

Positively UC

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



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FROM LIVED EXPERIENCE TO LASTING IMPACT

Recovery is possible, and every milestone deserves to be celebrated.

Recently, UCHRA Certified Peer Recovery Specialist Tracye Ford was invited to serve as the guest speaker for the Cannon County Recovery Court Graduation. Tracye shared her personal recovery journey with graduates, current Recovery Court participants, and their families, offering hope and a powerful reminder that lasting recovery can transform lives.

Cannon County Recovery Court provides a structured, treatment-focused alternative to incarceration, helping participants build healthier, more stable futures. As part of that support system, UCHRA's Certified Peer Recovery Specialists provide encouragement, peer support, and connections to community resources that help individuals succeed in recovery.

Congratulations to this year's Recovery Court graduates on this incredible achievement, and thank you, Tracye, for inspiring others by sharing your story. We are proud to have you representing UCHRA and serving the Cannon County community!



**Save the Date:
UCDD-UCHRA Fall
Training & Rodeo**

Sept. 25, 2026

**Putnam County
Convention Center**

TEAMWORK IN ACTION



A big shoutout goes to Caleb Stout and Hannah Rice for their outstanding teamwork and efficiency.

Caleb and Hannah, also known as “Team Destruction,” stepped up in a major way—documenting and preparing more than 140 boxes for shredding in under three (3) hours. That’s no small feat and speaks volumes about their focus, collaboration, and can-do attitude. Their ability to stay organized, maintain momentum, and work seamlessly together ensured the job was completed not only quickly, but with great attention to detail.

This kind of behind-the-scenes work is critical to keeping operations running smoothly, and their efforts did not go unnoticed.

Way to go, Hannah and Caleb!

CONNECTING WITH FAMILIES IN CANNON COUNTY



Amber Milligan, UCHRA Cannon County Navigator, and Cortlind McCutcheon, Cannon County Empower Navigator, proudly represented UCHRA at We Care Cannon's 15th Anniversary Back-to-School Bash, connecting families with valuable resources and support.

The event brought together community partners to help students start the school year ready to succeed. Families had access to free school supplies, haircuts, sports physicals, community resources, and more.

More than 650 children attended the event, serving approximately 350 families across Cannon County. Thank you, Amber and Cortlind, for representing UCHRA and demonstrating our ongoing commitment to supporting children, families, and communities.

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.



CONNECTING THROUGH AGING INNOVATION

Representatives of the Upper Cumberland Area Agency on Aging and Disability (AAAD), Holly Heneger-Williams and Sara Martin, recently attended the 51st Annual USAging Conference and Tradeshow. The event brought together more than 1,500 professionals from Area Agencies on Aging and organizations nationwide that provide a broad range of aging, home- and community-based services, and caregiver supports.

“It is always enlightening to hear from Sandy Markwood, USAging CEO, other USAging staff and national leaders on federal policy initiatives and trends shaping the future for older adults, people with disabilities and their caregivers,” Heneger-Williams said.

The conference featured approximately 175 workshops and sessions, providing attendees with opportunities to explore innovative programs, share best practices, and learn more about the evolving needs of older adults, people with disabilities, and their caregivers.



During the event’s Aging Innovations & Achievement Awards Luncheon, Tennessee’s Dementia Navigation Pilot Program received an Honorable Mention in recognition of its impact in supporting individuals with dementia and their families.

Lynn Drew, Dementia Navigator with the Upper Cumberland AAAD, along with staff from the Tennessee Department of Disability and Aging (DDA), help provide guidance and support to families and caregivers across the state who are assisting individuals living with dementia.

Congratulations to Lynn and the DDA team on this well-deserved recognition!



STRATEGY SESSIONS UNDERWAY

Summer strategy sessions are in full swing, and the UCDD team is grateful for the opportunity to connect with counties and communities across the Upper Cumberland. Our two most recent stops included Cannon and Cumberland counties.

These conversations allow us to hear directly from local leaders, discuss community priorities, celebrate progress, and explore opportunities to strengthen our region through collaboration.

Thank you to everyone who took the time to meet with us and share your vision for the future. We appreciate your partnership and look forward to continuing these important conversations throughout the region.

TRANSIT TEAM ACES ANNUAL INSPECTION

Over the course of three days, UCHRA Public Transportation successfully completed inspections on 108 vehicles—and we're proud to share that every single vehicle passed!

Achieving a perfect score doesn't happen by accident. It takes weeks of planning, preparation, and coordination across every level of our organization. From our dedicated drivers and county coordinators to our incredible maintenance crew, dispatchers, and behind-the-scenes staff, every single person played a vital role in this accomplishment.

When inspection week arrived, our team did

what they do best: pulled together, stayed organized, and represented UCHRA Public Transportation with professionalism and pride. The care you put into maintaining our fleet and serving our communities was evident throughout the entire process.

Thank you to everyone for your hard work and dedication—not just during inspection week, but every single day. Your efforts help ensure we can continue providing safe, reliable transportation to the people who depend on us.

Congratulations on another outstanding inspection year!

