

Positively UC

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



AUG. 28, 2026

Vol. 7 Issue 26

INTEGRATING FOR IMPACT: TURNING VISION INTO ACTION



The conversation continued Friday, Aug. 28, as UCHRA team members gathered for Part Two of “Integrating for Impact,” building on the regional hub model introduced during the July 31 kickoff training.

As part of the training, attendees had an opportunity to put themselves in the shoes of the individuals we serve through a dream board exercise. Participants created and shared their own visions for the future, highlighting personal goals, aspirations, and the things that motivate them.

These are the same types of conversations and exercises we often ask clients to engage in as they work toward greater stability and independence.

The exercise offered an important reminder: behind every goal is a person with a vision for what they want their future to look like.

By experiencing that process ourselves, we can better understand the importance of listening, asking meaningful questions, and helping individuals identify not just what they need today, but where they want to go tomorrow.

Part Two of “Integrating for Impact” continues building on that foundation as UCHRA works toward a more connected, person-centered approach—one that recognizes that lasting impact happens when we look at the whole picture and help people turn their goals into action.

CARE NOTES

Insights from those who provide care every day

A client I was seeing was in need of the TennCare Choices program. I helped him complete the required paperwork and submit his application. Unfortunately, his application was initially denied because additional documentation was needed from his doctor. The client and I went to his doctor and were able to obtain the required letter. He was denied a second time because of the monetary value listed for his burial plot. I contacted the funeral home to obtain documentation; however, they were unable to locate his records because he had purchased the burial plot approximately 35 years ago and the funeral home had since changed ownership.

I continued working with the client to locate the necessary documentation, and we were eventually able to find the deed to his burial plot. Unfortunately, he was denied a third time due to having too many assets. We did not give up and decided to appeal the decision. After more than a year of working through the application, documentation, and appeals process, we are happy to say that the client was successfully approved for the TennCare Choices program. This was a long process, but through persistence and advocacy, we were able to help the client receive the services and support he needed.

- Linda Barker

My client was initially hesitant to allow me into her home, and I went two weeks without being able to see her. I continued to reach out by phone and talk with her, and eventually, she felt comfortable enough to allow me to come in and visit.

While this may seem like a small accomplishment, it was a significant step forward for my client and an important milestone in building trust and maintaining our connection.

- Kathy Menefee

shared by
UCHRA's Home
Care Specialists

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.





GET INVOLVED

Looking for additional ways to make an impact?
Check out the events below!

DID YOU HEAR?

The Alzheimer's Tennessee Walk is Getting Near: October 24th!
Want to Join or Sponsor Your Favorite Team with the Cutest Team Mascot?
Go to:
support.alztennessee.org/goto/MapleBacon
Help Us Walk to Make Alzheimer's a Memory!

Those Local to the Upper Cumberland Area May Also Purchase Mums from the Annual Fall Mum Sale! \$16 Per Plant or 2 for \$30. XL Plants in Yellow, Bronze, Purple, White, and Red. If Interested, Please Reach Out to ldrew@ucdd.org or ssexton@ucdd.org.

Event Name: UCDD/UCHRA

Naturally Sassy Soaps

SOAP FOR HOPE

SATURDAY SEPTEMBER 5
9A-6P

\$1 FROM EVERY BAG OF LAUNDRY SOAP SOLD WILL GO DIRECTLY TO THE OPEN DOOR TO HELP FURTHER THEIR MISSION OF PROVIDING CLOTHING, FOOD AND HYGIENE ITEMS TO THOSE IN NEED FREE OF CHARGE

921 S. WILLOW AVE. SUITE D, COOKEVILLE

UC**DD Upper Cumberland Development District

Upper Cumberland Development District
1104 England Drive
Cookeville, TN 38501

Friday, September 18th
1:00 pm - 3:00 pm CDT

SCAN HERE

BLOOD DRIVE

GIVE LOCAL, SAVE LOCAL.
with Blood Assurance

- Eat a good meal
- Avoid energy drinks
- Bring your ID
- Drink extra water

September 16th-30th
Donors will get Socks

FOLLOW US FOR STORIES OF LOCAL IMPACT!

Have a heartfelt success story to share? A photo of an employee going above and beyond? Want to give a co-worker a well-deserved shout-out? Want to share a flyer announcing an upcoming event or volunteer opportunity? Send a ticket using the address below and share your updates so we can celebrate you and the work our teams are doing every day!

ucsupport.happyfox.com