

# Positively UC

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



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## SUPPORTING INDEPENDENCE, ONE HOME AT A TIME

Andy Meadows and Al Ashburn, the dynamic duo behind UCHRA's HouseCall, recently completed a new ramp for Brandon Western and his grandmother, Wanda.

Throughout the project, Andy and Al enjoyed getting to know Brandon and spending time talking with him. It's projects like this that remind us how much a safe, accessible home can mean to the people we serve.

We're grateful for the care and craftsmanship Andy and Al bring to every HouseCall project, and for the opportunity to make a meaningful difference for local families.



## FALL TRAINING & ROADEO

Get ready for county fair fun at Fall Training & Rodeo on Sept. 25! Departments are encouraged to decorate an outdoor tent and add a fun carnival game, activity or treat for coworkers. Attendees can also support Van Buren County Head Start by bringing nonperishable food items for a chance to win: one raffle ticket will be given for each item donated, with the winner announced before the end of the training session.

**SEPT. 25**

**PUTNAM COUNTY  
CONVENTION CENTER**





## UCHRA PUBLIC TRANSPORTATION: CONNECTIONS THAT KEEP US MOVING

For many of our riders, public transportation means more than simply getting from one place to another. It means maintaining independence, making important connections, and having a dependable way to get where they need to go.

One UCHRA Public Transportation rider recently shared what having access to transportation has meant to her over the past couple of years.

"I have been riding the vans for about two years now," D. Jones said. "I have several health issues that prevent me from driving myself. I have made friends with several of the drivers and fellow passengers. They feel like family at this point."

"The drivers are so gentle and considerate of the passengers, always going the extra mile," she added. "I am proud to ride UCHRA Public Transportation and personally, I do not know what I would do without them."

Her words are a wonderful reminder of something we see every day: transportation can create connections that go far beyond the miles traveled.

A special shout-out to UCHRA driver Jonny Maynard, pictured with Ms. Jones, and to all of our drivers who make our riders feel safe and cared for every day. Thank you for reminding us that sometimes a ride can become much more than just transportation!

## SENIOR CENTER MONTH UNDERWAY



September is National Senior Center Month! This year's theme, Happier Birthdays Happen Here, celebrates the creativity, connection, and resilience that senior centers foster every day.

From social connections and wellness programs to creative activities and congregate meals, senior centers help older adults stay active, engaged, and independent. At a time when loneliness is a growing concern, these centers provide an important place to belong.

*This month, we're celebrating the people and possibilities that make senior centers such an important part of our 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.



# CARE NOTES

## Insights from those who provide care every day

A client I am currently seeing is legally blind and enjoys spending time working outside. Due to several previous falls, I spoke with the client about getting a medical alert device to help provide additional safety and peace of mind. Since getting the medical alert device, the client feels safer and more confident. She is now able to go outside and enjoy doing the work she loves while having the reassurance that help is available if needed.

- Rebecca Spice

We successfully helped a client clean and organize their home, which had fallen into poor condition due to neglect. We worked together with the client to manage and sort through the home, taking it one room at a time. Through teamwork and patience, we were able to get the home cleaned and organized to a safe and livable condition for the client. It was rewarding to see the positive difference this made in the client's living environment and overall well-being.

- Shannon Lankford

A client I am currently seeing was constantly struggling with running out of money before the end of the month. The client and I sat down together and created a monthly budget to help her better manage her finances. Since putting the budget in place, she has been able to make it through the entire month without running out of money. This has been a great improvement and has given her more confidence in managing her finances.

- Julia Baugh-Tayes

A client I am currently seeing, who has dementia, successfully made her bed and swept her own floors while I was not scheduled to be on shift. This was a wonderful accomplishment and showed her ability to remain active and independent with her daily household tasks.

- Melissa Hall

Shared by  
UCHRA's Home  
Care Specialists