



# First Tennessee Human Resource Agency

## November 2011 Newsletter

### Van Drivers Line Up To Rodeo



During one of the coldest days of fall, drivers got to show off their driving skills in the NET Trans Rodeo. In addition to a written test on emergency procedures, operators navigated through an obstacle course and competed in other events that tested their skills at performing pre-trip safety inspections and securing a wheelchair on board the van. We had 53 drivers participate. Nathan Light was our first place winner and John Laws came in second place. They will represent NET Trans in the state wide van rodeo later in the year.



### FTHRA Benefits/ Health Fair

Encouraging people to be healthy is one thing, but giving them the tools they need to achieve that goal is another story. FTHRA is proud to have offered all employees cholesterol/glucose screenings and a GoWorkWell Survey. This survey asked questions on how each individual's lifestyle was effecting their overall health. Nurses went over the results, answered questions and gave advice on how to improve their health.

Our Benefits/Health Fair was done in half day sessions. Along with health screenings, we had meetings that went over all three of our health care options and TCRS retirement benefits. We also had several stations where folks could get more health information or just get a free chair massage.



WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*

Meals on Wheels Association of American has adopted a new logo and FTHRA is a proud member. At the core of **We are Meals On Wheels** is our connection to hundreds of individuals—from the seniors in desperate need of nutritious meals and human contact to the volunteers who work tirelessly to make sure seniors in our communities are served. If you are interested in becoming a volunteer with our Nutrition Program, please call Dawn at 423.975.5022. Our meals are picked up and delivered between 9 am - 11 am Monday through Friday. Call us to find a meal site in your area.



## First Tennessee Human Resource Agency

Thank you to everyone who supported the Safe Passage "Fun" Raiser on October 16 at The Carnegie Hotel. The Program raised over \$10,000 to help families in crisis. We are grateful to the community and the individuals who came out to support **Safe Passage Domestic Violence Shelter**.



SILENT & LIVE AUCTION...MUSIC, FOOD, & FUN

Happy Halloween!

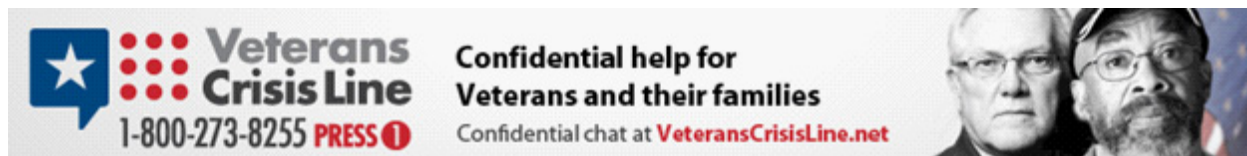


It's all Treats at Adult Day Services Halloween Party! Costumes, candy, ETSU Flute Choir performance were all part of the festivities at ADS. Call 423.928.8855 if you have a loved one that may be interested in learning more about the program.

### Help for Veterans

If you serve Veterans, are a Veteran yourself, or if you know someone who is, it is important that you know about a vital resource that is available in times of crisis. The Veterans Crisis Line is a confidential hotline and online chat service for Veterans and their families and friends who are in immediate need of emotional support.

Twenty-four hours a day, seven days a week, the Veterans Crisis Line connects them with specially trained responders—many of them Veterans themselves—who offer confidential support and referrals for VA and community-based services. It's available to Veterans and their loved ones at no cost—even if they're not registered with VA or enrolled in VA health care. They can call the Veterans Crisis Line at 1-800-273-8255 and Press 1 or log onto the private, online chat at [www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net) any time, anywhere.



First Tennessee Human Resource Agency provides much needed social services in Carter, Johnson, Greene, Hancock, Hawkins, Sullivan, Unicoi and Washington Counties. FTHRA administers 18 vital programs to assist the people of Northeast Tennessee. We rely on support from local governments, United Ways, grants, foundations, fundraisers and private donors.

If you would like to contribute to the agency or a specific program, please visit our website at [www.fthra.org](http://www.fthra.org) to donate online with a credit card, via PayPal or by calling our Finance Director, Jason Cody, at 423.461.8283. All donations are tax deductible.

To volunteer or learn more about our programs, call Stephanie Walker at 423.461.7769 or email at [swalker@fthra.org](mailto:swalker@fthra.org).

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