



Folks at Home

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

October 2014

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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 2014 newsletter of Folks at Home. Our office location is 141 University Avenue at the corner of Reed's Lane in historic downtown Sewanee.

Inside you'll see the charts and description of services that have been coordinated by Folks at Home (F@H) for individuals and families in the community from January through August. Thanks to generous support from donors, we have expanded access to and coordination of services by Staff, Volunteers, Vendors, and our Timebank network.

These quotes from community members whose lives have been touched by F@H impart an understanding of the work that we do every day. These are the "Folk Tales from Folks at Home".

"Folks at Home is a hidden treasure to an aging community. It is not just the aging they advise and assist, but are an invaluable asset as a support group, as well as, a consulting medium for family members dealing with their aging parents."

"Folks at Home was an invaluable and compassionate resource for me from the time I was making arrangements to move my parents to Sewanee all the way to my mother's funeral and even after. From guiding me to a wonderful caregivers group, providing additional speakers and information, and supplying resources on professional home-care providers to lending a light-weight wheelchair for doctors' visits, Folks at Home always responded with understanding and efficiency. F@H is a such an important resource for this community, and I thank them whole-heartedly for their support, both emotional and practical."

"I feel so grateful for the caregiver's group sponsored by Folks at Home. Recently my father died after a 10 year process of decline with Alzheimer's. The caregivers group offered me community, a circle of new friends who were also dealing with the loss or pending loss, of a loved one. To have a place to go, to listen and be listened to is the greatest gift. We are there for one another, holding sacred space as we sort out issues and the next right thing to do surrounding our loved one's care. There are no words to adequately describe the gifts I feel each week being in the presence of such remarkable people, the caregivers of a loved one."

Through information, referrals, and coordinating access to services, Folks at Home has become a unique asset, expanding networks of care and connecting community.

Your support is needed and appreciated as Members, Volunteers, Timebankers and Donors. We as a community are responsible for the wonderful successes of Folks at Home. Thank You!

Best to all,
Kathleen

931-598-0303 • folksathomesewanee@gmail.com

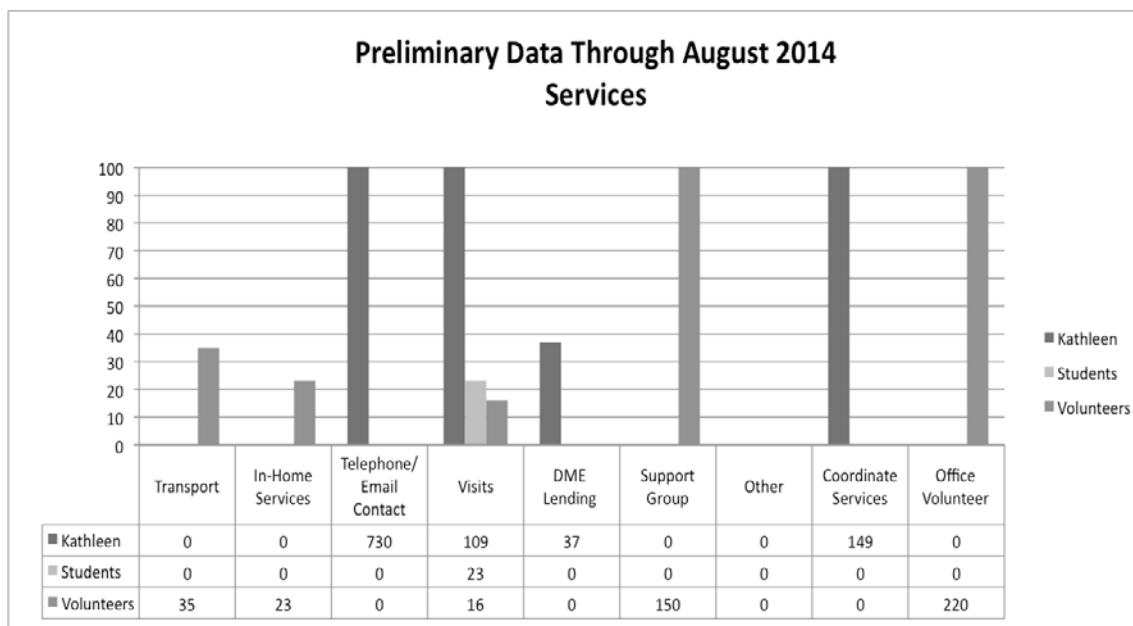
<http://folksathome.sewanee.edu/>

Folks at Home in Action

Coordinating access to services and connecting community are the mainstays of the daily work of Folks at Home (F@H). The chart below shows a sample of our services in the first eight months of 2014. With over 1100 services effectuated, we will definitely surpass the 2013 total of 1300. Pro Bono Services have also increased dramatically. Over 65 individuals have received services at no charge, compared to over 31 in total for 2013. Our pro bono Equipment Exchange has benefitted over 25 individuals.

Our 2014 budget calls for \$62,000 in donations from individuals and grants and we have raised over \$42,000. Please make a donation and join our other supporters:

Sewanee Community Chest, Dodd Endowment, Dandridge Trust, Episcopal Appalachian Ministry and South Cumberland Community Fund. Your consideration of supporting our mission is greatly appreciated.



Folks at Home Care Partners' Support Group

The Folks at Home support group for care partners' meets each Thursday at 1:30 p.m. at Otey Parish in the Claiborne House reception room. Call 931-598-0303 for information.

"The care partner concept redefines people's roles and responsibilities. It acknowledges that opportunities to give and receive are abundant and experienced by everyone involved in the care relationship. The term "care partner" evens the playing field, as it is often easy to get trapped in the traditional, one-dimensional, caregiver to care receiver relationship. The Eden Alternative <<http://www.edenalt.org/>>

"Kathleen was instrumental in finding the first facilitator and setting up a support group which has been truly a life saver for caregivers in our area. Resources and information have been provided for the group, but setting up the group itself has been a gift that we cannot have done without. I truly believe that this group has helped us approach our caregiving with humor where there was great sadness, fellowship, emotional and spiritual support, that one more ounce of energy when it seems that we're running on empty, and dear friends at the end of the journey. Several members have continued after their person has died and that speaks to the immense and treasured success of this group." Message from a support group member