



FOLKS AT HOME

141 University Ave PO Box 291 Sewanee, TN 37375

Volume 8

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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.

Welcome to the Spring 2016 newsletter of Folks at Home.

This is our Annual Report for 2015, so you may review the charts and description of services that have been coordinated by Folks at Home (F@H) over the past year for individuals in the community. Thanks to generous support from donors, we have expanded access to and coordination of services. The fact that the number of pro bono clients who received services often exceeded those of subscribing members demonstrates the need for F@H and for additional funding sources.

Thanks to support from the Shield-Ayres Foundation, we expanded our programs in 2015 to include two new offerings. In addition to our weekly CareTeamPartners Support Group, we expanded our Family Support Programming by facilitating a series of workshops for caregivers. Another new, ongoing program is our series of classes in Tai Chi for Arthritis & Fall Prevention. On page 4 you may read about our newest program, Boost Your Brain and Memory, an evidence-based, weekly session of learning, memory strategies and activities.

Folks at Home (F@H) is extremely pleased to be based permanently in newly renovated offices at 141 University Avenue. The location is at the corner of Reed's Lane in the building of the former Stephen's Law Firm. Thanks to a very generous donor, we were able to make a down payment to purchase the building. We have sublet office space to Sewanee Holistic Health. On April 17, we celebrated with an open house for F@H and Sewanee Holistic Health.

Sewanee Holistic Health is a newly formed group of licensed, certified practitioners. They are Regina R. Childress, Licensed Massage Therapist; Kate Gundersen, Licensed Clinical Social Worker; David S. Tharp, Licensed Acupuncturist; and Lucie Carlson, Certified Reiki Practitioner. Folks at Home is pleased to be able to promote the expansion of health and wellness services in downtown Sewanee.

Thank you for your ongoing generous support of the work of Folks at Home. Without your donations of time, talent and treasure, as Members, Volunteers, Vendors, and Donors, F@H would not be here to serve our community's needs.

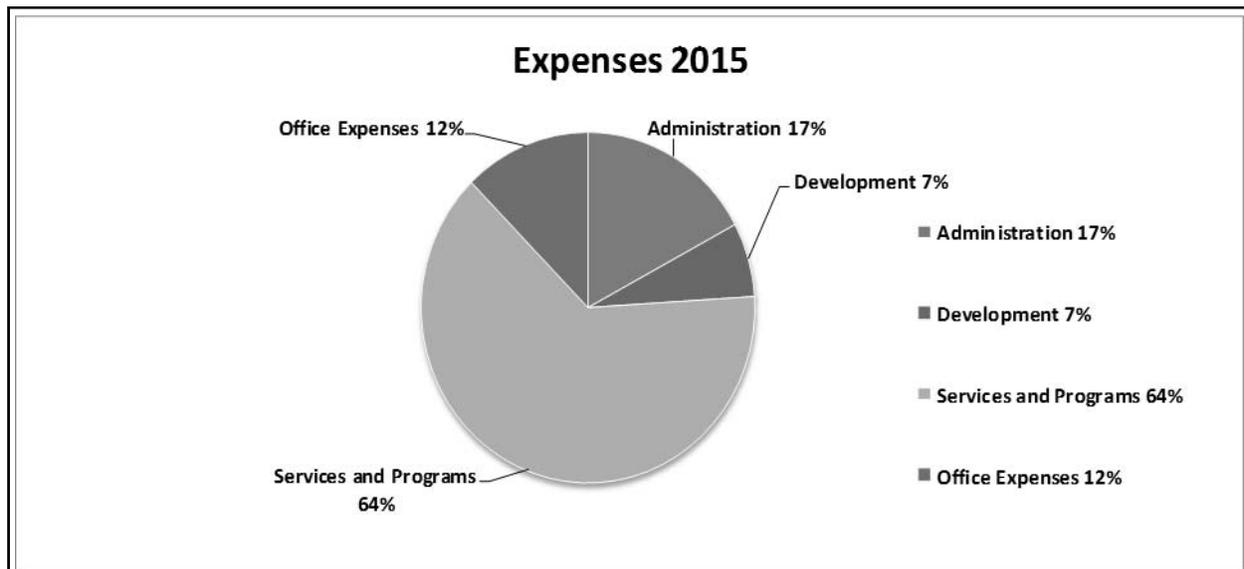
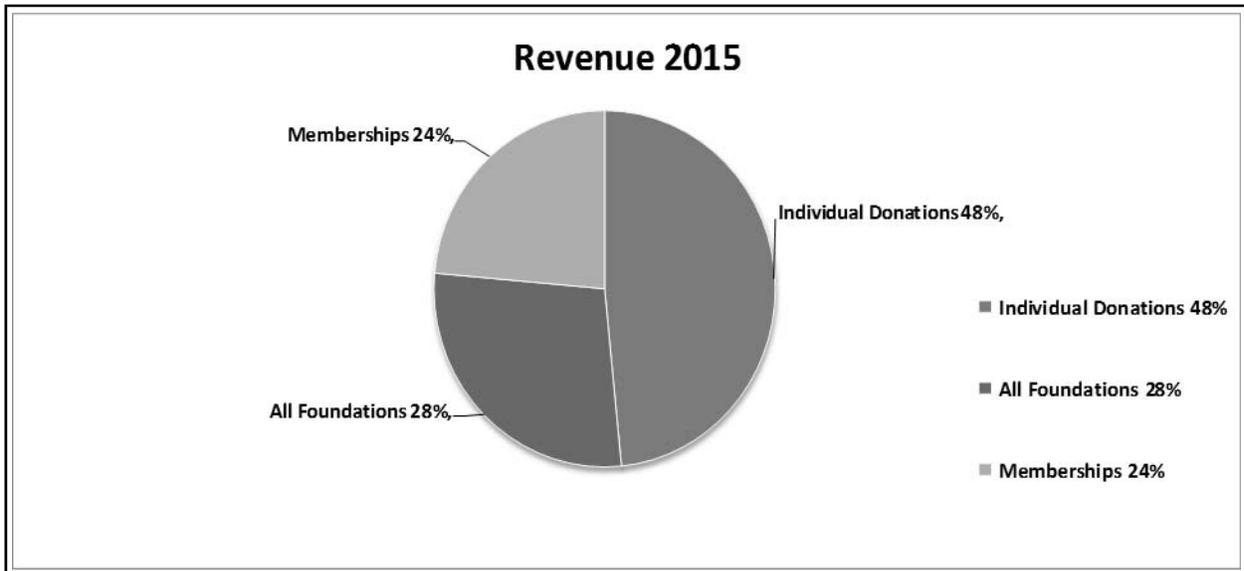
In gratitude,

Kathleen O'Donohue, Founding Executive Director

FOLKS AT HOME FINANCIAL REPORT

In 2015 Folks at Home ran a deficit of \$11, 957 due to the expenses associated with the purchase of the building at 141 University Avenue. The \$7,000 transfer fee paid to the University of the South was a substantial part of those expenses. The financial success of Folks at Home is due to the continued generosity of the community with its support of the annual fund and the Sewanee Community Chest. Foundation support listed below allows F@H to expand its services and programs. The Board of F@H anticipates a balance budget this year.

Laurence Alvarez, Secretary/Treasurer



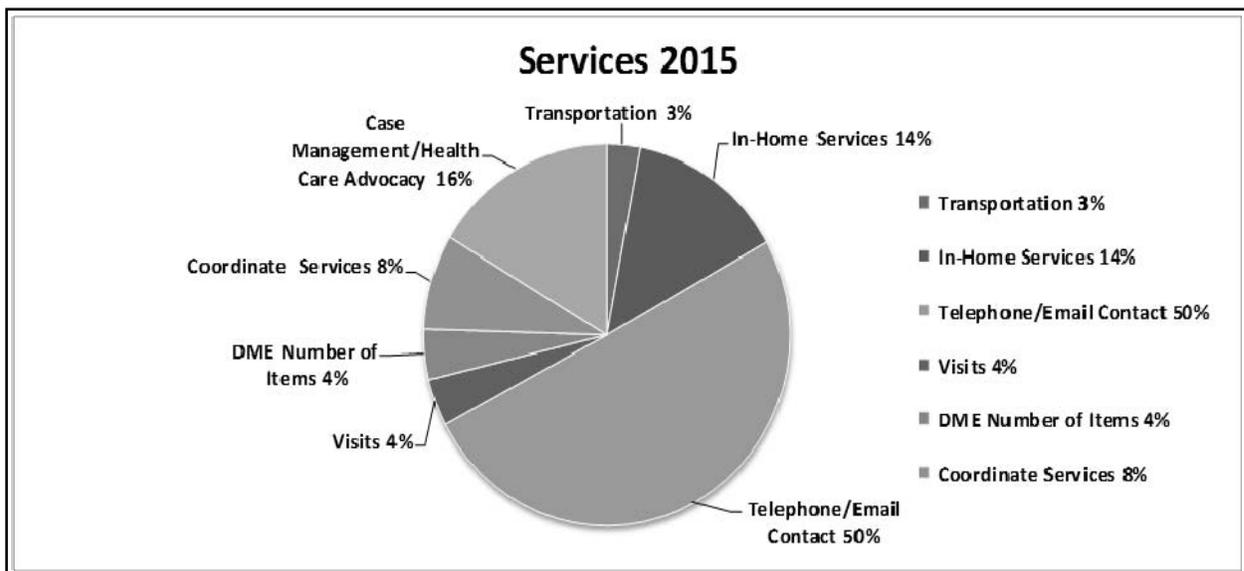
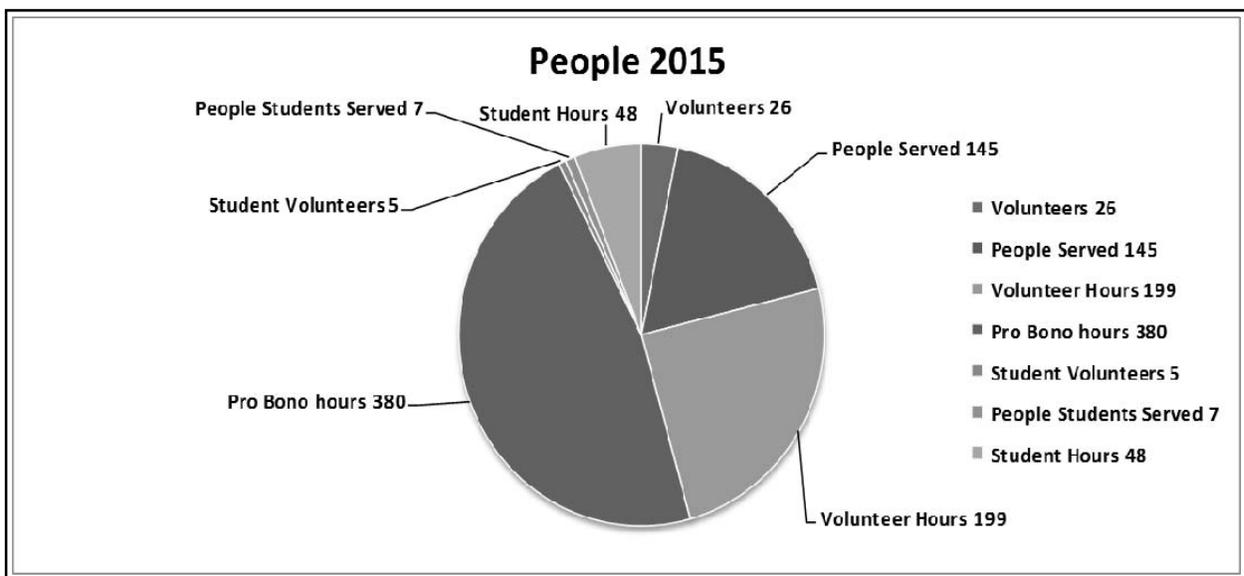
Foundation Giving

Shield-Ayres Foundation	11%
Sewanee Community Chest	6%
Dandridge Trust	3%
Dodd Endowment	3%
Creek Bed	5%

FOLKS AT HOME IN ACTION

In 2015 we provided over 2500 services to more than 145 people, including transportation, home visits, consultations, care and service coordination, information and referrals, as well as our pro bono Equipment Exchange of accessibility items. In addition to our 57 annual subscribing members, we provided pro bono services to over 61 individuals and numerous groups/organizations. The number of pro bono clients who received services is an indication of the tremendous need for our services.

The F@H Director, Assistant, and volunteers provided these services. Community volunteers (26) contributed over 199 hours of direct service to 55 people, while 3 volunteers gave over 522 hours of office support. University students (5) gave 48 hours to 7 households via Community Engaged Learning. In these “Snapshots of Services” we show just a few of the direct services that were provided.



FOLKS AT HOME OFFERS BOOST YOUR BRAIN & MEMORY PROGRAM

Are you interested in improving and maintaining your brain and memory?

Folks at Home is pleased to offer the Boost Your Brain & Memory Program! This program consists of eight, one hour sessions that include evidence-based memory strategy activities, a short video, discussion and goal setting.

Folks at Home, in partnership with Mather LifeWays Institute on Aging and the National Village to Village Network, is offering members and volunteers the opportunity to participate in an 8 week program called, Boost Your Brain & Memory. The group meets weekly for an hour. Each week a new topic on brain health is introduced. Sessions are comprised of a review of the previous week's content and goals, a short video with discussion, memory activities, and goal setting for the week ahead. Subjects covered include healthy eating, physical activity, social engagement, stress alleviation, mindfulness and memory strategy activities. The current program is co-facilitated by Folks at Home volunteer and community member, Tommy Hewitt and Americorps VISTA, Hilda Vaughan.

Developed by Mather LifeWays Institute on Aging, this evidence-based program is designed to help participants learn and practice the most promising strategies for keeping the brain healthy as they age. This program uses a unique, whole-person approach to brain fitness, providing participants with healthy practices that can help them remember things better, be more organized, pay closer attention, and reduce stress—as well as reduce the risk of dementia.

“Promoting lifestyles that encourage health, fitness and community engagement is part of our mission. Folks at Home (F@H) hopes to offer this program to more community members in the future.” states Kathleen O’Donohue, F@H Director.

If you are interested in participating as a facilitator or participant, please contact us at <folksathomesewanee@gmail.com> or 931-598-0303.

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/>>



Folks at Home
141 University Avenue
P.O. Box 291
Sewanee, Tennessee 37375
Website: <http://folksathome.org/>