Positively UC

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

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STANDING TOGETHER AGAINST DOMESTIC VIOLENCE

Intimate partner violence affects more than one in three women and one in four men nationwide, making trusted local access points critical for our region.

In recognition of Domestic Violence Awareness Month this October, leadership from both UCDD and UCHRA met with representatives from the Upper Cumberland Family Justice Center (UCFJC) to reaffirm our shared regional commitment to safety, healing, and community support.

Serving 14 Upper Cumberland counties, our teams regularly collaborate with local partners to connect vulnerable individuals and families with secure shelter, transportation, and vital community resources.

UCFJC offers centralized, free advocacy and legal support through its offices in Cookeville (931-528-1512) and Livingston (931-644-3963).

Visit ucfamilyjusticecenter.org to learn more.



7 BREW SUPER-CHARGES UCDD STAFF WITH FREE COFFEE, LEMONADE









UCDD, UCHRA EXECUTIVE COMMITTEE MEETINGS: OCT. 28



The Executive Committees of the Upper Cumberland Development District and Upper Cumberland Human Resource Agency will meet at 10 a.m. on Wednesday, Oct. 28, 2026, at the UCDD office located at 1104 England Dr., Cookeville, TN.

Visit either agency's website (www.ucdd.org or www.uchra.org) to view the meeting agenda.

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.



UCHRA STAFF ATTEND FENTRESS COUNTY CHAMBER DINNER

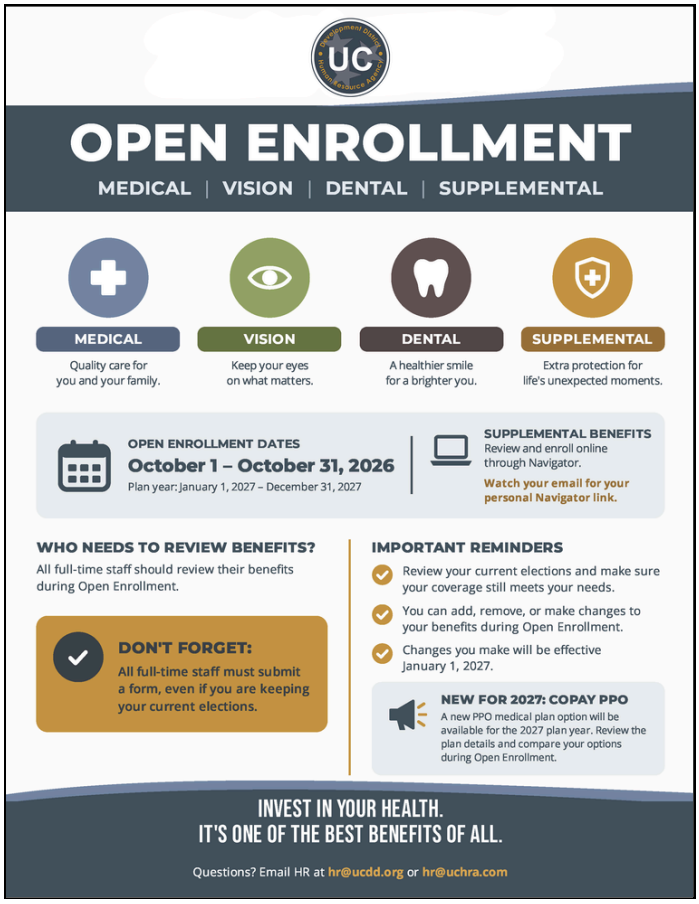
UCHRA representatives recently attended the Fentress County Chamber of Commerce's Annual Dinner and Community Awards Banquet. Carol Watson, Fentress County Navigator; Mandee Warden, CPRS-J, UC Recovery; and Regina Stowers, Empower UC Resource Coordinator; attended the event to celebrate local civic leadership and build strong community connections.

OPEN ENROLLMENT ENDS SOON

Open Enrollment is almost over!

You have just over a week left to make changes to your 2027 Medical, Dental, Vision, and Supplemental benefits. Open Enrollment closes next Friday, Oct. 30, 2026.

Check your email for more information.



AAAD STAFF ATTEND SE4A CONFERENCE IN VIRGINIA

Representatives of the AAAD recently attended the Southeastern Association of Area Agencies on Aging's (SE4A) annual conference hosted by the state of Virginia and held in Colonial Williamsburg. This year's theme was Revolutionizing Aging in recognition of the 250th anniversary of the United States of America.

More than 450 attendees, primarily from the nine southeastern states, came together to hear from national and state leaders about emerging aging trends. Attendees were treated to an evening at the Jamestown Settlement, America's first permanent English colony, which included a tour of the museum along with reenactment actors.

