

Positively UC

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



DEC. 5, 2025

Vol. 6 Issue 41

CHOATE COMPLETES LEADERSHIP PROGRAM



We are proud to recognize Megan Choate, UCDD's Director of Economic Development and Lending, for being selected to participate in the Highlands Economic Partnership's Leaders Program over the past year.

The program brought together a dynamic cohort of professionals from across the Upper Cumberland who are deeply committed to strengthening the region through the work they do and the services they provide.

Megan noted that the experience was especially meaningful thanks to the strong representation from economic development colleagues and long-time partners in the field, fostering collaboration, shared learning, and new connections. She also thanked the program's organizers for their vision and leadership.

Congratulations, Megan, on completing this impactful program and for your dedication to the continued growth and success of the Upper Cumberland!

HARRIS COMPLETES TEMA SAFETY TRAINING

Chrystal Harris, AAAD's Home and Community-Based Services Support Assistant and Emergency Services Coordinator, recently completed a TEMA training event in Nashville.

The program provided an in-depth look at TEMA's Emergency Operations Center and strengthened her expertise in supporting vulnerable adults in the aftermath of natural disasters.

We're grateful for Chrystal's dedication to safeguarding our clients and staff, and others across the Upper Cumberland.

Congratulations on earning this important training certificate!





UNITING TO ADVANCE MENTAL HEALTH, RECOVERY SERVICES

Representatives from state, regional, and local organizations participated in a discussion focused on improving community collaboration across the Upper Cumberland.

The meeting brought together professionals working in prevention, recovery, mental health, and public safety to share insights and identify opportunities for coordinated efforts.

Participants included the Tennessee Tech University Center for Addiction Prevention and Support (CAPS); Jessica Youngblom, Director of Strategic Initiatives for the Tennessee Department of Mental Health and Substance Abuse Services (TDMHSAS); Will Taylor, Executive Director of Recovery is the New High; and Colby Lane, CPRS-J, with the Macon County Sheriff's Office.

Each provided information about ongoing initiatives within their respective agencies and discussed ways partnerships can strengthen service delivery and community outcomes.

Brooks Healing Center served as the event sponsor, fostering dialogue among agencies committed to improving health and safety throughout the Upper Cumberland.



WHO WE ARE

OUR MISSION

To help the Upper Cumberland region cultivate self-sufficiency and build true wealth through innovation, collaboration, and leadership.

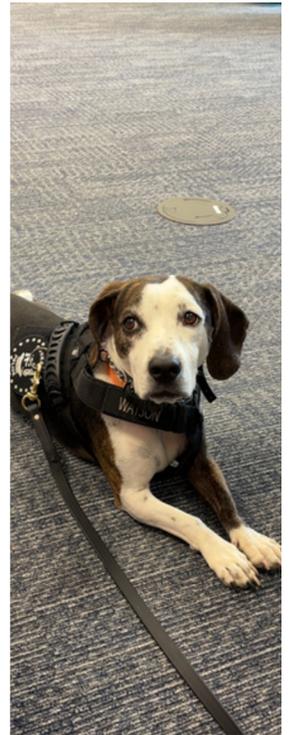
OUR VISION

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.





AAAD TEAM PARTICIPATES IN SEVERAL OUTREACH EVENTS

The Upper Cumberland Area Agency on Aging and Disability (AAAD) continued its strong commitment to community engagement through a series of events designed to inform, educate, and connect older adults and service providers across the region.

At the Fairview Senior Center’s monthly potluck lunch, Jessica Roberson shared information about the wide range of services offered through the Upper Cumberland Development District (UCDD). She also assisted attendees in completing the statewide Lifelong Tennessee Multisector Plan for Aging Well survey, an initiative designed to elevate the voices of older Tennesseans and prioritize the issues most important to them. More than a dozen community members participated, including Buddy, pictured above, who, in his 90s, thoroughly enjoyed his time at the center.

Jessica also led a health education seminar at Cedar Hills Senior Living, an event sponsored by Quality Home Health, UCDD, and SHIP. Participants received clear, unbiased guidance on Medicare Parts A, B, C, and D, along with information about additional programs available through the AAAD. Quality Home Health provided healthy snacks for attendees as they learned about essential healthcare and aging resources.

In addition to these outreach efforts, Jessica and Tina Naff represented the agency at the Local Resource Networking Event hosted by the Cookeville Police Department. Thirty participants from various local agencies gathered to share detailed information about their services in an effort to strengthen community awareness and collaboration. Attendees also enjoyed a visit from Watson, the department’s therapy dog, who brought an extra dose of encouragement to the event.

Through education, partnership, and hands-on support, the Upper Cumberland AAAD continues to ensure that older adults and caregivers across the region have access to the information and resources they need to thrive.

