



OCTOBER 1, 2025  
ISSUE 25

# TEPS CONFERENCE 2025

JOIN US AT THE HUMBOLDT CONFERENCE CENTER FOR A 2 DAY CONFERENCE ON **OCTOBER 28<sup>TH</sup> & 29<sup>TH</sup>.**

THE COALITION WILL SPONSOR 2 ATTENDEES FROM EACH FACILITY TO ATTEND.

PLEASE USE THE LINK BELOW TO REGISTER YOUR FACILITY.

[FACILITY REGISTRATION HERE!](#)

## THIS ISSUE:

- TEPS CONFERENCE
- UPCOMING EVENTS
- COALITION MEETING LINK
- GREAT SHAKE OUT
- OCTOBER FUN
- CONTACT INFORMATION





# REMINDER

**OCTOBER 15TH**

WATCH COALITION MEETING

**OCTOBER 28<sup>TH</sup> & 29TH**

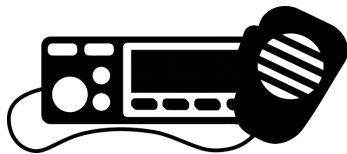
TEPS CONFERENCE

**NOVEMBER 19TH**

WATCH COALITION MEETING

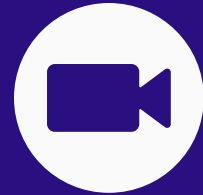
**DECEMBER 17TH**

WATCH COALITION MEETING



IF YOU ARE INTERESTED IN BECOMING A PART 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

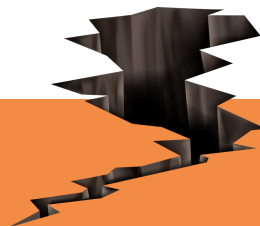
# GET READY TO SHAKE OUT ON OCTOBER 16TH AT 10:16 AM!



If you **FEEL SHAKING** or **GET AN ALERT**...

When possible:	 <b>DROP!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>
Using a cane?	 <b>DROP!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>
Using a walker?	 <b>LOCK!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>
Using a wheelchair?	 <b>LOCK!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>
In a bed?	 <b>TURN!</b>	 <b>COVER!</b>	 <b>HOLD ON!</b>

[REGISTER YOUR FACILITY HERE!](#)



# 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.**

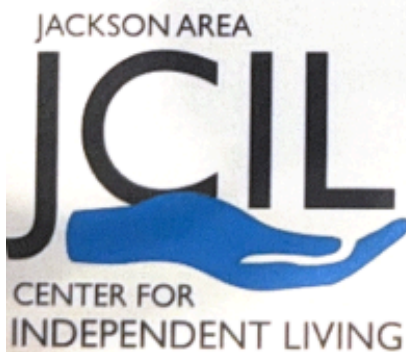
All attendees will receive a first aid kit and be eligible for door prizes

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!**

# OCTOBER

MAKE SURE TO  
HAVE A WATER  
HOSE NEAR BY!



Host a Bonfire



Jump in a pile of leaves



Trick or Treat



Go Ghost hunting



Drink Apple cider



Make S'mores



ADD A REESE CUP  
INSTEAD OF A  
HERSHEY!



## October Bucket List



Visit Pumpkin  
patch



Watch Scary movies



Make Spice latte



Carve a pumpkin



Dress up for  
Halloween

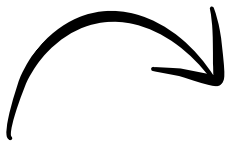


Go apple picking



Visit a haunted house

YOU'RE NEVER  
TOO OLD!



# CONTACT US!

## REGIONAL HEALTHCARE COORDINATORS

### MIKE SMITH

WEST REGION

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### KEITH MIDDLETON

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### GINGER RODGERS

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## WATCH BOARD MEMBERS

JAMES FOUNTAIN, CHAIR

LORI BROWN, 1ST CHAIR

JONATHAN WOOD, 2ND CHAIR

CHRIS WINSCHER, SECRETARY

LYN TISDALE, TREASURER

[WWW.WATCHCOALITION.ORG](http://WWW.WATCHCOALITION.ORG)

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