



Folks at Home

400 University Ave • PO Box 291 • Sewanee, TN 37375

October 2013

volume 3

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Folks at Home Mission Statement

Folks at Home is a local nonprofit 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 Autumn 2013 newsletter of Folks at Home. Inside you'll see the charts and description of services that have been coordinated by Folks at Home for individuals and families in the community. Our new Timebank project, a regional service exchange network, is highlighted on page two.

Folks at Home (F@H) received notice from the IRS on 4/29/13 that it is a Public Charity and a tax-exempt organization under section 501(c)(3) of the tax code. Contributions to Folks at Home are therefore tax-deductible, as our bequests, transfers, or gifts. F@H continues to grow and flourish thanks to the support of the Sewanee Community Chest, the Dodd Endowment, the Dandridge Trust, Otey Parish, and individuals in the greater community. The Community Fund for the South Cumberland Plateau awarded F@H an inaugural grant for 2013 to initiate the SCPTIMEbank.

Our mission states "Folks at Home is a local nonprofit 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."

Here are a few examples of the work that you are supporting at Folks at Home (F@H).

- Our Equipment Exchange allows anyone to call or come by to get a walker, cane or shower chair, or they may donate these to us as they no longer need them. In this past week alone, we provided a transport wheelchair to a local resident for long-term use, a shower chair for someone who had knee surgery, and 4 types of equipment for an alumnus visiting for homecoming weekend.
- Care Coordination is our most needed and time intensive service. This includes information, referrals and coordinating access to services. Here are a few vignettes of several typical services we provide.

The F@H Support Group offers a weekly meeting for those in caring roles and for those who have lost their loved one. Members of the group have contacted me for referrals to family resources, such as long-term planning (wills, advanced directives), specialized support groups, and to meet for individual problem-solving sessions.

A son called in need of increased in-home services for his parents; options were discussed and we decided additional professional caregivers were needed. F@H contacted several vetted vendors regarding their availability. These referrals were given to the son for the family to interview. In addition, we provided a tub transfer bench which eliminated the need for an immediate remodeling of the home, and offered the loan of portable wheelchair ramps, as well as referrals to ramp vendors.

University students in courses with a CEL (Community Engaged Learning) component were matched with community members. In the spring, ten (10) students were individually matched with a F@H member for 5+ friendly home visits over the semester. In addition, eight (8) students completed energy audits and implemented conservation repairs at three (3) homes of F@H members. At least 12 students are volunteers with us this semester.

Your support as Members, Volunteers, and Donors creates the core that empowers F@H to successfully meet the needs of our community. Thank you all for your contributions of time, talents, and treasure.

Best to all,
Kathleen

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<http://folksathome.sewanee.edu/>

South Cumberland Time Bank

The South Cumberland Plateau Timebank (SCPT or Timebank) began in 2013 when Folks at Home received an inaugural grant from the Community Fund of the South Cumberland Plateau (CFSCP) to develop and incubate a regional service exchange network (aka Timebank). Susan B. Holmes works ~ 15 hours weekly as the Timebank Coordinator.

Our Timebank is a member of hOurworld, a nationwide service exchange network (<http://hourworld.org>) that has 11,595 members in 135 timebanks. These members, including those in the South Cumberland Plateau Timebank have provided 698,607 hours of service!

The concept of timebanking is so simple it seems hard to grasp at times. The timebank catalogs individuals' and organizations' strengths, skills, and willingness to help others, and then links these organizations and individuals together to help meet their respective needs.

Every hour of exchange is equal: 1 hour = 1 time dollar. For every hour you spend helping someone you are entitled to an hour of help in return. It does not matter what your age, education or skill set is. Your hour is worth the same as another. Everyone's time is valued equally. This holds true whether a member is offering professional legal advice, repairing a kitchen sink, or making home visits for companionship.

The SCPT now has 60 members. We have people offering transportation, computer help, gardening, food preparation, spiritual direction, dog walking, Tai Chi, home care, interior decorating, and more. If you need a service or have a service, it can be offered through the Timebank!

Our members span the plateau from Beersheba Springs to Sherwood. We have members in Altamont, Coalmont, Tracy City, Monteagle, Sewanee, and Sherwood. We have members who are here seasonally. We have members whose families have lived on the Mountain for generations. We have members who are teens and younger, we have members who are elders. Join us and reap the benefits of giving and receiving through timebanking. "We want You!"

Reasons to Join the South Cumberland Plateau Timebank

- **Share your skills, and learn from the expertise of others.** *"I house-sat for a woman who was a certified yoga instructor, and I spent my first Time Credits getting yoga lessons from her."*
- **Give back in a wide variety of ways.** *"Timebanking is a great way to give what little spare time I have to help others, and it makes me feel part of the community. In the months since I joined, I baked a birthday cake, I rejuvenated another member's garden, and every week now I help a blind woman by exercising her guide dog with long walks."*
- **Tap into a network of resourceful people.** *"Painting my basement was on my to-do list for longer than I care to admit. I asked for help ... and six people showed up! Timebanking is incredible, and I was able to meet some wonderful people that day."*
- **Get help for that project you might not be able to afford.** *"I tutored a child in math and the Time Dollars I earned went to pay for a handyman to build shelves in my home. I could not have afforded that, and the mother of the child I tutored could not have afforded to hire me. But with Timebank, it worked out for all of us."*
- **Expand your circle.** In one Timebank, three members are linked in a meaningful way: Sally's limited vision prevents her from driving or reading. But she loves to knit, and donates baby blankets to a local birthing center. Murray visits Sally once a week to help her read her mail and drive her on errands. Monica is there for Murray when he needs computer help.

To join: call Susan at 931-598-0303, email: plateautimebank@gmail.com, drop by the Blue House at 400 University Avenue, or join online by going to: www.hourworld.org, selecting the South Cumberland Plateau Timebank and clicking the "become a member" link. We look forward to having you as a member!

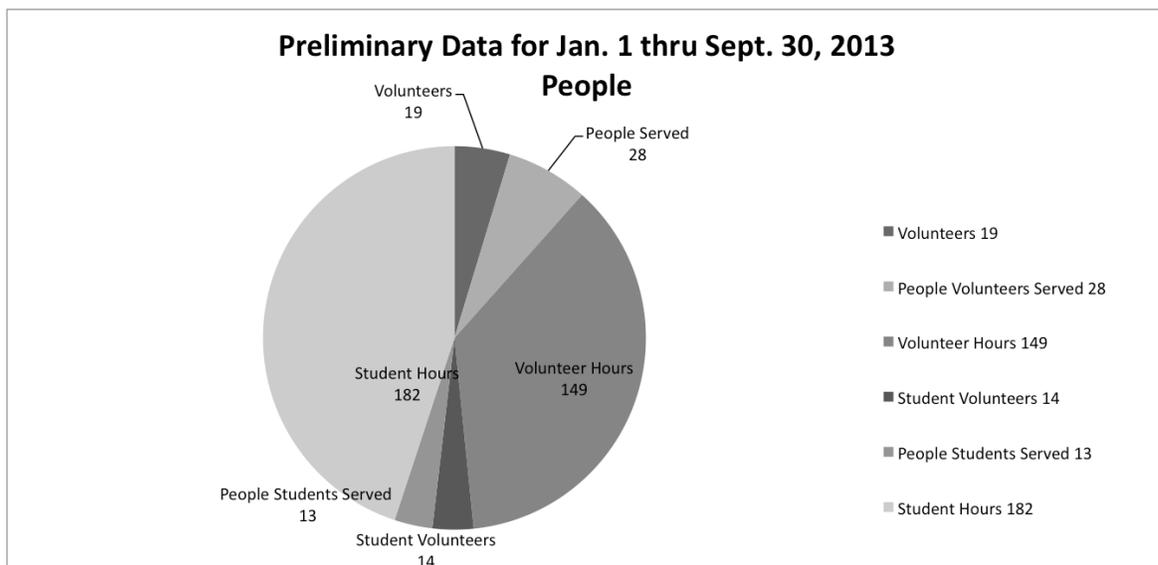
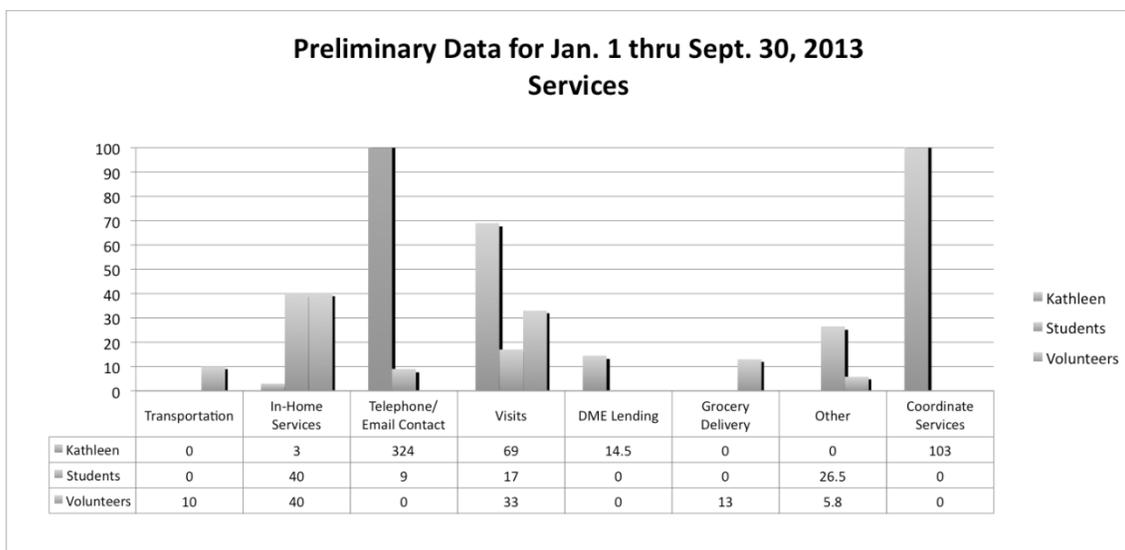
Join us in "Making a Mountain of Good!"



Folks at Home in Action

In these “Snapshot of Services” we show just a few of the direct services that were provided from Jan. 1 through 9/30/13. Our services ranged from in-depth information and referrals for families facing serious illness, surgery, end-of-life and/or life transitions, to in-home friendly visits and/or task assistance by a student or community member, to transportation to an event or a health appointment.

Preliminary data indicates that in the first 9 months of 2013 Folks at Home (F@H) effectuated over 784 services. Volunteers along with the F@H Director and Assistant provided these services. Community volunteers (22) contributed over 149 hours of direct service to 28 people, while 3 volunteers gave over 225 hours office support to F@H. University students (14) gave 182 hours to 13 households, primarily via a course that included Community Engaged Learning.



Timebank Tales: How one local organization is benefiting from the SCPTimebank

Folks at Home (F@H) is a member of the SCPTimebank. "The Timebank has expanded our options for service providers. The new Timebank members are generally people who have not been involved with F@H in the past," said Kathleen. "We are happy to include new people and to have additional resources and skills."

Here are some examples of ways that F@H is utilizing the Timebank service exchange network. If you want to participate, please contact us! (Timebank article on pg. 2)

Transportation service exchanges:

Monday 10am ride to Tracy City (1-way ride only or take this Art Class for free!)

Tuesday and Thursday 10:45am ride to the Hospitality Shop

Thursday 6:45pm 1-way ride to Monteagle

TU &/or TH 4:00-5:45pm trip to Grandview Medical Center, Jasper, TN

F@H has also coordinated service exchanges for house and pet sitting, and for help in creating a start-up business plan. F@H has plans to contact all of our current volunteers and members and invite them to become members of the South Cumberland Plateau Timebank.

Timebanking benefits both organizations and individuals by expanding their networks of people, skills and resources. Timebank hours can also be donated to both organizations and individuals in need of services.



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