



FOLKS AT HOME

141 University Ave PO Box 291 Sewanee, TN 37375
Volume 9

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Folks at Home Mission Statement

Folks at Home in Sewanee coordinates services to empower individuals to live at home with dignity in the community they love.

As Folks at Home nears the close of our sixth year of providing services to the older adults and elders of our community, we have much to be grateful for. On page two you'll be introduced to our talented and motivated new workforce. Our invaluable health and wellness programs are highlighted on page three. Please review the work I've done to create a profile for Folks at Home on GivingMatters.com and the increased opportunities for donors. Your support as Donors, Members, and Volunteers is the key to our success.

Our Board of Directors has also been hard at work on Strategic Planning, as shown on page four with our Mission Statement and Core Values. We are also working on long-term sustainability and leadership. The support of the South Cumberland Community Fund has been instrumental for this and other educational opportunities.

Although you may only think of Folks at Home as your unique local, grass-roots nonprofit, we are a member of the national Village to Village Network, a group of over 200 similar organizations and almost that many more under development. Our work together is making a difference all over the country in the daily practice of creating age-friendly communities. I'm honored to serve on several committees of the VtV Network.

What does F@H do? The words of this community member may tell it best.

"When my husband, Scott, was diagnosed with pancreatic cancer in May of 2015, I contacted Folks at Home. Hilda and Kathleen were empathic, listened to my concerns and were very efficient and helpful. Kathleen made a home visit and had many ideas to make the house safer for Scott. She assessed what would be needed during his recovery and supplied a walker, shower bench, cane and bathroom chair.

Scott had chemotherapy weekly for six months. On the two occasions, I could not drive him, a Folks at Home volunteer drove him to Tullahoma, TN, for the treatment.

*The weekly Caregiver group has been a life saver for me; all in the group are providing care for a family member. It has given me a place to talk about how the week has gone, the daily challenges and joys and a place to cry with people who understand what I'm going through." VS
07/12/2016*

In gratitude,

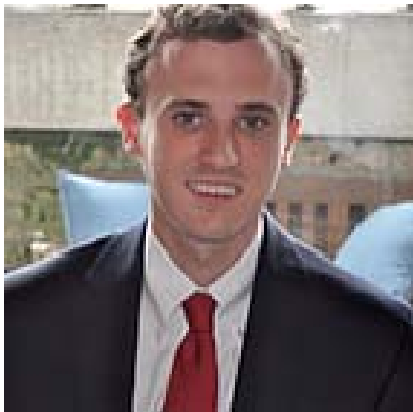
Kathleen

WHO'S NEW?

Meet the New Workforce at Folks at Home



Sarah Goodstein Doyi, is our new Administrative and Service Coordinator Sarah spent a charmed childhood in Sewanee, and has been back on the mountain for more than a decade. She graduated from Oberlin College and did post graduate work at The University of Missouri-Columbia and The University of Tennessee-Knoxville. She taught for fifteen years in Knoxville urban schools and for three years in Franklin County. In Knoxville, she was part of HAPPEN, an initiative to train service dogs, and her most recent volunteer efforts include Grundy Canine Assisted Recovery Effort (CARE), a “cell dogs” program with inmates from the Grundy County jail. In addition to her new position with Folks at Home, Sarah professionally trains dogs under her company name Sabbath Smiles, named after her canine partner. Sarah and her brother, Eban, were very, very grateful for Folks at Home’s assistance with the care of their dad, Marvin Goodstein, and Sarah is delighted to have a job that allows her to return the favor.



John C. Canfield C'16 is the Americorps VISTA: Systems and Programs Coordinator at Folks at Home. John graduated from Sewanee: The University of the South in 2016 with majors in philosophy and environmental studies. He wrote his senior thesis about environmental and social problems facing Southern Appalachia. At Sewanee, John was a Bonner leader where he helped lead afterschool programs in Grundy County. He interned with the Natural Resources Defense Council and the Appalachian Citizens' Law Center where he focused on environmental justice issues. As a VISTA with F@H, John creates, expands, and strengthens systems to increase the organization’s ability to function effectively and meet its mission. To do this he works on researching best practices performed by other villages and applying them to F@H, expanding the volunteer program by helping codify policies & procedures and reinvigorating F@H’s time bank program.

Need Maria’s picture Maria C. Baker C'18 is a Junior at the University and has been volunteering with Folks at Home since early 2016, and has returned this fall for a Canale Internship funded by the University. This year, she works in the office twice a week and makes home visits once a week. When she isn’t spending time at Folks at Home or making friendly home visits, Maria is typically in class working towards her English degree, reading, or going on sunset hikes with friends. She is from Lakeland, Florida, but her parents recently moved to Scottsdale, Arizona, where sunset hikes are just what one is supposed to do.

HEALTH, WELLNESS AND FAMILY SUPPORT

Three of our most popular programs include our focus on brain health, fall prevention, and family support. We will be offering these programs throughout the coming year. We have two evidence-based programs for your overall well-being.

Tai Chi for Arthritis and Fall Prevention is a gentle physical movement form to improve your balance and overall health. Data from the Centers for Disease Control (CDC) confirms that Tai Chi is one of the evidence-based programs for fall intervention / reduction / prevention. Randomized controlled trials have demonstrated that Tai Chi can reduce falls and associated injuries among older adults.

The Boost Your Brain and Memory Program (BYBAM) subjects include healthy eating, physical activity, social engagement, stress alleviation, mindfulness and memory strategy activities. With grant support from the South Cumberland Community Fund (SCCF), we are currently offering the BYBAM program in Sewanee and will offer it in Monteagle and Tracy City in 2017.

Family support is a core focus of our Care Partners Support Group: a weekly support group for people in caring roles. This is an opportunity to share stories, laugh, cry, share resources, and be reminded that they are not alone. Confidentiality is a treasured value here.

Please contact us for more information on any of these programs.

HOW TO DONATE

AMAZON SMILE FOUNDATION: You can donate to F@H when you shop via Amazon. You can now set Folks at Home as your “charitable organization choice” for F@H to receive donations from the AmazonSmile Foundation. You can copy the link below to designate F@H to be funded. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice (at no cost to you). <<https://smile.amazon.com/ch/30-0667051>>

GIVING TUESDAY is on 11/29/16. You can donate to us anytime online <<http://folksathome.org/get-involved/support-us/>>. Celebrated on the Tuesday following Thanksgiving (in the U.S.) and the widely recognized shopping events Black Friday and Cyber Monday, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. Since its inaugural year in 2012, #GivingTuesday has become a movement that celebrates and supports giving and philanthropy.

GivingMatters.com was created to inform, empower and enrich charitable giving in Middle Tennessee – benefiting donors, nonprofits and the community at large. GivingMatters.com furthers the cause of philanthropy in our region by promoting nonprofit transparency and putting nonprofit information at the fingertips of community members in an easy-to-use, searchable online database. GivingMatters.com contains more than 1,400 detailed profiles of local nonprofit organizations, and is FREE to nonprofits and public users.

GivingMatters.com is powered by GuideStar. GuideStar connects people and organizations with information on the programs and finances of more than 1.9 million IRS-recognized nonprofits.

Please review the new Folks at Home profile on GivingMatters.com, an online resource of the Community Fund of Middle Tennessee. The F@H profile is available via the link below. <<http://givingmatters.guidestar.org/nonprofit.aspx?orgId=1151353>>

SUSTAINING MEMBERSHIPS are a tax-deductible donation. Sustaining membership is available to those who would like to join and support F@H and have access to the social programming but do not want to use services. Annual dues are \$400 for individuals (or \$40 monthly) and \$700 (or \$70 monthly) for households of two or more. However, the entire dues amount may be listed as a federal tax charitable deduction. Sustaining Members are encouraged to attend programs and activities reserved for Sustaining Members and Members only. Sustaining members wishing to become full-service members may contact the Executive Director for more information on prorated fee scales. This membership is tax deductible with no access to services and referrals.

Become a member now! <<http://folksathome.org/get-involved/join-us/>>.

FOLKS AT HOME MISSION, CORE VALUES, VISION

MISSION

Folks at Home in Sewanee coordinates services to empower individuals to live at home with dignity in the community they love.

CORE VALUES

- ◆ Empowering people to live and age at home with dignity.
- ◆ Providing timely personal solutions.
- ◆ Encouraging community engagement.

VISION

Our vision is a vibrant, intergenerational, inter-connected and mutually supportive community that empowers each other to live engaged lives for as long as they choose.

Anyone of any age is invited to participate.

***FROM ONE OF OUR CLIENTS:** “When I had my knee replacement, Folks at Home was extremely helpful, supplying the names and contact numbers of multiple competent, reliable caregivers who were available to assist with a variety of specific tasks over a six week period, including bandage changing, safe showering, shopping, driving to appointments, and dog walking, among many other tasks. I was also loaned necessary medical equipment, which was an additional major help. Without F@H’s advice and its network of responsible caregivers, I could not have recovered as quickly as I did from this surgery.”
P.T.*

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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