

Positively UC

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



NOV. 7, 2025

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UCDD LOAN CLIENT OPENS DOORS AT NEW LOCATION

UCDD loan client and Empower-Certified Employer, My Father's Mustache, has officially opened its new location on 10th Street!

This expansion was made possible through the UCDD Loan Program, in partnership with First National Bank, and with additional support from the Small Business Development Center (SBDC).

To learn more about UCDD's loan program, visit ucdd.org or contact Mindy Tramel, UCDD's Business Lending Manager, at mtramel@ucdd.org or by calling 931-520-9575.

My Father's Mustache is now located at 595 E. 10th Street in Cookeville. For more information, visit www.myfathersmustachetn.com or call 931-372-1350.



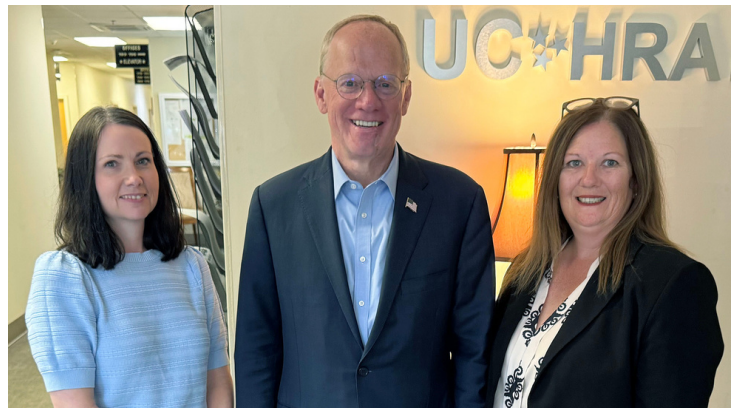
VETERANS DAY - NOV. 11, 2024

SALUTE OUR VETERANS!

HONORING ALL WHO SERVED

Share your service pictures with us at connect@ucdd.org by **close of business today (Nov. 7)**. Don't forget to include your branch of service and rank. Let us celebrate and pay tribute to your dedication and service!

CONGRESSMAN JOHN ROSE MEETS WITH UCHRA LEADERS DURING UC VISIT



Congressman and gubernatorial candidate John Rose stopped by the Cookeville UCHRA office earlier this week to meet with Agency leaders, including Finance Director Ginger Stout and Deputy Director/Community Services Director LaNelle Godsey to discuss the impacts of the ongoing government shutdown.

SHARING SERVICES, SMILES AT TRUNK OR TREAT

Amber Milligan, Cannon County Coordinator, and Cortlind McCutcheon, Empower Navigator, brought some Dr. Seuss magic to Cannon South Elementary School's Trunk or Treat, dressing up as The Lorax and the Once-ler!

While handing out candy, they also shared information about the services UCHRA provides to Cannon County, making it a night of fun, community connection, and a little environmental inspiration straight out of The Lorax.



TEAM ATTENDS TRANSIT MOBILITY ALLIANCE CONFERENCE

Members of UCHRA's Public Transportation team recently attended the Transit Mobility Alliance Conference in Phoenix, where they had the opportunity to connect with nearly 400 transit leaders from across the region.

They participated in hands-on Ecolane training and earned the Ecolane Advanced User Certification, learning advanced scheduling, data analytics, system customization, and best practices.

SEHS SEEKS PARTICIPANTS FOR LONG-TERM HEALTH STUDY

From Amber Adams with the Vanderbilt Epidemiology Center

Adults ages 40-70 living in the South are invited to participate in the Southern Environmental Health Study, a research project exploring how our environments and life experiences may affect the risk of cancer and other diseases.

Your participation could help researchers better understand the connections between where we live, how we live, and our long-term health. Compensation is provided.



Interested or know someone who might be? Visit sehstudy.org or call 855-710-9489 to learn more or get started.

SHIP WELCOMES NEW VOLUNTEER



SHIP has a brand-new recruit! We are excited to announce the arrival of Tucker Guy, son of Alyson Guy, SHIP Medicare Counselor.

While Medicare's Annual Open Enrollment (Oct. 15 - Dec. 7) is our busiest time, SHIP can always use the extra help.

Tucker is clearly destined for a career in public service! He's been taking naps in the most appropriate places possible, like a SHIP container repurposed as an official bassinet.

Welcome aboard the SHIP, Tucker!

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.



UCAAAD TEAM RECHARGES DURING FALL RETREAT

The AAAD team gathered for their annual Fall retreat to step away from routines and focus on team connection.

The morning took place at Northfield Vineyards in Sparta, Tennessee, where staff painted pumpkins, completed crafts, played games, and shared a soup potluck lunch.

In the afternoon, the team continued at Amazin' Acres, picking pumpkins, playing games, and navigating the corn maze together.

It was a productive day of team bonding and shared experiences, highlighting the value of taking time to connect outside the office.



UCAAAD TEAM ATTENDS SE4A CONFERENCE

AAAD representatives Holly Heneger-Williams, Lynn Drew, Sara Martin, and Meghian Moore recently attended the Southeastern Association of Area Agencies on Aging (SE4A) conference in Savannah, GA, which drew more than 550 attendees from nine southeastern states.

The Upper Cumberland was well-represented, with Holly serving on the SE4A Board and Lynn, Sara, and Meghian presenting two workshops.

Also, Speaker Cameron Sexton received SE4A's 2025 Aging Impact Award for his contributions to Tennessee's AAAD network.

