

Positively UC

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



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OPEN ENROLLMENT FOR 2026 BEGINS

It's that time of year again! Open Enrollment for 2026 is here, and Chef Nestor and the Benefits Café team is ready to serve up your perfect coverage "meal."

This year, you get to customize your order from top to bottom. Start by choosing your entrée, your medical coverage, then pick your provider, whether it's BCSBT or Cigna, and select the plan that best fits your appetite.

Don't forget your sides! Add dental, vision, or supplemental coverages, and choose your provider for these extras, like MetLife or Cigna. Once you've crafted your ideal "plate," place your order by submitting your completed forms to Human Resources by Oct. 31.

Have questions about the menu? HR is ready to be your personal server, helping you navigate the offerings and make sure your 2026 benefits "order" is just right.



SPOTTING A TREND: WHEN COWORKERS DRESS ALIKE

It seems that when coworkers spend a lot of time together, style trends have a way of spreading.

Recently, several ladies at UCHRA's Putnam County office were spotted sporting cheetah print.

Research even suggests that people who work closely often end up dressing alike, more than 30 percent of the time, without even realizing it.

Clearly, teamwork extends beyond the office tasks!

WRAPPING UP SENIOR DAY EVENTS AT UC COUNTY FAIRS

The Upper Cumberland Area Agency on Aging and Disability wrapped up another fun fair season with stops at the Fentress, White, and Warren County Fairs.

Staff had the chance to connect with seniors, share helpful information about AAAD, SHIP, and SMP programs, and enjoy the excitement of each event. From calling contests and talent shows to good old-fashioned bingo, there was plenty of entertainment along the way.

It was a great season for reaching clients and spreading the word, and the agency is thankful for the opportunity to take part in each community fair.



LIGHT TO HOPE SHINES FOR SUICIDE PREVENTION AWARENESS MONTH

The Light to Hope event, held during Suicide Prevention Awareness Month, brought the community together for reflection and support.

The Heart of the Cumberland shared about their groups and were named this year's Upper Cumberland regional winner. Musical performances by the Tennessee Tech University Chorale and Dorothy Burt added to the meaningful evening.

For support or resources, visit the Tennessee Suicide Prevention Network at tspn.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.



EMPLOYEE SPOTLIGHT: CELEBRATING ACHIEVEMENTS BIG AND SMALL



Our team continues to shine in big and small ways!

While waiting for a client's computer to update, Amy Wright, an Empower Upper Cumberland employee stationed at the Overton County UCHRA office, didn't hesitate to tackle a large stain at the front desk; just one example of her dedication and heart, says Overton County Coordinator Renea Stover.

Cumberland County driver James Gibson recently showed the same spirit of teamwork. While his van was in for service, he took the initiative to clean the break room and men's restroom, showing that small acts make a big difference for everyone.

And the praise keeps rolling in from the community! A recent UCHRA Public Transportation passenger shared a glowing review, thanking the team for safely getting her to and from the Nashville Airport. It's clear: our staff's hard work, care, and dedication don't go unnoticed!

Michelle Loveland

4 reviews • 0 photos

★★★★★ 8 hours ago **NEW**

A big shout out to UCHRA Cookeville and Pickett county for getting me home to and from the airport. Great drivers! I want to especially thank the man who brought me home in the darkest night and the winding roads on Wednesday night. I understand that is the last bus and I want to thank the managers and dispatchers for arranging his.
Thank you All! Micki

Got news or snapshots to share? The Marketing and Communications team wants to hear from you!

Submit your updates through our ticketing system by visiting ucsupport.happyfox.com. Don't forget the fun details and a few photos.

Let's show off all the great things happening at UCDD and UCHRA!

