



Folks at Home

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

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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 Spring 2013 newsletter of Folks at Home. Inside you'll see the charts and description of services that have been coordinated by Folks at Home (F@H) for individuals in the community during 2012. Our new Timebank project, a regional service exchange network, is highlighted on page 4.

I hope that these vignettes impart an understanding of the work that we do every day. These commendations from the community are the "Folk Tales" from Folks at Home.

"When my folks began to struggle with health issues, it was such a comfort to discover Folks at Home. I have no idea if such services exist in other cities and towns. At the core of it is a network of concerned committed members who work to systematically provide support and coverage for elders in need. They also provide networking and advice as we navigate these new waters in our lives. In the middle of everything is Kathleen giving her kindness, her knowledge and her time. Folks at Home is a wonderful service. I think every town needs one." E-mail Mar 7, 2013

"I just wanted to thank you and Folks at Home again for the use of the lift chair for my mother. The last time it was my time to stay with her, she asked me again about you. She remembered that you called to check on her and how the chair was working. I can't explain how this has added to her quality of life. This from someone who can't remember what her house looks like and is often confused over details.

I'm not sure if my mother had lost her sight when last we spoke you. She is now completely blind, so anything that adds to her daily comfort is even more appreciated. If you ever need a testimonial, whether it is for materials or when asking for a grant, we would be happy to speak up for Folks at Home. Thank you so much." E-mail 11/15/12

"You made such a huge difference in (my spouse's) safety and my comfort level last week, bringing us the ramp and the second wheelchair. In just two weeks we went from just needing a walking cane, to needing the walker, to needing the wheelchair. PT and Occupational Therapy are coming for 6 weeks and one will focus on his upper body strength and the other on this legs. But at present he is certainly not able to walk more than a few small, slow steps, so your quick generosity has been a memorable blessing to us. My stepson just could not believe how quickly people responded when our needs changed (including a plumber who came on Saturday).

Thank you (Folks at Home) and Otey and all the volunteers for your invaluable ministry in the community." E-mail 7/14/12

Your support, as Members, Volunteers, and Donors, is the backbone of the work that F@H does. We as a community are responsible for the wonderful successes of Folks at Home. Thank You!

Best to all,

Kathleen

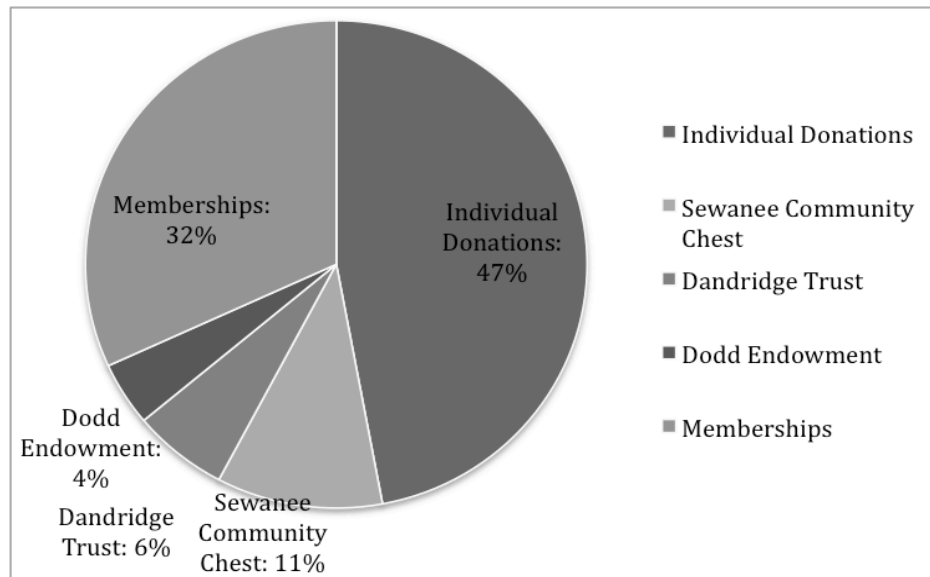
931-598-0303 • folksathomesewanee@gmail.com
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Folks at Home Financial Report

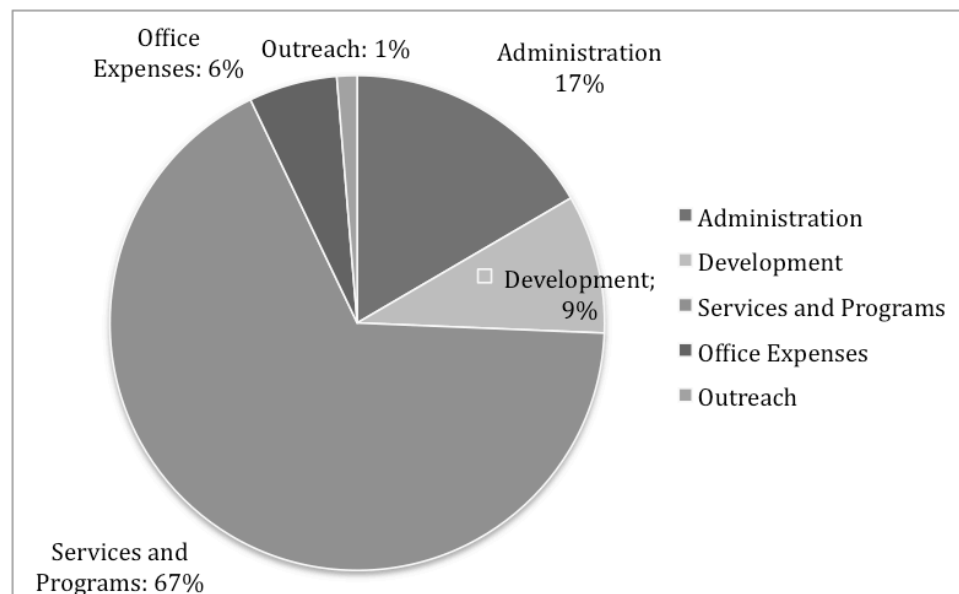
Financially Folks at Home enjoyed a good year. Annual fund gifts and grants were sufficient to maintain the level of service which is described elsewhere in the newsletter; the Development Committee began discussions about the need for a long term financial plan; and the totally unexpected generosity of David and Debra Humphreys' gift of \$50,000 allowed the Board to create the beginnings of an endowment fund. That gift, the gifts of all the donors to the annual fund, the support of Otey Parish and the University, and the grants received from the Sewanee Community Chest, the Dodd Endowment, and the Dandridge Trust allow Folks at Home to maintain and expand its service to the community. As the revenue chart shows, memberships account for only 32% of the funds while individual gifts account for 47%.

Laurence R. Alvarez, Secretary/Treasurer

Income



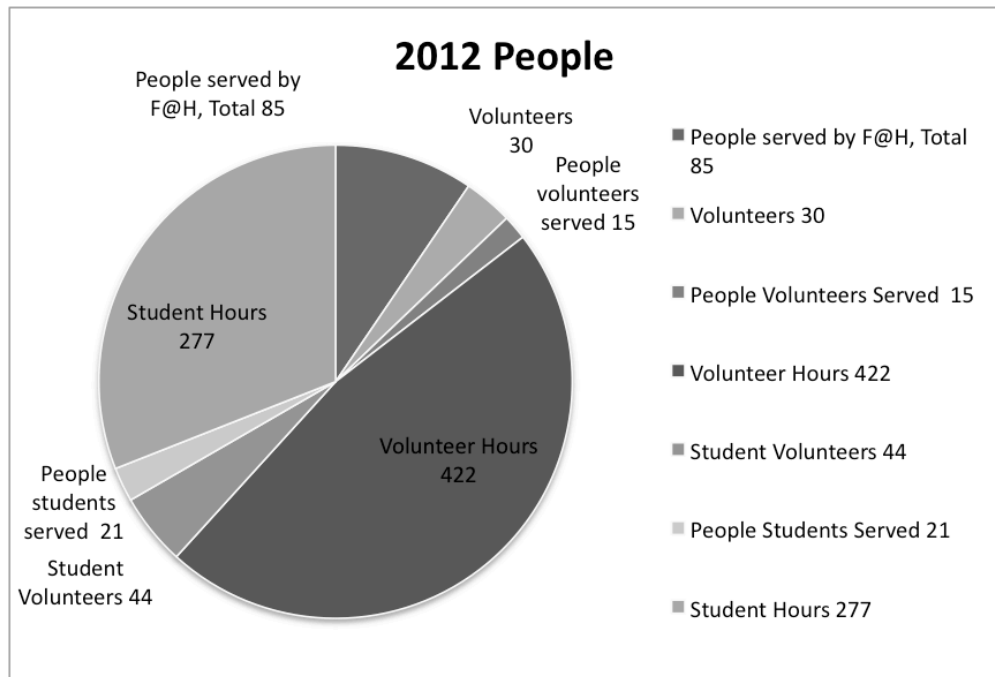
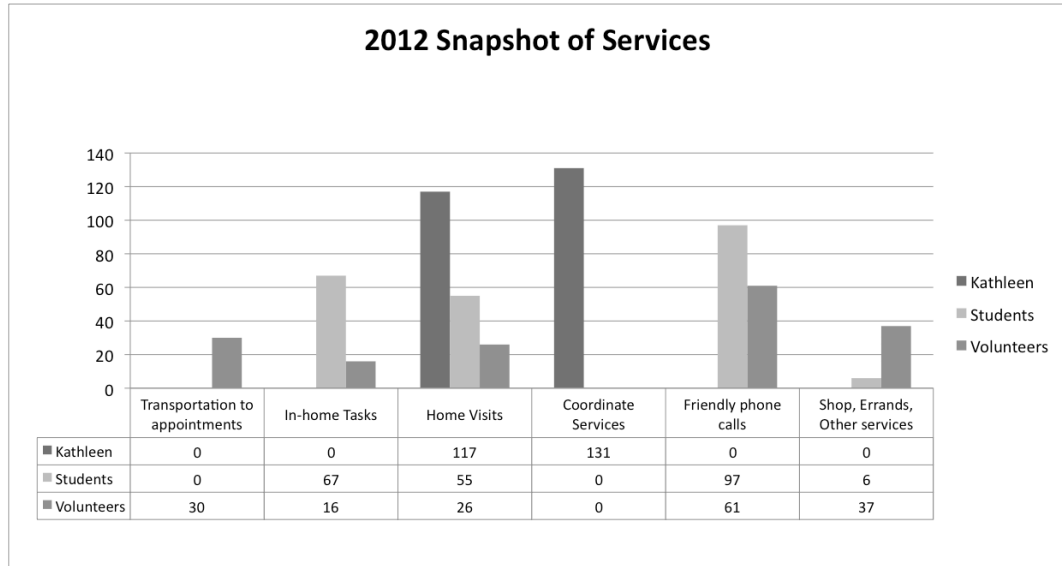
Expenditures



Folks at Home in Action

In 2012 Folks at Home (F@H) had 52 members from age 60+ to 92. We provided pro bono services to an additional 25 individuals for monthly or acute service needs. Several of these people are now annual pro bono members and we know that this need will continue to expand in our community. Our equipment exchange service was used by over 34 people for wheelchairs, bath chairs, walkers, etc.

Over 74 volunteers along with the F@H Director and Assistant provided hundreds of services to over 85 individuals. Services ranged from in-depth information, referrals, and service coordination for families facing serious illness or life transitions, to in-home visits and/or task assistance by a student (University, SAS) or community member, to transportation to an event or a health appointment.



F@H Starts Regional Timebank With Grant From CFSCP

Last fall, F@H received a \$14,973 grant from the Community Fund of the South Cumberland Plateau to develop a Timebank.

“There is a core economy” (family, neighborhood, community, civil society, networks and informal support systems) that is analogous to a computer’s operating system; many powerful specific programs (like monetary system) don’t work if the core economy goes down.” Edgar Cahn, founder of TimeBanks USA

The vision of the Timebank is to promote cohesive communities across the South Cumberland Plateau where people of different ages, backgrounds and abilities interact with each other on an equal footing and with mutual respect and understanding. In Baltimore, time banking has provided services for the elderly and allowed them to remain in their homes. In Chicago, more than 4,800 students have received computers through time dollars they earned by tutoring others. In Portland, Maine, time bank volunteers weatherized almost 100 homes in 2010. The timebank for the plateau is modeled on these.

The timebanking system is unique for its philosophy of core values:

1) *Assets:*

Every person has something to contribute.

2) *Redefining Work:*

Building community is work that deserves recognition

3) *Reciprocity:*

When we all help each other, we build stronger communities.

4) *Social Capital:*

People are stronger in networks of support and trust.

5) *Respect:*

Every human being deserves respect exactly as they are.

Timebanks also stand out for their revolutionary mathematical equation:

ONE = ONE. One hour = One time dollar. (Timebanks USA)

Every member’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. When my neighbor helps me I have something valuable to give back to them. It shifts the relationship from being one of charity to one of equality.

For every hour that a member spends providing a service to another member, they earn one time dollar. Then, that member can spend his or her time dollars on the services of any other Timebank member. It does not matter what your age, education or skill set is. Your hour is worth the same as another.

The Timebank will be made up of individual members, organizational affiliates and business partners. Everyone across the Plateau is invited to become a member. Membership fees are \$20 year for individuals, \$30 families, and \$50 for organizations. Membership fees may be worked in time dollar hours. We are actively seeking members, both individual and organizational. Join us as we stitch our common lives together with a stronger thread.

“Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent.”
Carl Sandburg

Susan Holmes is the Timebanker. She will match Timebank members with services. Contact the Timebank office (931) 598-0303, mobile (423) 280-1480; email: officefolksathome@gmail.com, Facebook: Plateau Timebank, or stop in at 400 University Avenue (the little blue house).