



FOLKS AT HOME

141 University Ave PO Box 291 Sewanee, TN 37375

Volume 6

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Welcome to the Spring 2015 newsletter of Folks at Home. This is our Annual Report for 2014, so you'll see 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 tripled from 2013 to 2014 is an indication of the tremendous need for our services.

Thanks to support from the Shield-Ayres Foundation, we've expanded our programs 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. A new, ongoing program is our series of classes in Tai Chi for Arthritis & Fall Prevention.

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

☞ *"Please tell the F@H volunteer that having the grab bars in the shower made me feel like a ballerina."* from F@H member after having grab bars installed. ☞

☞ *"When we first became aware that Dad was going to be released from the skilled care unit, we thought we would be able to have a family friend assist with this care. We found out shortly before his release that his insurance would only cover a licensed CNA. Kathleen, in a very short time, found an agency that was able to supply a CNA.*

She helped us through negotiations and issues with the insurance company, has helped my brother and me understand various benefits available, has helped us find wheelchairs, walkers, a person to clean our heating/air unit vent screens. Kathleen has helped me "talk out" various problems and issues.

F@H was instrumental in finding the first facilitator and setting up a support group which has been truly a lifesaver 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." 10/6/14 email ☞

☞ *"Thank you so much, for all that you did to make the last years of my parents' lives better. I confess to being completely overwhelmed on many occasions, during those years. I don't think I could have done it without your help. While they were both very privacy oriented folks, both of them were always willing to go the extra mile for a good cause. I know they both felt you and F@H were a great cause and did very good things. They also knew how much your support and knowledge meant to me."* 4/15/14 email ☞

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 as Members, Volunteers, Timebankers and Donors is the core of the work that we do. We as a community are responsible for the wonderful successes of Folks at Home.

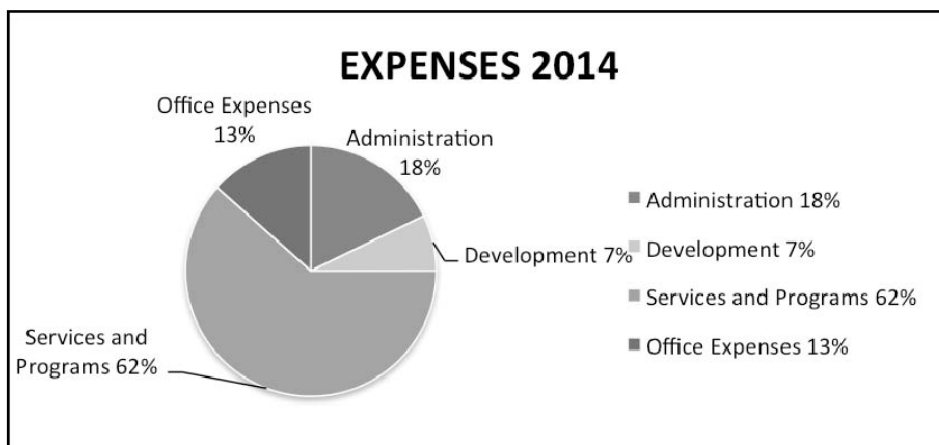
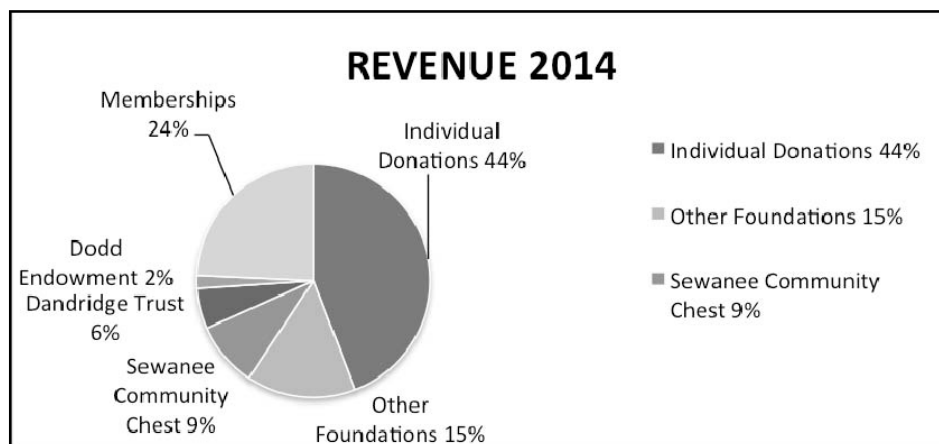
Thank You!

Kathleen

FOLKS AT HOME FINANCIAL REPORT

In 2014 Folks at Home was successful in ending the year with a balanced budget thanks mostly to the generosity of the many in the community who made donations to the annual fund. Other income comes from memberships and grants from the Sewanee Community Chest, the Dodd Endowment of the University of the South, the Dandridge Trust, and others. Folks at Home benefited from using the Blue House for several months before moving into the building at 141 University Avenue. The annual fund has allowed Folks at Home to expand its activity to include the Time Bank and an increase in pro bono services.

Laurence R. Alvarez, Secretary/Treasurer



NASHVILLE PUBLIC TELEVISION’S AGING MATTERS WILL FEATURE FOLKS AT HOME

Nashville Public Television is currently producing the fifth documentary in their *Ageing Matters* series. The upcoming episode on May 28, 2015, will focus on aging in place; where we choose to live and how that affects our quality of life.

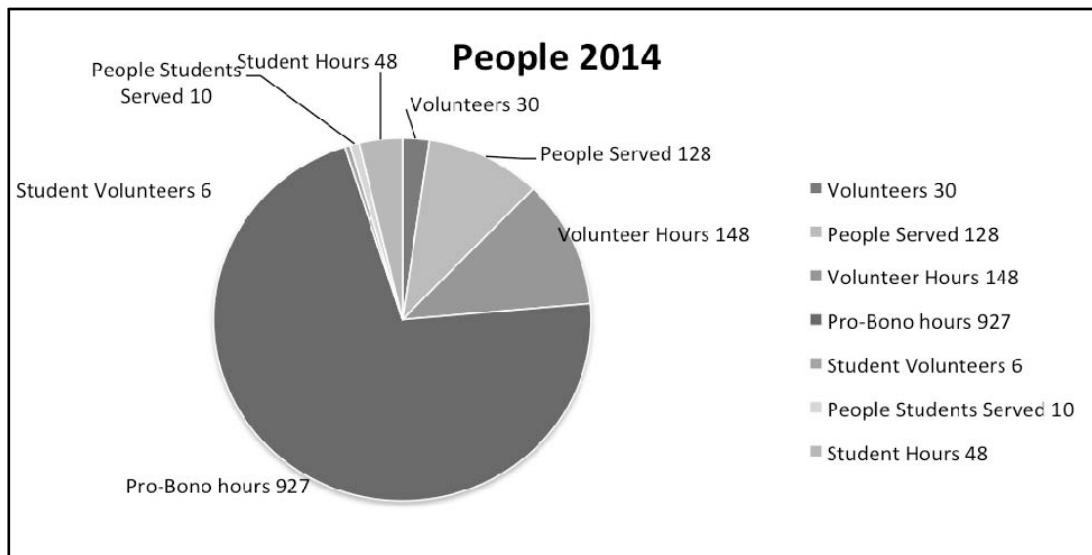
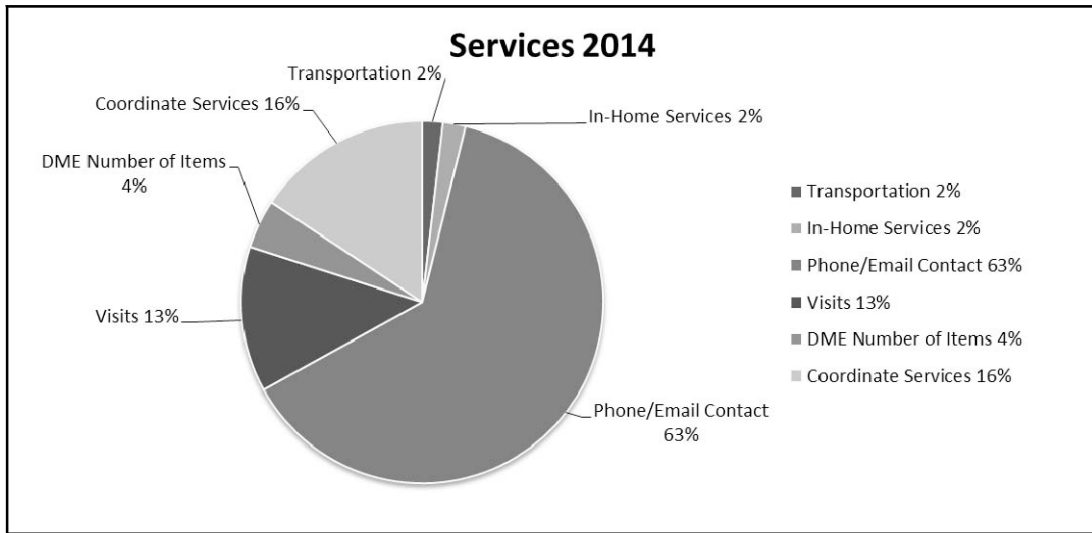
On April 6, NPT producer/director Will Pedigo, with Paul on camera, recorded interviews with Kathleen, F@H Director, as well as F@H members and volunteers, Karen and Bob Keele, Barbara Hughes, and student volunteer, Marti Luby.

Ageing Matters is a multi-year initiative built around topical documentaries focusing on aging and quality of life issues in Tennessee. Previous programs have explored issues at the end of life, caregiving, and the economics of aging for Tennesseans today. For more information, visit this NPT web page <<http://www.nptinternal.org/productions/agingmatters/about/index.html>>

FOLKS AT HOME IN ACTION

In 2014 we provided over 2500 services 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 56 annual subscribing members, we provided pro bono services to over 81 individuals and 10 groups/organizations. The fact that the number of pro bono clients who received services tripled from 2013 to 2014 is an indication of the tremendous need for our services.

The F@H Director, Assistant, and volunteers provided these services. Community volunteers (30) contributed over 148 hours of direct service to 22 people, while 3 volunteers gave over 100 hours of office support. University students (7) gave 48 hours to 10 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 CHOSEN FOR NATIONAL RESEARCH ON AGING IN COMMUNITY

We are pleased to inform you of the recognition of our success and development on a national level. Folks at Home was chosen to participate in the National Village Evaluation Feasibility study that is being conducted by the University of California Berkeley. This research will focus on the “village model of aging in community” of which F@H is a local example. We are a member of the Village to Village Network, along with 150 other organizations like F@H around the U.S.A., so we are pleased to be one of 23 organizations chosen for this important research. A survey of new and renewing members will be conducted as part of this project.

WHO’S WHO AT FOLKS AT HOME

We coordinate access to services and connect community using the skills of our employees, volunteers, timebankers, and vetted vendors. The F@H staff of three works the hours equal to 1.25 FTE (full-time equivalent).

Kathleen O’Donohue, Founding Executive Director, was hired in 2009 to create Folks at Home into the organization that the community envisioned. She is a licensed Physician Assistant (PA) and is a certified Tai Chi Instructor with the Arthritis Foundation and the Tai Chi for Health Institute.

Frieda Gipson, Executive Assistant, has worked with F@H since 2011, “after hours” of her full-time day job. She is a life -long Sewanee area resident who worked in our local full-service hospital in the 70s, worked in the medical field for many years, and as a business manager of a long-term skilled care facility.

Hilda Vaughan, Administrative & Program Coordinator, joined our team in October 2015. Prior to working at F@H Hilda owned a personal care agency and co-owned a retreat business. She is a graduate of UT Martin and has a Care Management certificate from Boston University's Center for Aging & Disability Education and Research.

Our office hours vary because we do make house calls, so an appointment is best. We are generally available Monday – Thursday, 9:00 a.m.to 4:30 p.m. and Friday 9:00 a.m. – 12 noon. Phone 931.598.0303.

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