



FOLKS AT HOME

141 University Ave PO Box 291 Sewanee, TN 37375
Volume 10

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Folks at Home Mission Statement

**Folks at Home in Sewanee
coordinates services to em-
power individuals to live
at home with dignity in the
community they love.**

Folk Tales from Folks at Home

Welcome to the Spring 2017 newsletter and Annual Report for 2016. Inside you'll see charts and descriptions of the services that have been coordinated and delivered by Folks at Home (F@H) and an overview of our financial report. As you will see in the financial report, recognition and high praise must be given to those monetary contributors who support and ultimately make our work possible.

The skilled and dedicated workers of F@H, Sarah, John, Camas, and Maria, have each written articles that feature our services and programs. Sarah highlights the praises we've received for the work of our Vetted Vendors. Camas introduces our new TeleVisit Program, a forum for education, connection and engagement. John writes about his work organizing University students into service and his creation of a movie about Folks at Home. Maria recounts the joy she experiences in her work with F@H as a Canale Intern. There are additional workers who deserve a "shout out" from me. Ryan Regal, a Sewanee Bonner Leader, has done amazing work to transform our website. Amanda Liford, SCCF VISTA, works an hour every week with me in support of discovering and seeking new grant funding opportunities. Since 2009, Claudia Porter has done our bookkeeping, while Ann Oliver and Jane Holmes have been dedicated weekly office volunteers. Resolute volunteers who have earned my deepest gratitude include the drivers and fix-it volunteers who help so many in our community, as well as our marvelous advisors and members of the Board.

And to all of the members of F@H and clients we serve, thank you for allowing us into your homes and into your lives. It is an honor to know and work with you.
Best to all,

Kathleen

Folk Tales are words of gratitude and wisdom shared with Folks at Home.

"Working with Folks at Home opened up a relationship with a F@H member that I wasn't even considering at the get go. I've continued to work for him every so often, and we enjoy talking about music and what's next in our lives."

April 2017, University student volunteer, F@H Spring Action for Elders

"I'm deeply grateful for all the equipment I've borrowed to take care of my brother! I don't know how I could be meeting his needs at present without the help of F@H "

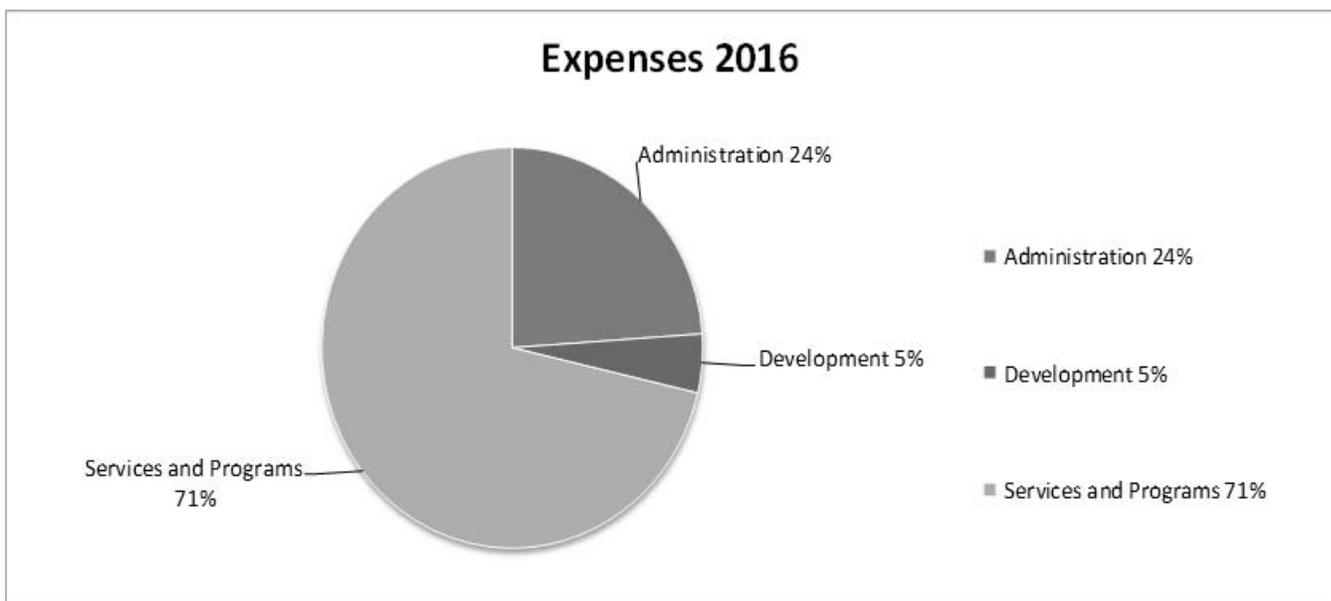
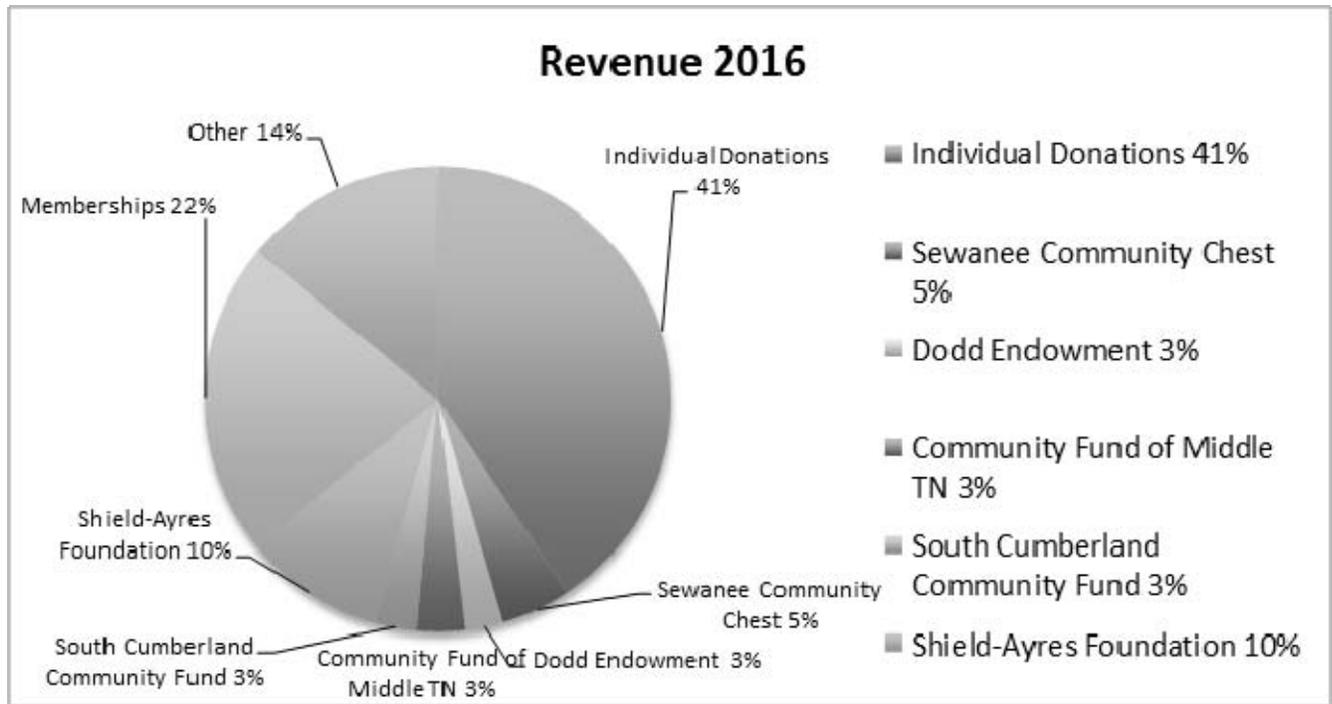
April 2017, F@H Member

"I don't think I was ever so glad to see a wheelchair ramp! I was able to wheel him right into the house on it!" May 2017 F@H Member

FOLKS AT HOME FINANCIAL REPORT

As the chart shows Folks at Home continues to rely heavily on the generosity of individual donors. That 41% of its income comes from individuals continues to put pressure on the Board to increase its fund raising efforts. Services continue to expand due in great part to special foundation grants and support from the Americorp VISTA. The 2017 budget was balanced and we anticipate a balanced budget for 2018.

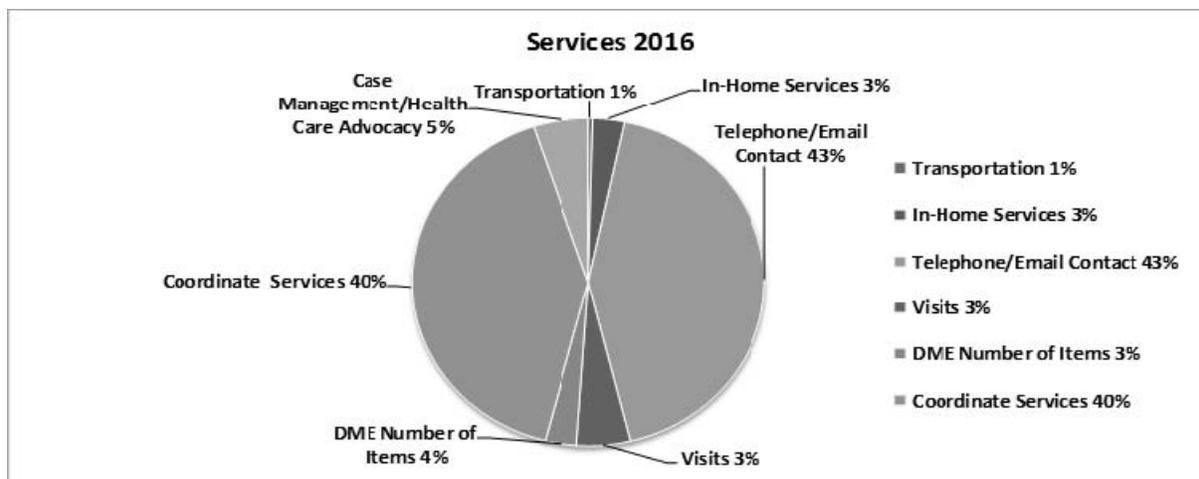
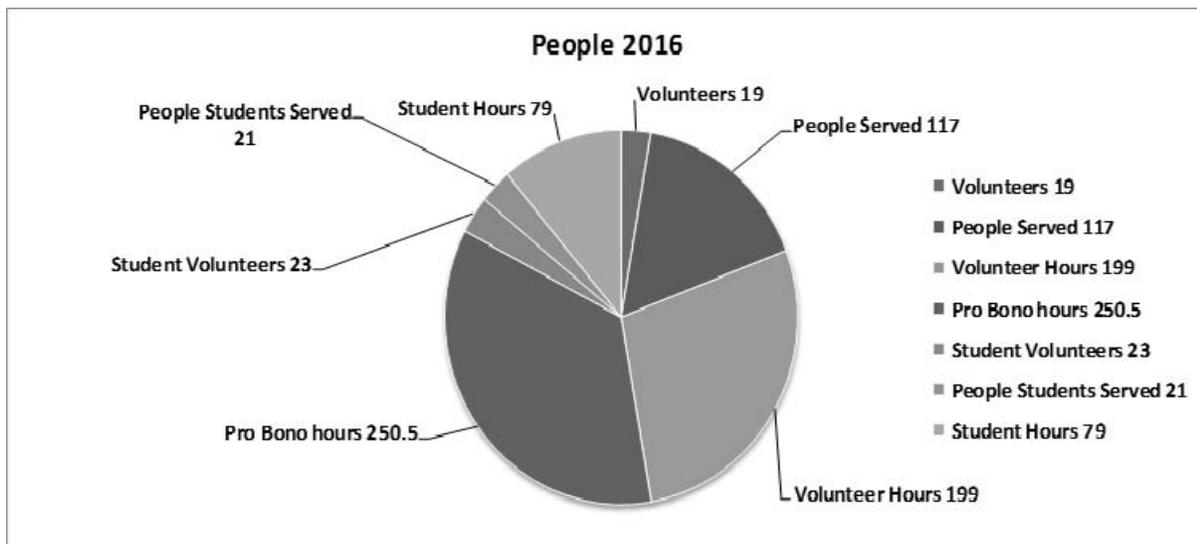
Laurence Alvarez, Secretary/Treasurer



FOLKS AT HOME IN ACTION

In 2016, we tabulated that over 2350 direct services were delivered to more than 119 people, including transportation, home visits, consultations, care and service coordination, information and referrals, as well as our pro bono Equipment Exchange of accessibility items. Our Care Team Partners Support Group met weekly, serving 4-6 family members with a trusted support system. In addition, 107 evidence-based classes were offered, with 16 Boost Your Brain and Memory classes benefitting 20 people. Tai Chi for Arthritis for Fall Prevention conducted 107 classes serving 47 adults and a one-day event at DuBose reached 175 Grundy County fourth graders with their teachers and parents.

2016 was also our first year benefitting from the skills and time of a Canale Intern, a Bonner Leader, and an Americorp VISTA, an expansion of our strategic partnership with the University. Students in Community Engaged Learning again partnered with F@H for the opportunity to visit and learn from elders. Autumn and Spring Actions for Elders is a new service opportunity for students that will be ongoing.



From our clients:

by Sarah Goodstein Doyi, Administrative and Service Coordinator, April 2017

“Very knowledgeable, gentle, and kind...whether it was helping turn my mother every two hours...or patiently communicating with her to determine her needs and wants.” These words were spoken in praise of a Folks at Home caregiver. We at Folks at Home would like to acknowledge our cadre of vendors and, in this article, to spotlight our vendor caregivers. Listed with us are caregivers who are formerly or presently licensed nurses, certified nursing assistants, or have other caregiving experience. Some F@H vendors prefer short shifts and others would rather work 12 hours. We refer night owls and those who are more diurnal. In addition to home based tasks, some of our caregivers also assist with driving and some with pet care. We even have a caregiver listed who gives manicures! Most of our caregivers are women, but we currently have two male caregivers on board.

Members sing praise for Folks at Home caregivers:

- ◆ “She is just terrific; worth her weight in gold.”
- ◆ “A wonderful, intelligent lady who greatly cares about the people she works for.”
- ◆ “She has been extremely helpful...has many good ideas of how to do things easier and better.”
- ◆ “Very knowledgeable, gentle, and kind...whether it was helping turn my mother every two hours...or patiently communicating with her to determine her needs and wants.”
- ◆ “Could not have been more kind and caring and acted quickly and professionally in an emergency with my Dad.”

**Folks at Home Offers TeleVisit Program
by Camas Gazzola, Programs Coordinator, April 2017**

My name is Camas, and I’m a third generation Sewanee resident. Thanks to grant funding from Serving our Seniors Tennessee, I’ve been hired as the Program Coordinator. I’ll work from January to June 2017 to help implement various new programs for Folks at Home.

The program I’m most excited to show the community is TeleVisit, a program that lets community members connect, socialize, participate and engage in stimulating conversations all from the comfort of their home.

Just like a lively lecture and discussion in Guerry Auditorium, TeleVisit uses an electronic tablet located in a member’s home to show a short lecture or program. After the program, members are invited to discuss, ask questions, and give their insight via a conference call that will be set up by Folks at Home.

Thanks to a generous grant from Serving our Seniors Tennessee, this program and the technology we use is free to members of Folks at Home. Although it may sound complicated, TeleVisit requires absolutely no prior experience with technology. Folks at Home employees are happy to demonstrate and to answer any questions you may have about the program. I welcome and encourage anyone interested to call Folks at Home to set up an in-home demonstration.

**Folks at Home and the VISTA Program
by John Canfield, VISTA, April 2017**

My name is John Canfield, and this year I am serving as the AmeriCorps VISTA Systems and Program Coordinator with Folks at Home. This year, Folks at Home has been implementing the Autumn and Spring Actions for Elders programs. In these programs, we have had students from the University visit the homes of Folks at Home members and help out in variety of different ways. These activities range from clearing leaves to avoid falling hazards to helping check and change smoke detectors. Through the implementation of these programs, we are working to bring the student and Folks at Home communities closer together. After the Spring Actions for Elders program, one of the student volunteers told us that: “helping out Folks at Home was a great way to start off a Saturday and I walked away knowing it meant something to them. I could tell that just by being there doing a few simple tasks and taking the time to have a conversation made a difference. It wasn’t so much about the work but about showing them that we want to help out, that we can help out, and most importantly that we will.” The success of these programs has led to an official partnership with the fraternity Lambda Chi Alpha. Through this partnership, Lambda Chi Alpha will officially perform both the Autumn and Spring Actions for Elders programs. By maintaining this partnership with a university organization, we hope to usher in a new level of involvement between the University and elders in the community.

Following the unfortunate cancellation of the webinar with Dr. Atul Gawande, Folks at Home has decided to create an informational video. In this video, the staff has compiled information and stories from staff, members, founders and

volunteers. This has been performed in an effort to not only let new individuals know what Folks at Home is and what it does, but also to demonstrate the importance Folks at Home organization has on the community as a whole. This movie officially premiered at the annual event on April 2nd and will be uploaded to the Folks at Home website for all to see.

Why Folks at Home?

by Maria Baker, Canale Intern, University of the South, April 2017

Folks at Home, combined with funding from my University, has allowed me once more to pursue volunteer work that I am passionate about. In high school, I volunteered with a local retirement home and started my program Book Buddies. A few times a week, friends and I visited the Florida Presbyterian Homes after school, always bringing our books along with us. We each visited different rooms, some of us displaying our artwork, others carrying their anthology of poetry to read to their book buddy. This program made a huge impact on my life as a high school student, and I wanted to carry that with me when I went to college. At Sewanee, there aren't very many retirement facilities nearby, but after a busy freshman year, I knew that I needed to find a program that fulfilled me the way Book Buddies had. After asking around, I learned about Folks at Home. It is within walking distance of central campus, and in Spring 2016 I began working in the office each week, balancing that with friendly home visits with clients. Working in the office has strengthened my skills when it comes to cold calling, working on press releases, or taking phone calls from clients as needed. Last semester, my home visits were right after my English course all about Dante, and when the client and I spoke, she was always very interested in hearing about the myths and history encased in Dante's works. Her neighbor, I learned, was my English professor, and he thanked me profusely for "tutoring" his dear neighbor, although it was my pleasure to talk through my lessons with her. This year, I was able to earn sponsorship from Sewanee under the Canale Fund. It allows me to work in the Folks at Home office twice a week, visiting with clients on Thursday afternoons. These visits have grown since last spring. I am now meeting with two clients and we alternate weeks. My Canale Internship has been renewed for the 2017-18 school year, and I am thankful for the chance to work with Folks at Home once more as my Sewanee experience comes to a close. I will continue working in the office and going on friendly home visits for a few hours each week, sharing my story along the way. Although much has changed since I started Book Buddies in high school, transitioned to Sewanee, and began working with Folks at Home, one thing is always the same. No matter who I'm visiting, whether or not we have previously discussed literature, I always have my class readings in my backpack. You never know when you need to break out your copy of *Twelfth Night* to spark conversation.

PROGRAMS OFFERED THROUGH FOLKS AT HOME

Boost Your Brain and Memory

8-lesson evidence-based courses, providing tips and strategies for a healthy brain, will be offered this summer and fall in various locations.

Tai Chi for Arthritis for Fall Prevention

will begin June 2017. For beginners, this is a twelve-lesson series of classes that consist of slow movements, gentle postures and relaxed minds and bodies. Perfect for all ages and levels, this class consists of standing and moving postures.

Grief Recovery Method *a collaboration between F@H and Compassus Hospice & Palliative Care*

The eight-session series will begin at 1:00pm on Tuesday, June 6 and end on August 1 (no session July 4). Each session is about 1.5 hours at the Sewanee Community Center.

RSVP for any program: 931-598-0303 folksathomesewanee@gmail.com

"Here is a lovely note I received this week from the two students who called on me to talk about the F@H caregiving group." F@H Care Team Partner Support Group facilitator. "I cannot thank you enough for sharing your stories with us. We learned so much more about the role of a caregiver and how amazing your work is to society. Your insight on meditation and labeling emotions was a big part of our project. We loved meeting with you, and hope to see you again.

Thank you, MB and WK" December 2016, two University Community Engaged Learning students

EXECUTIVE DIRECTOR ANNOUNCEMENT

The Board of Directors of Folks at Home announce that Kathleen O'Donohue will be retiring from her position as Executive Director at the end of 2017. Since its inception in 2009, Kathleen has led this organization as director, following the board's vision. Through O'Donohue's guidance, Folks at Home has grown from a good idea to a vibrant agency that connects persons in need of care with service providers and volunteers. Kathleen has been the touchstone for the Sewanee community to make those connections as well as someone who has personally enhanced the community at large.

Folks at Home continues strong in its mission to *empower individuals to live at home with dignity in the community they love* and the Board will be doubling our efforts to insure that mission persists under new leadership. We will be celebrating Kathleen's contributions to Folks at Home in a formal way in the fall. In the meantime, you can let her know how much she is appreciated by giving a thanksgiving donation in her name.

Community members Tim Graham and Marilyn Phelps have joined board members Linda Hutton and John Solomon on a Search Committee to select the next Executive Director. If you or someone you know would like to be considered for this job, please submit your inquiry to Linda Hutton at justlinda@charter.net.

Folks at Home has received widespread community support since its inception, We look forward to that support continuing as we move forward under leadership.

We look forward to that support continuing as we move forward under new leadership. Thanks.

Sincerely,

Jo Ann Barker, President, Board of Directors

Support Folks at Home: Donations are tax-deductible and payable via mail, bank draft, or online < <http://folksathome.org/get-involved/support-us/>>. Memberships may be purchased at any time, with monthly or annual payments accepted. <<http://folksathome.org/membership/>>.

Volunteer with us: < <http://folksathome.org/get-involved/volunteer-2/>>

Work with us: <<http://folksathome.org/get-involved/work-with-us/>>



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