



FOLKS AT HOME

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

AUTUMN 2024

BOARD OF DIRECTORS



DR. FRANK HART
President

DR. KAREN KUERS
Vice President

WOODY DEUTSCH
Treasurer

STEVE BLOUNT
Secretary

DR. AMY LAMBORN
DR. CRAIG STUBBLEBINE
MICHAEL THOMPSON
MELISSA WEBB

ADVISORY COUNCIL



ANNE GRIFFIN
PHEBE HETHCOCK

STAFF



WALL WOFFORD
Executive Director

MERCEDES INGLES
Services Coordinator

DAVID PILCHER, CPA
Bookkeeper

LETTER FROM THE DIRECTOR



The big news is that the South Cumberland Community Fund chose our grant proposal for \$25,000 to purchase a second vehicle to help us serve two hitherto underserved communities. Folks at Home will collaborate with the St. Mark's Community Association and St. James Episcopal Church in Midway to provide essential medical, grocery, and pharmacy transportation to residents there. We will provide this without the financial burden of membership dues and with the help of volunteer drivers from St. James. This collaboration is a bridge beyond our traditional business framework—a bridge that we hope will have a lasting impact on the health of these neighbors.

Transportation is a key determinant of health in any community, and we are thrilled about this collaboration. Many thanks to Evelyn Patton, the president of the St. Mark's Community, and to Rev. David Goodpaster and the members of St. James Episcopal Church for their help in this ambitious project.



Dr. Frank Hart, Rev. David Goodpaster, Wall Wofford, and Evelyn Patton

Demand for transportation has risen remarkably over the last three years. 2023 saw a 91% increase over 2022. In July of 2024, we surpassed all of 2023! We could not have risen to the challenge without volunteers from the community.

Membership hovers at 103 total, though we have seen a decrease in our Sustaining Memberships. Please consider joining before you need us, so we can remain thriving if you ever do need us. Our membership dues have not changed since our inception so that as many people as possible can benefit. Please support us—one of many worthy organizations on the Plateau—in *any* way you feel called. Donations and volunteer drivers are always welcome. —WALL

ACCESS: thanks to all who have helped us along the way!



My predecessor left me with the words: "Remember, Wall, we don't say 'no' to anyone we can help." It's all about access to our services.



With the support of the Sewanee Community Chest, we created a limited number of scholarship memberships, so people who couldn't afford to join could access our services.



With help from a generous private donor, we bought a dedicated Folks at Home vehicle to improve access to transportation.



With help from the South Cumberland Community Fund and our donors, we renovated our bathroom to make it ADA compliant and accessible to everyone.



Again with help from the South Cumberland Community Fund and our donors, we renovated our front entryway to make it safer and more accessible.



With the St. Marks Community Association, St. James Episcopal Church, and the South Cumberland Community Fund, we will be purchasing a second vehicle to extend access to essential transportation.

LETTER FROM THE BOARD PRESIDENT



This year has been a very busy year for Folks at Home (F@H). Our core transportation services (medical visits, groceries, pharmacies and errands) are on a pace to double their total for 2023. Such services last year nearly doubled those for 2022 when Covid was still the major threat to our health. The need for transportation services is on a course essentially to quadruple in a two-year period. Without our volunteer drivers it would have been impossible to meet the transportation needs of our members during this time. F@H is grateful to them for the service they have been providing to its members. We are planning to hold an event this fall to express our appreciation for what they have done. We encourage more of our members to volunteer some of their time as drivers, in order to meet our growing transportation needs.

Other needs for F@H services have also increased markedly in the last two years. Visits to homes to help our members with various tasks and problems, as well as just to check on their well-being, have increased significantly. In short, F@H has become

much busier over the last two years. Nevertheless, after a lengthy study the F@H Board voted in August to maintain its current dues-structure. The Board believed that although the demand for and cost of its services have increased, it was more important to maintain our dues as low as possible to help its members continue to afford them. The Board added, however, a one-time, six-month emergency need membership that would cost \$240. With costs increasing and dues remaining the same, it is important that donations to F@H increase. We ask you to consider making a financial contribution to our fall fundraising drive. We have enclosed an envelope for you to do so.

Although F@H is keeping its dues as low as possible, they are still too high for many in our community who desperately need transportation services. I have actually heard that some people believe that F@H is "just for the rich people." It hurts to hear that. For that reason, F@H joined with the St. Mark's Community Center and St. James Church in Midway to obtain the grant that Wall described in his article. St. Mark's is located in what was the former African-Amer-



Dr. Hart at the Sept. Vaccination Clinic—one of 100 vaccines delivered by Walgreen's of Decherd. Thanks to the Sewanee Community Association, American Legion Hall, and The Blue Chair, who offered a free drink or pastry to vaccine recipients. Folks at Home was one of 12 Villages selected to receive a \$1,000 grant to cover administrative costs of the clinic from the Village to Village Network, located in St. Louis, Missouri!

ican section of Sewanee, and we celebrate its heritage. We hope to provide our core transportation services to persons of need in these areas who cannot afford our dues. When this happens, we will need more volunteer drivers to help provide these services. We hope that you will consider being one. In the last paragraph I asked for your money. I'm ending this one by asking for your time. Please be generous with both.

—DR. FRANK HART

TOP LEFT: Summer concert series evening transport. TOP MIDDLE: Our new entryway. BOTTOM LEFT: Trips to the grocery store are part of what we do. BOTTOM MIDDLE: ADT Sorority helps again with Spring Action. RIGHT: Durable Medical Equipment checkout continues to thrive.





171

Medical
Transports

64

Vendor
Referrals

83

Home Task
Assistance

475

Information



31

Glass
Recycling

24

Meal
Delivery

133

Non-Medical
Transports

56

Durable Medical
Equipment Checkouts

19

Technology
Support

114

Home/Office
Visits

72

Flu/Covid
Shots

129

Pro bono
Calls

162

Member
Errands

257

Phone/Email
Check-Ins

9

Caregiver
Coordination

36

Pet
Walking

1,706

Total
Services

Folks at Home had its two busiest months on record for transportation. In June, we provided 59 transports. In July we provided 54. Wow!

LETTER FROM THE

ASSISTANT SERVICES & PROGRAMS COORDINATOR

One of the main reasons Folks at Home offers such a wide range of services and programs is to encourage and support social connectedness. A person of any age can suffer from loneliness and social isolation. Even if someone is not alone often, they can still be lonely and lack meaningful connections.

Social isolation has been shown to affect 1/3 of adults 45 and older and 1/4 of adults 65 and over. It can have serious longterm health effects, such as a 50% increase in the risk of dementia, 29% increased risk of heart disease, and a 32% increased risk of stroke. In heart failure patients, research has shown significant increases in hospitalization (68%) and emergency room visits (57%).

According to the US Surgeon General, Vice Admiral Vivek Murthy, MD, MBA: "To live more connected lives, takes all of

us." Fortunately for us, we exist in a wonderful community filled with people willing to serve others and to connect. Taking a few moments out of your day to check on a friend or family member, or offer a few kind words to a passerby or salesperson, can often be the best antidote to our hardwired need to connect to others and stave off our own bouts of loneliness.

We will continue our goal of reaching beyond the needed services for our members and do our best to assist them in thriving in our community, not merely surviving. There are many ways for you to help support our mission and goals! Become a sustaining member or simply donate to the organization, volunteer as a driver or with programs and events, or simply spread the word of our mission and organization.

—MERCEDES



Sources:

- <https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>
- <https://www.youtube.com/watch?v=afGeP92kS48>
- <https://connect2affect.org/resource-category/practitioners>
- <https://committococonnect.org/wp-content/uploads/2020/10/The-Pandemic-Effect-A-Social-Isolation-Report-AARP-Foundation.pdf>

"Electric communication will never be a substitute for the face of someone who with their soul encourages another person to be brave and true." —Charles Dickens



SERVICES

Medical & Non-Medical
Transportation
Doctor Visits, Errands, Shopping,
Pharmacy Pickups, etc.

Home Care Coordination

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

SUSTAINING MEMBERSHIPS

*Join Folks at Home
before you need us!*

Sustaining Memberships are a way of joining Folks at Home before you need our services. Sustaining Memberships support Folks at Home while we support our Service Members. You receive access to any of our programs and it's a great way of making sure we are still around if and when you do need our services. Transitioning to becoming a service member is as easy as a phone call. For more information, contact us!

MISSION STATEMENT

Empowering folks to live and thrive in their homes as they remain in the community they love.

Folks at Home

141 University Avenue
Sewanee, TN 37375

(931) 598-0303
folksathome.org

LETTER FROM THE AMERICORPS PARTNER



My name is Pete Haight, and I'm a recent graduate of the University of the South. For the past two summers, I worked with Folks at Home through AmeriCorps' Summer Meal Program. Working with Wall and Mercedes has allowed me to explore my creative interests and appreciate the mission of Folks at Home: to assist older residents in the community and engender more compassion for those residents in the community.



*"Thank you again and again
for all Folks at Home has done
for us these last 4-5 years.
God bless you!
—F@H Member*

*"I hope you know how
important and even vital
Folks at Home is for the
elderly in this community.
Otherwise, I'd probably have
to resort to assisted living. I
thank God for all my blessings
every day and FAH is at the
top of my list.
—F@H Member*

*"One of the best things that has
happened to me this summer
is the opportunity to resume
attending some of the concerts
offered by the Sewanee
Summer Music Festival,
thanks to rides from Folks at
Home. What a gift! I had
stopped attending, especially
in the evenings.
—F@H Founding Member*

*"Thank you and F@H for
the enormous ways you have
enriched our lives.
—F@H Member*

*"Folks at Home has been
so responsive to our needs.
Thank you!
—F@H Member/Donor*

*"You've made my summer! I
would have missed the evening
concerts of the Sewanee
Summer Music Festival for
the first time because my road
is so poorly lit — that is,
until Folks at Home provided
transportation, making the
season complete. I'm grateful
for our drivers!
—F@H Donor*



FOLKS AT HOME SPONSORS

Thanks to these organizations!



SEWANEE

The University
of the South

Office of
Civic Engagement