



Folks at Home

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

April 2014

volume 4

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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 2014 newsletter of Folks at Home. This is our Annual Report for 2013, 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 via employees, volunteers, vendors, and our Timebank network.

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".

- *A community service food bank (CAC) referred a client in need of medical transportation and told the client to ask us about participating in the Timebank. She is now a Pro Bono member of F@H and several F@H volunteers have provided transportation. I've scheduled a home visit to assess other needs and discuss skills that this client can offer to the community through the Timebank.*
- *Our Equipment Exchange is another example of how we connect community and coordinate services. A special Lift Chair was donated to us by a local family and I knew of a community member who needed it. I contracted two men who delivered and set up the chair as a Service Exchange with our Timebank. I made a home visit later that day, met the neighbor admiring the lift chair, and spoke with the client about additional needs. I returned to the home for a second time with DME (durable medical equipment) including a rollator walker with a seat, and I installed a tub transfer bench to make the bathtub shower accessible and "a frame with arms" over the commode to make use easier. Thanks to donations of equipment, time and skills, one person was able to remain home with increased access and safety.*
- *Friendly Visitors are quite appreciated, especially for community members who no longer get out and about as often. One F@H volunteer was matched with a local family and met with them weekly for a year, bringing groceries from CAC (local food bank) as well. Ten (10) University students participated with us through a CEL (Community Engaged Learning) course. Each was matched with a F@H client with whom they met about 5 times, shared stories and offered to assist with tasks in the home or garden. This was a great intergenerational experience for everyone involved.*
- *An elementary school student requires therapy three times weekly after school. A Timebank member and spouse provide transportation several times each month for this therapy. Another couple who are F@H members do this task as F@H volunteers. The child's father has provided service exchanges using his truck to deliver a donated Lift Chair to a homebound individual and to chainsaw a tree for another Timebank member. He is also a Vetted Vendor, available to be hired in his areas of expertise.*

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 F@H does. We as a community are responsible for the wonderful successes of Folks at Home. Thank You!

Best to all,
Kathleen

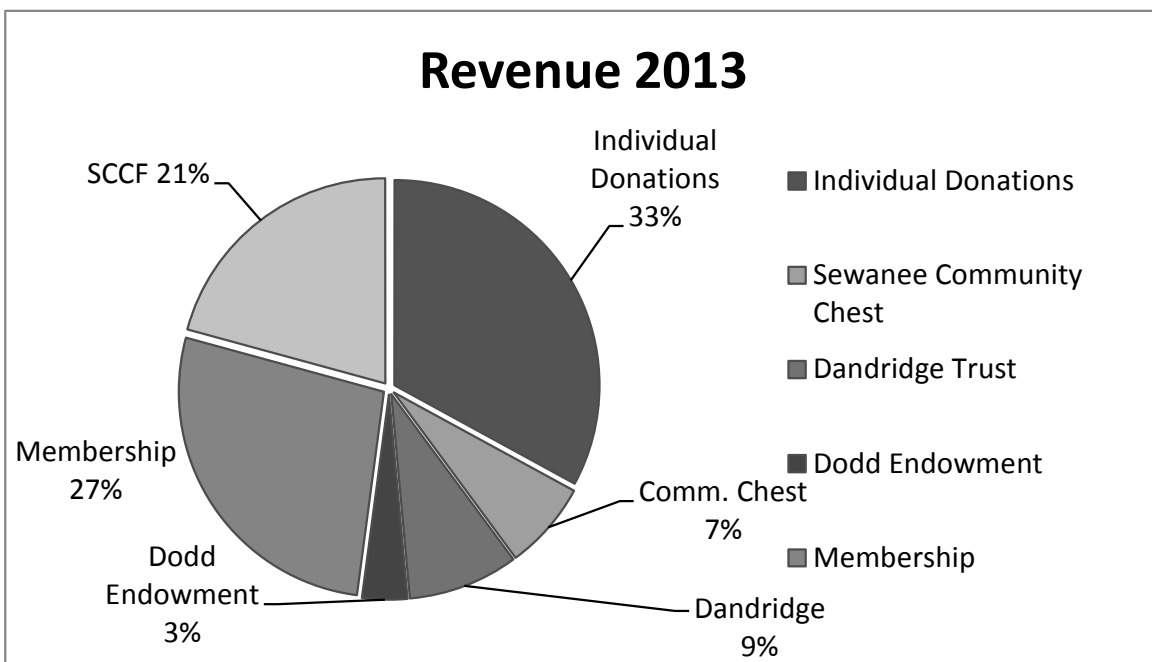
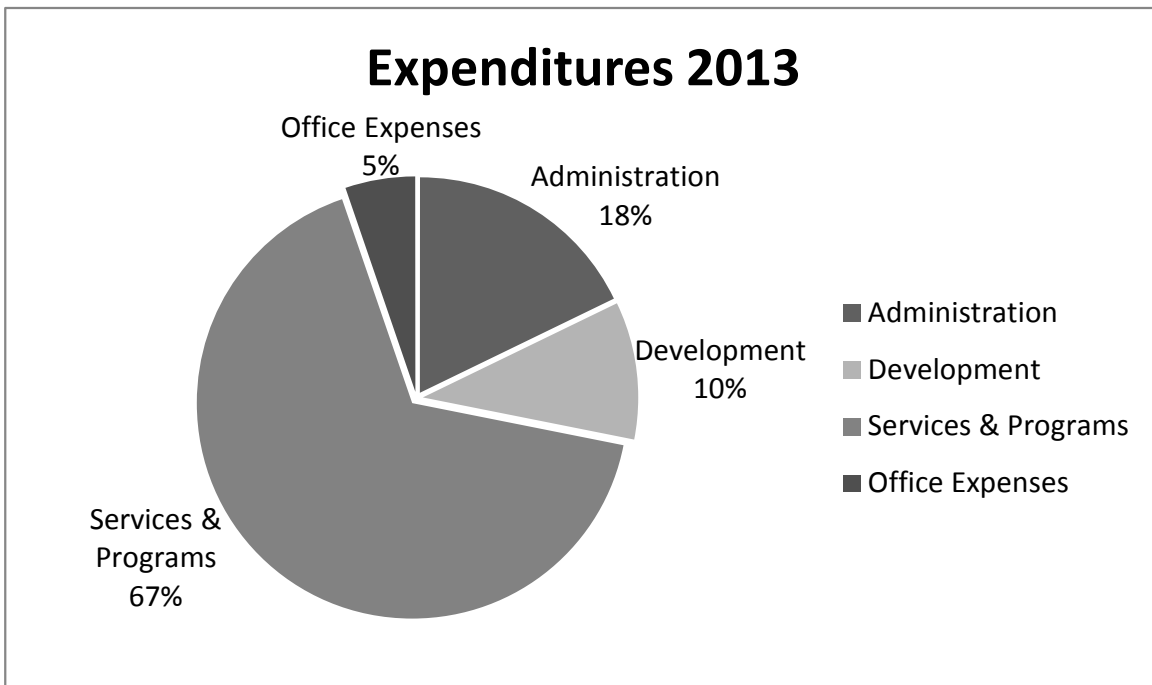
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<http://folksathome.sewanee.edu/>

Folks at Home Financial Report

In 2013 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. In addition Folks at Home received grants from the Dodd Endowment, the Sewanee Community Chest, and the Dandridge Trust. Also the South Cumberland Community Fund made a grant to start a Timebank. The use of the Blue House courtesy of the Sewanee Trust for Historic Preservation and the University of the South while the Otey Parish Hall was under renovation made the year much easier financially than it would have been otherwise.

Laurence R. Alvarez, Secretary/Treasurer

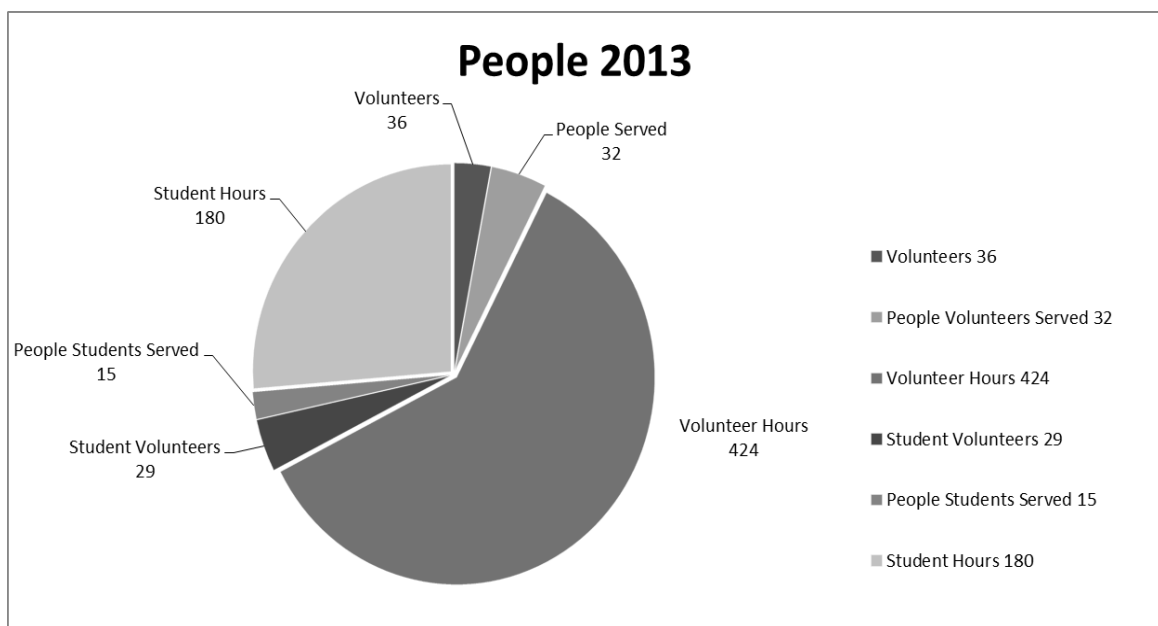
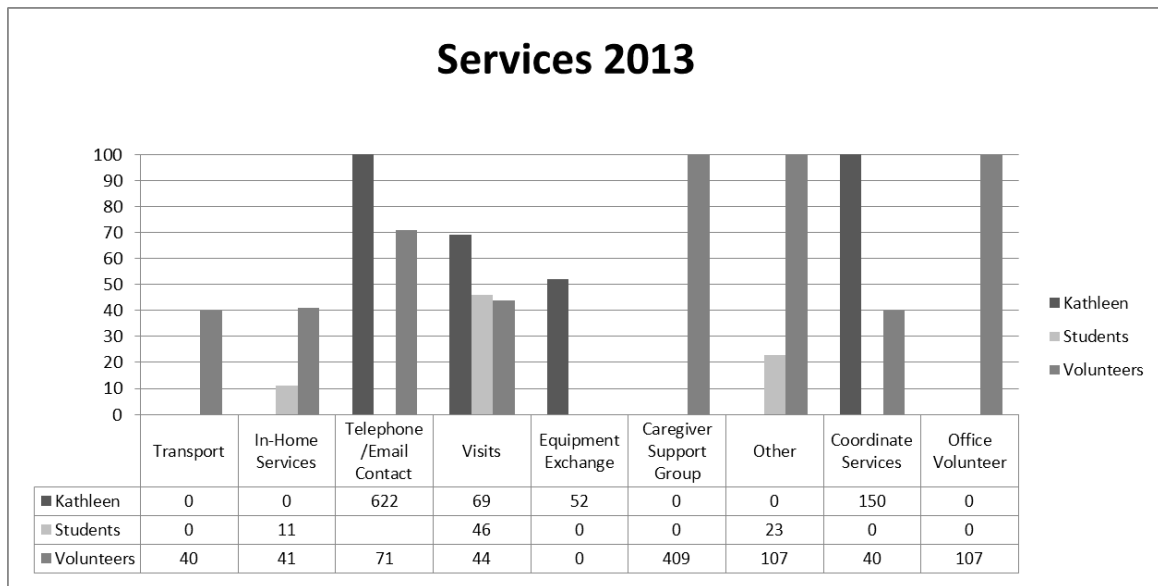


Folks at Home in Action

In 2013, Folks at Home provided services at no charge to over 31 individuals and 27 individuals benefitted from our pro bono Equipment Exchange. We also had 56 members ranging in age from 60 to 95 who purchased annual memberships.

In these “Snapshot of Services” we show just a few of the direct services that were provided. Over 1300 services and over 1500 service hours were provided. Our services ranged from information and referrals to in-home friendly visits and/or task assistance by a student or community member, to in-depth meetings with families facing serious illness, surgery, end-of-life and/or life-transitions, to transportation to an event or a health appointment. Our Caregiver Support Group meets weekly.

Volunteers along with the F@H Director and Assistant provided these services. Community volunteers (36) contributed over 317 hours of direct service to 32 people, while 3 volunteers gave over 107 hours office support to F@H. University students (29) gave 184 hours to 15 households via Community Engaged Learning.



South Cumberland Plateau TimeBank

As you know, the South Cumberland Plateau Timebank (SCPT or Timebank) is a program of Folks at Home (F@H). The inaugural grant from SCCF in late 2012 allowed F@H to launch the SCPT as a new program in early 2013. Now that our initial one-year grant has expired, Susan B. Holmes, who worked as Coordinator to launch the Timebank, is moving on to new ventures. We thank her for her efforts and successes. In 2014, we will focus on Timebanking as an integral program that increases the capacity of individuals, organizations, and the community.

We now have 90 members, including 8 organizations. The first 3 stories on page 1 illustrate how timebanking i.e. service exchanges are now integral to the functioning of F@H. This has doubled our capacity to coordinate access to services and collaborate with others on the Plateau.

These examples of service exchanges have encouraged us to believe in the continued value of the Timebank program and we will continue to promote it and enlist people to engage in it. The Board of Directors of Folks at Home recently voted to support the development of the Timebank in its second year of existence. Our established organization has the stability and infrastructure necessary to support this new start-up. While we are reevaluating the scope of the work and will reorganize the program accordingly, the F@H budget will need to increase by about 20% in order to fund and integrate the work of the Timebank.

If you have not yet joined the Plateau Timebank, please consider doing so now. Currently, there is no fee to join. Go to www.hourworld.org click the "join!" button and follow the link to TN-South Cumberland Plateau Timebank. We look forward to exchanging services with you soon! If you need additional information or an application, call, email, or stop by the office: 400 University Avenue, plateautimebank@gmail.com or 931-598-0303. You may also contact Kathleen or Frieda folksathomesewanee@gmail.com.

Update on the Sewanee Retirement Community Effort

Last September the University worked with ProMatura Group to develop and conduct a consumer survey to assess the market opportunity for a potential senior living community in Sewanee. The objectives were to estimate the demand for a senior living community; learn respondents' preferences for type of housing, size, services, and amenities; and generate interest in the project.

The survey was conducted with several groups of households, most of which had some affiliation with the university or the larger Sewanee community. A total of 7,131 surveys were sent with 1,013 households completing it, providing a 14% response rate and a high confidence level in the results.

The potential senior living community, which would be located on the University Domain, could offer both independent living (apartments and/or cottages) and assisted living residences, depending on demand. The community would be intended to serve current residents of the area as well as those outside of the area who might see Sewanee as an inviting location for retirement living.

A total of 102 households surveyed indicated they would be likely to move to the potential senior living community within three years of its opening. This is a preliminary estimate of demand, because the survey did not provide floor plans and actual prices for the respondents to view prior to indicating their level of interest.

Based on these results, the University is continuing to evaluate the opportunity. At their October 2013 meeting the University Board of Trustees passed a resolution forming a committee to examine and evaluate the establishment of a retirement community on the Domain, particularly the use of land for such a community. This committee will report its findings and recommendations to the Vice-Chancellor prior to the 2014 Board of Trustees annual meeting.

Additional updates are planned as the committee's work progresses.



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