



FOLKS AT HOME

141 University Ave PO Box 291 Sewanee, TN 37375
Volume 7

BOARD OF DIRECTORS

2015

Laurence R. Alvarez,
Secretary/Treasurer

Jo Ann Barker
Vice-President

Bill Barton

Phebe C. Hethcock

Robert L. Childress

Linda A. Hutton,
President

Louise Irwin

ADVISORS

Anne Griffin
Founding Board Member

Kristina K. Gosling
President Emeritus

Bill Wade
Development Advisor

STAFF

Kathleen O'Donohue
Executive Director

Frieda Hawkins Gipson
Executive Assistant

Hilda Vaughan
*Administrative. &
Program Coordinator*

Folks at Home Mission Statement

Folks at Home is a local non-profit organization developed for and dedicated to assisting its members in continuing a dignified and comfortable lifestyle in the community through coordination of services they need during elder years. Anyone of any age is invited to participate.

Please join us on November 19 from 4:00-6:00 p.m. at Rivendell Writers' Colony for friendship, music, refreshments and some surprises. RSVP at 931-598-0303, or e-mail us <folksathomesewanee@gmail.com>. We plan to celebrate the completion of our 5th year of coordinating access to services and connecting community.

There have been many unanticipated events in 2015, both challenging & rewarding.

- We have a new website which we created (Hilda is our technology champion!) to allow for online applications, payments, and more information about our new and ongoing programs and events. Please visit <folksathome.org>.
- Nashville Public Television highlighted us in the documentary "Aging in Place" in their Aging Matters series. It's online <http://nptinternal.org/productions/agingmatters/aip/>. If you visit their website, you'll recognize the Sewanee "celebrities" and our mountain view.
- I was honored to make a presentation on Timebank service & skills exchange networks at the 7th Annual National Gathering of the Village to Village Network in Seattle. Dr. Edgar Cahn, founder/CEO of Timebanks USA, was one of the favorite speakers at the conference. Over 320 people attended, all doing work similar to F@H.
- Support from the Shield-Ayres Foundation and South Cumberland Community Fund empowered us to participate in many skill-building workshops and offer new programs throughout the past several months.
- Our offices at 141 University Avenue are undergoing much needed renovations. We'll have an open house in Spring 2016 to welcome every one there.

I am grateful to live and work in this supportive community of people; the members, volunteers, vendors, timebankers and donors who make possible the work we do at Folks at Home.

Thank you and best to all,

Kathleen

folksathomesewanee@gmail.com
931-598-0303
Website: folksathome.org

FOLKS AT HOME NEW & ONGOING PROGRAMS

Family Caregiver Support programming is a priority for us. Our weekly Care Partners Support Group continues to grow and serve the needs of family members caring for their spouse or parent. We organized and executed a series of three workshops titled “One Day @ a Time” which focused on best practices for communication skill building and was attended by over 24 people. Thank you to Kathleen Banchoff for volunteering to create and facilitate these workshops. She has a great website filled with many usable resources <www.findingthesmile.com>.

Fall Prevention was another new collaborative program launched in 2015. Tai Chi for Health & Fall Prevention, a 12-lesson, 12-week series ran from January to April for beginners. Of 17 beginners, 11 completed this course. This was followed by an intermediate series from June to September. Ten people participated in this course and 7 plan to continue “playing Tai Chi”. A new series will begin in 2016; contact us for more information if you’re interested.

Our Timebank service & skills exchange network is designed to increase access to services & connect community. It is a resource that functions in tandem with our services provided by Volunteers, Vetted Vendors and Employees. Examples of Timebanking include: Sarah drives Melissa to PT & earns/deposits 1 hour into her Timebank account. Melissa knits lap covers & earns 6 hours; 1 hour is debited for her PT transportation. Ron earns 2 hours for re-potting plants for Jim. Ron spends his 2 hours for computer tutoring from Sarah. Sarah now has 3 hours that she will spend on Tai Chi classes.

FOLKS AT HOME IN ACTION

We have grown from offering a “pilot project” of services to eight people in 2008 to serving 56 subscribing members, as well as Pro Bono services to 81 individuals & 10 organizations in 2014. Our 2015 subscribing membership was up to 64 people.

Our 2015 budget calls for almost \$58,000 in donations from individuals and \$16,000 remains to be raised by the end of our fiscal year, December 31. Please consider supporting our mission to serve the people in our community. In addition to individuals, our supporters include the Sewanee Community Chest, Dodd Endowment, Dandridge Trust, Episcopal Appalachian Ministry, South Cumberland Community Fund, and the Shield-Ayres Foundation.

GET INVOLVED

- Volunteer with us “We have thoroughly enjoyed our experiences with Folks at Home (F@H). It helps us to be a part of the community with people we would not otherwise know.” LB
Please consider volunteering. Folks at Home is creating the networks and opportunities that are a part of a healthy community, a community that is created by all of our members.
- Work with Us: An integral function of Folks at Home is to coordinate access to affordable quality services. Our goal is to connect community members in need of services with those offering services. F@H helps match local service providers (Vendors) with people who are in need of services. Vendors interested in rendering services for a fee are encouraged to fill out an application.
- Support Us: Consider purchasing a membership or making a donation. This can be done via mail, bank draft, or online <folksathome.org>.