



NOVEMBER 1, 2025  
ISSUE 26

# TEPS CONFERENCE 2025

## THIS ISSUE:

We want to extend a huge thank you to everyone who joined us for this year’s TEPS Conference! Your participation helped make it an incredible event. We had an amazing turnout and an outstanding lineup of speakers who shared valuable insights and inspiration throughout the sessions.

- TEPS CONFERENCE
- UPCOMING EVENTS
- COALITION MEETING LINK
- STAYING HEALTHY
- NOVEMBER FUN
- CONTACT INFORMATION

We hope you enjoyed connecting, learning, and growing with us – and we can’t wait to see you again next October for an even bigger and better TEPS Conference!





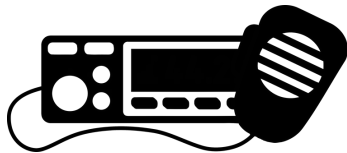
# REMINDER

**NOVEMBER 19TH**  
WATCH COALITION MEETING

**DECEMBER 17TH**  
WATCH COALITION MEETING

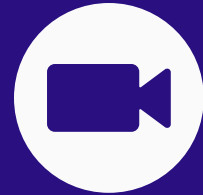
**JANUARY 15TH**  
WATCH COALITION MEETING

**FEBRUARY 18TH**  
WATCH COALITION MEETING



**IF YOU ARE INTERESTED IN BECOMING  
APART OF OUR COMMUNICATIONS  
COMMITTEE, PLEASE LET CHRIS WINSCHER  
KNOW AT CHRISTOPHER.WINSCHER@WTH.ORG**

Mark  
YOUR  
Calendar



**COALITION  
MEETING LINK**

WHILE WE WOULD LOVE TO  
SEE YOU ALL IN PERSON  
(804 N. PARKWAY,  
JACKSON), WE UNDERSTAND  
NOT EVERYONE CAN MAKE IT  
TO THE COALITION  
MEETINGS. BELOW IS THE  
ZOOM LINK TO USE WHEN  
LOGGING IN TO THE  
MEETING.

MEETING ID: 822 4137 2230  
PASSCODE: 612238

# TIPS FOR STAYING HEALTHY THIS FALL!



## WASH UP



After coughing or sneezing, before eating, whenever hands are thought to need it.

## HYDRATE



- Drink water
- Decrease caffeine intake
- Limit alcohol consumption

## VACCINATE



Center for Disease control recommends the flu vaccination to prevent illness.

## FRIENDSHIP



Seeking social support through friendships is proven to reduce anxiety and depression.

## COVER IT



Cover your nose and mouth if coughing or sneezing. If using a tissue, throw it away immediately after use and wash hands.

## EXERCISE



- Releases endorphins and serotonin
- Increases self esteem
- Enhances social connections

## DISINFECT



Using household disinfectant on kitchen and bathroom surfaces is proven to reduce risk of cold and flu.

## SLEEP



- National Sleep Foundation recommends 7-9 hours of sleep for young adults
- Good sleep reduces risk of sickness and improves mental health

Source: <http://www.dailymail.com>

*You're invited*

Kick off the holiday season with food, fun and useful information by joining JCIL and local emergency organizations for our

**"Making the Holidays Safe"  
Open House.**

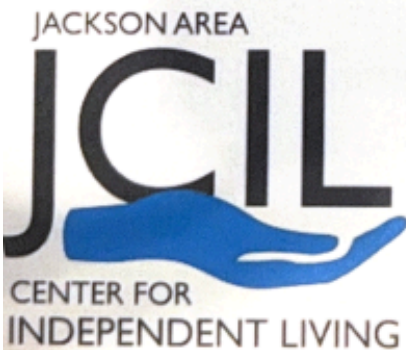
All attendees will receive a first aid kit and be eligible for door prizes

And you won't want to miss the hot chocolate and cookie bar!

Thursday, November 20

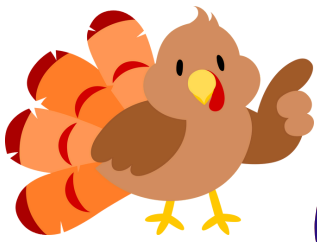
3pm-6pm

33 Federal Drive, Jackson, TN



**Happy Holiday**  
**Open House**

**CONTACT BETH JAMES AT JACKSON CENTER FOR INDEPENDENT LIVING  
IF YOU HAVE ANY QUESTIONS!**



# November

## WE'RE THANKFUL FOR YOU!

AS WE REFLECT ON THIS SEASON OF GRATITUDE, WE WANT TO TAKE A MOMENT TO RECOGNIZE AND THANK EACH OF OUR INCREDIBLE COALITION MEMBERS. YOUR DEDICATION, CREATIVITY, AND COLLABORATION ARE WHAT MAKE OUR MISSION POSSIBLE. BECAUSE OF YOUR CONTINUED PARTNERSHIP.

WE'RE ABLE TO DEVELOP VALUABLE TRAININGS, SHARE ESSENTIAL RESOURCES, AND STRENGTHEN OUR COMMUNITY'S PREPAREDNESS. EVERY IDEA YOU BRING TO THE TABLE HELPS US GROW AND IMPROVE THE SUPPORT WE PROVIDE ACROSS OUR REGION.

WE ARE TRULY GRATEFUL FOR THE TIME, ENERGY, AND EXPERTISE YOU SHARE – NOT JUST DURING MEETINGS OR EXERCISES, BUT THROUGHOUT THE YEAR AS WE WORK TOGETHER TO MAKE A DIFFERENCE.

FROM ALL OF US AT THE COALITION: THANK YOU FOR BEING AN ESSENTIAL PART OF OUR TEAM!

# CONTACT US!

## REGIONAL HEALTHCARE COORDINATORS

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## WATCH BOARD MEMBERS

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LORI BROWN, 1ST CHAIR  
JONATHAN WOOD, 2ND CHAIR  
CHRIS WINSHEL, SECRETARY  
LYN TISDALE, TREASURER

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