly reports of hours spent providing information, making referrals, and discussing dementia navigation services. • Allow your hours to be counted as "in-kind/match" for the ADPI grant through DDA • Please note that Dementia Gatekeepers are NOT expected to be counselors/social workers or change their daily activities		
Reports to:	Jackie Moment: Dementia Program Manager		
Length of Appointment:	1 year minimum or until services are no longer needed		
Time Commitment:	Minimum of 3-5 hours per month		
Qualifications:	• Complete 2-hour Dementia Gatekeeper training • Pass background check • Be able to complete monthly reporting • Feel comfortable with public speaking		
Support Provided:	DDA provides training, resources, and assistance to all Dementia Gatekeepers. Each Gatekeeper will partner with a Dementia Navigator to help provide education on dementia and brain health. Gatekeepers will also be provided with referral forms to better identify needs and gather client information.		
Volunteer Agreement			
I, _____, hereby acknowledge I have read and understand the Dementia Gatekeeper volunteer role description and agree to complete all essential duties and responsibilities listed above upon completion of training.			
Volunteer Name (printed): _____			
Volunteer Name (Signed): _____			
Date: _____			

The Department of Disability and Aging is hosting a free, virtual Dementia Gatekeeper Training on Thursday, Oct. 23, at 9 a.m. CST (10 a.m. EST).

A Dementia Gatekeeper is a volunteer in the community who helps share resources and connect people to the Navigator Program. Volunteers do not need to change their regular routines; we're simply asking them to be our eyes and ears, spreading the word about the program and referring individuals who may need assistance.

This free training provides volunteers with tools and resources to promote the program effectively. A volunteer role description is attached, and you're welcome to share it with anyone who might be a good fit.

To register, visit:

<https://events.gcc.teams.microsoft.com/event/17e5c5ab-6595-4ba2-ald9-931106a06235@f345bebf-0d71-4337-9281-24b941616c36>

STRENGTHENING SKILLS TO SUPPORT OUR COMMUNITY

Late last month, all county staff came together for a mandatory training led by Anne Stamps with Volunteer Behavioral Health Care Systems. Anne guided the group through a session focused on assessments and goal setting with individuals, helping strengthen our skills in supporting people as they set meaningful goals and work toward achieving them.

This training is a key step toward empowering county office staff to serve as navigators, assisting individuals in moving out of poverty rather than simply managing it.

We want to give a big thank you to all staff who participated, asked thoughtful questions, and provided feedback during the session. Your engagement made the training dynamic and meaningful! As a fun bonus, all participants were entered into a door prize drawing as a token of appreciation for their active involvement.

