



FOLKS AT HOME

141 University Avenue • Sewanee, TN 37375 • (931) 598-0303 • folksathome.org

SPRING 2020

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LETTER FROM THE DIRECTOR



Welcome to the spring 2020 newsletter and the Annual Report for 2019. Inside you will find data on our many services and programs, a financial report from our Treasurer, and greetings from our new Board President. A thought provoking guest article on the future of aging in Sewanee contributed by Dr. Tom Phelps is also included. To wrap up,

a final report on intergenerational best practices from our graduating Canale Intern, Miss Sarah Cordell is enclosed. Enjoy, and thank you all for your generous support of Folks at Home.

As always, recognition and gratitude goes out to our members and donors whose support makes our work possible. Appreciation also goes out to the members of the Board of Directors whose dedication and oversight keeps us moving forward.

In 2019 we celebrated our tenth year of operation and expressed



our heartfelt gratitude to the visionaries who began Folks at Home on behalf of this community, as well as to all those who have supported it over the years. Let's carry that gratitude forward into 2020 and beyond.

WALL WOFFORD

LETTER FROM THE PRESIDENT



As we begin our 11th year, it is an occasion to say goodbye and thanks to our departing Board members: Pixie Dozier and John Solomon. Their service to Folks at Home will be sorely missed.

As Board President, Pixie was the driving force behind the extraordinary 10th Year Anniversary picnic last August. A joy to see so many longtime members and community supporters come together and to honor our Founding Members.

John served as Board Treasurer and provided leadership in establishing a continuing relationship with an accounting firm that has led to updating Folks at Home's financial records, timely financial reports, and an annual financial review.

We also recognize Folks at Home's newest officers and Board member, Karen Keele— a longtime Folks at Home member. Jessica Favaloro is the new Vice President; Woody Deutsch is the new Treasurer; Susan Horton continues as Secretary; I am the new President.

Past experience leads me to believe that Folks at Home members can continue to count on the experience and dedication of their volunteer Board to support their desire to remain active in the life of the Sewanee area community. They will continue to enjoy the day-to-day support of

To remain active...





President's Letter

Continued from page 1

Folks at Home's wonderful staff: Wall Wofford, Sarah Doyi, and Lydia Boroughs.

The mission of Folks at Home remains to support its members in their desire to live at home with dignity in a community that they love. To this end, Folks at Home organizes a variety of programs and services ranging from member transportation, durable medical equipment, home visits, health care advocacy, case management to classes designed to keep our members strong physically and mentally, as well as socially engaged.

All this requires time and money. Volunteers play an important role in augmenting the time resources of Folks at Home's paid staff. Salaries, building, telephone, and supplies all are essential to making Folks at Home work for its members.

Memberships are fundamental to the continued success of Folks at Home. It is never too soon to become a member. The analogy to homeowner's insurance is right on: even as we pay our insurance premium, we hope we never will experience an event requiring us to call on our insurer. Becoming a continuing member simply recognizes that we want to be sure that Folks at Home will be there for us if we need its support—support we hope we never will need.

CRAIG STUBBLEBINE

Annual Arts for Elders



Folks at Home can look forward to a sound fiscal year.

TREASURER'S REPORT



87 ▶ 96

Increase of membership in 2019

Fiscally 2019 was a year with a lot of ups and a few downs for Folks at Home. Under the supervision of our Executive Director, Wall Wofford, our total 2019 expenses came in under budget. In the expense category, employee's salaries came in under budget. Service and programs also came in under budget, as did office expenses. In 2019, we continued to pay down our mortgage from \$92,560 to \$81,266 erasing \$11,294 of the total debt. Finally, our members have increased from 87 to 96. We did, however, experience a shortfall in our 2019 fundraising goals, forcing us to dip into our savings account reserves. Moving forward into

2020, we have implemented a couple of measures to ensure a better fiscal year.

First, we are fine tuning and expanding our fundraising initiatives. Secondly, we have trimmed our total budget. These cuts demanded sacrifice; it was not an easy thing to do. However, we can continue to deliver our services and programs as before while spending less. So, to sum it up, with continued good management combined with reductions in the budget, and provided that donations and memberships remain at least consistent with previous normal years, Folks at Home can look forward to a sound fiscal year.

WOODY DEUTSCH

Services Spotlight: Tech Support

We were pleased to see an increase in the number of technology support calls in 2019. In fact, tech support calls almost equaled the number of durable medical equipment checkouts in 2019. As a "digital immigrant" myself (I didn't own a computer until graduate school) I know the challenges and frustrations these devices can bring. While we can't fix everything, we've been able to solve most of the problems that have come our way. Please continue to call us when your digital devices are misbehaving.

I was reviewing a description of services offered by Folks at Home when I stopped cold: Tech Support. I immediately called and I got to know the new Executive Director with great tech help thrown in.

Folks at Home has made it possible for me to continue to live at home. Most recently my iPad required extensive technical attention to make it work, and this was generously provided by Folks at Home.



MISSION STATEMENT

Empowering folks to remain in their homes with dignity in the community they love.

All ideas and requests welcome! Call us: (931) 598-0303

"Sewanee is a great place to live, unless you are sick or disabled" opined one community member on a recent survey about the needs of elderly inhabitants of Sewanee. Quite rightly so, the main focus of Sewanee is the education of the young in their transition into adulthood. But the Domain includes all ages of people who live here year round. While there are facilities for early childhood care and elementary education and St. Andrew's-Sewanee School for the "teens", there exists relatively little in the way of eldercare facilities within the confines of Sewanee that might give daily support to someone that needs it.

Why leave?

With all that Sewanee has to offer, including myriad opportunities through the University, why do people leave? Sometimes it is by choice, but many times it is necessity. Many folks mature in homes too large for them to keep up any longer and housing opportunities for smaller, more manageable homes are

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find here. Some fear that the medical care available to them here is not adequate when compared to urban centers where specialists usually practice. More than a few have left Sewanee, opting for an all-inclusive retirement community or a comprehensive rehabilitation care center. Sadly, some must seek help in caring for a spouse who suffers from end stage dementia. People with debilitating disease may need more intensive, around the clock care that is not possible to maintain in one's home, necessitating a move to "long term care."

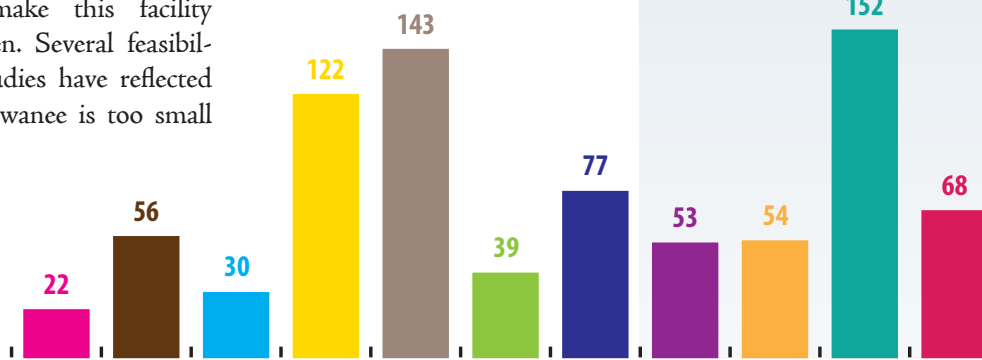
Is the future what it used to be?

Nearly five years ago the Arcadia Project formed a committee charged with finding a way to build an assisted living facility in Sewanee. They have met on a monthly basis, have taken many field trips to CRCCs, contracted with several eldercare companies and builders to do feasibility studies, have spent thousands of hours communicating with leaders in eldercare to seek a way to make this facility happen. Several feasibility studies have reflected that Sewanee is too small

for a facility that would be large enough to make any profit. Some companies offered to do the project if five million dollars of seed money could be raised. The Arcadia Project is still working very hard to interest some company in this endeavor, and continues to chase down any leads that might bring the project to fruition.

Given the fact that an assisted care facility is far in the future, if at all, and that we daily have people in need of assistance of all kinds, is it not fair to conclude that we must strengthen the programs that exist that are giving assistance, and create new programs to improve the care of this beloved community? It has become evident that assistance and care will need to come from local sources, not from outside corporations or the government.

One way to care for ourselves is to give to The Community Chest, the Sewanee Civic Association, the South Cumberland Community Fund, the Rotary Clubs, and our churches as they all benefit programs that help the elderly. Becoming a member of Folks at Home is one of the best things a community member, whatever their age, can do to help this community remain a diverse and vibrant place to live.



A YEAR OF GREAT PROGRESS

994
Services delivered in 2019

259
Classes and support group meetings in 2019

984
Total class and support group attendance in 2019

312.5
Student volunteer hours through in 2019

733
Community volunteer hours in 2019

50%
Increase in service calls in 2019 over 2018

Most Popular Services 2019

- In-Home Tasks
- Caregiver Support Group
- Caregiver Coordination
- Phone Check-Ins
- Home Visits
- Glass Recycling
- Shopping/Errands
- Tech Support
- DME
- Non-Medical Transport
- Medical Transport



Canale Spotlight SARAH CORDELL C'20

INTERGENERATIONAL INITIATIVES

I am a Sewanee senior and have served two years as the Canale intern and site leader for Folks at Home through Sewanee's Office of Civic Engagement. I have completed the University's certificate in Civic and Global Leadership, which ended with a semester of independent research and a senior capstone project. For my capstone, I investigated best practices in intergenerational programming in a collegiate setting. I found that for all ages, having a reliable and fulfilling social network can elicit more positive emotions, improve physical and mental health, and strengthen community cohesion.

Intergenerational interaction

is one approach to reducing ageism and bolstering social relationships for young and older adults alike. For this research, I evaluated three distinct research studies on intergenerational programming and three programs at existing institutions (Ithaca College, Eckerd College, and Winona State University) to provide programming models replicable in Sewanee. Across the empirical research, the notion of reciprocity, shared experiences, learning about generational differences, and engaging in the community were common predictors of program success. Successful programs required extensive planning by multiple stakeholders and included opportunities for dialogue across

generations. Each institution paired student volunteers with older adults based on hobbies or interests and emphasized elders' wisdom and skill sets. Further, programs offered a range of activities for students to engage with elders (e.g. lectures, crafts, friendly visits, recreational activity) and provided accessible gathering spaces for participants to connect.

A digital copy of my research is available upon request. It is my hope that we can explore further opportunities for generational connections in Sewanee. I am collaborating with Folks at Home in developing future programming ideas and we welcome your feedback, ideas, and interests.



Intergenerational ballroom dancing



SERVICES

- Medical and Non-Medical Transportation
Doctor Visits, Errands, Shopping, Pharmacy Pickups, etc.
- Home Care Coordination via Vetted Caregivers
Background Checked
- Vetted Vendor Recommendations
Yard Work and Home Repairs
- Durable Medical Equipment Checkout
- Technology Support
- Home Visits
By request
- Phone Check-ins
By request
- Monthly Glass Recycling Pickup
- General Assistance
Most Tasks or Challenges

PROGRAMS

- These vary from year to year.*
- Care Partner Support Group
- Qigong for Health
- Tai Chi for Balance
- Stay Active and Independent for Life
Aerobic, Strength, and Balance
- Reading/Discussion Groups
- Health Lectures
- Walk with Ease for Arthritis
- Memoir Writing Classes
- Art Classes
- Ball Room Dancing

Folks at Home gratefully acknowledges the support of our sponsors



SEWANEE

The University of the South
Office of Civic Engagement

