



FOLKS AT HOME

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

SPRING 2025

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DAVID PILCHER, CPA
Bookkeeper

LETTER FROM THE BOARD PRESIDENT



It is with great humility that I assume the role as the 2025 president of Folks at Home (F@H). A review of our spring newsletter will show that 2024 was indeed a momentous year for our valuable community organization, and we were well served by our outgoing president, Frank Hart. Thank you, Frank! Our volunteer Board of Directors for this year includes a wonderful group of people that brings multiple skills, varied knowledge, and lots of experience. Karen Kuers has agreed to serve again as our Vice President, while Woody Deutsch will continue as Treasurer. Michael Thompson has assumed the role of Secretary. The remaining members of the Board are Craig Stubblebine, Frank Hart, Amy Lamborn, and Melissa Webb. I invite you to check out the webpage and review their "bios." These people bring much to F@H.

The real work of Folks at Home is primarily done by our staff. Wall Wofford begins his eighth year as Executive Director. Sarah Doyi and Jennifer Percy are our Assistant Coordinators, and David Pilcher is our Bookkeeper. I invite you to stop by the F@H office on University Avenue, in Sewanee, and say hello to Wall, Sarah or Jennifer... and to tell them "thanks" and "job well done." Keep in mind that they are very busy and may be out providing one of many services for our members.

The mission of Folks at Home is to empower folks to live and thrive in their homes as they remain in the community they love. To further this mission, F@H organizes a variety of programs and services ranging from member transportation, durable medical equipment, home visits, health care advocacy, and programing designed to keep our members socially engaged, mentally aware, and physically strong. To accomplish this mission, we will continue to need both time and money.

We will celebrate F@H's 16th anniversary this year, and I believe that we have never been busier and never been as strong as we are right now. This is a testament to, not only our outstanding staff, but also to the support that the people of our community have given to Folks at Home. That support includes the people who volunteer



Dr. Frank and Barbara Hart are regulars at Folks at Home weekly walking group at the Fowler Center Track.

*...we have never been busier
and never been as strong as
we are right now.*

their time to help our staff provide services. In addition, that support includes the people in our community who maintain membership with F@H and the people who make generous donations to our organization. We all know that expenses, such as salaries, building upkeep, telephone, insurance, and supplies are all necessary to make F@H work for the community and for F@H members. Finally, that support includes the growing number of community members who participate in and benefit from F@H's services, events, and programing. You can help keep our valuable community organization strong by continuing to volunteer your time, by continuing your unwavering financial support, and by participating in our programs and services. We are looking forward to a busy 2025!

—STEVE BLOUNT





Greetings, everyone! 2024 was a good year, and 2025 promises to be even better. We delivered many services in 2024, and we hosted quite a few programs, as well. Here's what else we've been up to:

1. Thanks to a grant from South Cumberland Community Fund Philanthropy Group, we installed a blood pressure monitoring kiosk in our front lobby—free for the entire community's use!
2. We renovated our front entryway to make our building more accessible.
3. Due to rising demand for transportation and concern for people without transportation for medical and grocery needs, we bought a second vehicle and signed on many new volunteer drivers.
4. We recently funded home emergency alert systems for some of our more vulnerable members who live alone, and for whom it was a challenge to purchase on their own. These devices add a layer of security that offers peace of mind to both the user and to F@H staff. The ADT sorority will be raising funds to support this initiative (along with their usual stellar work on Spring Action yard clean-ups in late March).



We are truly grateful to our many members and donors who help to fund Folks at Home. Gratitude goes also to our Board of Directors, who help to keep us mission-focused. The South Cumberland Community Fund remains a strong supporter of our grant proposals. *Thank you, SCCF!* The Tennessee Disability Coalition and the Village to Village Network were two new sources of grant funding in 2024 — the former helping us with the purchase of our vehicle and the latter funding our annual vaccination clinic. The Sewanee Community Chest continues to support our services to non-members and to support seven scholarship memberships.



I agree with our new Board President that we have never been as strong. Sincere thanks to all of you who support us, either financially or by volunteering. Folks at Home is truly an asset to those of us aging in this community. Ah, yes... the daffodils tell me spring has arrived on the Plateau!

—WALL

	TRANSPORTATION	2022	2023	2024
<i>Transportation demand has grown. And with your help, we have grown to meet that demand!</i>	Medical	85	152	270
	Non-Medical	43	125	223
	Errands	56	77	287
	Total	184	354	780

THROUGH DEC. 2024
CALL DATA



270

Medical
Transports



94

Vendor
Referrals



83

Home Task
Assistance



639

Information



31

Glass
Recycling



30

Meal
Delivery



223

Non-Medical
Transports



75

Durable Medical
Equipment Checkouts



40

Technology
Support



161

Home/Office
Visits



1

Covid
Assist



198

Pro bono
Calls



76

Vaccinations



472

Phone/Email
Check-Ins



15

Caregiver
Coordination



36

Pet
Walking



287

Member
Errands



2,731

Total
Services

LETTER FROM THE TREASURER

Financially, the upcoming year for any non-profit is an unknown. The will of the donors is never written in stone, and nobody knows what the stock market will do. That said, 2024 was a tremendous year for donations, grants and growth. We were able to purchase a second car to help the underserved. Because transportation more than doubled compared to 2023, the purchase helps us to meet our mission goals.. Also, we were able to renovate our front entrance, collaborate on essential transportation with St. James Episcopal Church and the St. Marks Community Association, and we placed a blood pressure kiosk inside the Folks at Home lobby, which is open to the public. The needs for F@H have been increasing as we grow and fortunately, we have been able to meet those needs through grants and the generosity of others. Assuming we will continue to grow, 2025 will bring even more opportunities to help our mountain community. With

growth comes growing pains, too. The Board approved our becoming the site host for an AmeriCorps Service Member. Jennifer Percy will assist us to deliver services, programs, and with the not insignificant volume of administrative work that goes into the care and feeding of a nonprofit. With this addition, we can head into 2025 feeling optimistic about maintaining our high standard of quality care knowing that we have an amazingly generous community that takes pride in having planted this seed and that will want to watch it continue to grow.

—WOODY



2024 GRANTS RECEIVED

South Cumberland Community Fund
Spring Grant: *Front Entry Remodel*

Tennessee Disability Coalition:
Vehicle Purchase

South Cumberland Community Fund
Collaboration Grant: *Vehicle Purchase*

Village to Village Network:
Vaccination Clinic

South Cumberland Community Fund
Philanthropy Grant: *Blood Pressure Kiosk*

*Grow old along with me!
The best is yet to be!*

—ROBERT BROWNING—

—Anne Griffin— 1930–2024 —

Folks at Home mourns the loss and celebrates the life of Founding Board Member, Anne Griffin. Anne served in recent years as an advisor to the Board. In the words of a former F@H Board President, "I followed in her footsteps on many projects and boards. I learned so much from her. And what an interesting life she led." *Thank You, Anne.*



PROGRAMS

Weaving
Workshops

"Finding Your Eye"
Photography Class

Better Brain Health
Lecture

Cyber Security
Workshop

Vaccination
Clinic

Fowler Center
Walking Group

Stay Active &
Independent for Life

A Survey of Western Music
at Carlson Listening Room

LETTER FROM THE ASSISTANT COORDINATOR

Iam thrilled to be back at Folks at Home! During this past year, I was diagnosed with two bone-on-bone hips and had surgery for one, and then three and a half months later, the other. The overwhelming number of doctor visits following surgery—and for two other conditions—could not have been met without F@H assistance. Not only was the physical assistance invaluable, but knowing that rides were covered was a huge relief, as I went through the process. F@H also kept me well supplied with Durable Medical Equipment, which meant I didn't have to beg, borrow, or

spend huge amounts of money.

Especially after experiencing F@H from "the other side," I am delighted to be paying it all back. F@H seems to have grown into its destiny with some changes. The number of volunteer drivers has grown, as transportation has become a major part of services, but we now have *two* company cars for our trips. Check-in calls continue. The number of staff and volunteer trips for members' errands has grown and having been recently housebound, I know very well what a valuable service that is.

—SARAH





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.

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folksathome.org

LETTER FROM THE AMERICORPS PARTNER

I'm Jennifer Percy! Since early January, I've been helping Wall and Sarah at Folks at Home. Formerly, I served the University through the VISTA and AmeriCorps programs. I have a BA in French, with a minor in Business Management from Bethany College in West Virginia. I have thoroughly enjoyed meeting our members, learning the ropes, and driving folks around on this spectacular mountain. I hope to meet you soon.



Volunteers... Where would we be without these ASSETS?!

A big shout-out to our volunteer drivers, who provided 144 transports in 2024. We couldn't have done it without you!

Sincere thanks to Matthew Costello for managing our Facebook page!

Special thanks to Chris Asmussen, who is a volunteer driver and leads our Fowler Center Walking Group!

Enormous thanks to ADT Sorority and to students at SAS for helping with our Spring and Fall Action Yard Clean-up!

Thanks to Nathan Stewart of the Carlson Listening Room for hosting a "Survey of Western Music."

Sincere thanks to Helen Stapleton for hosting a cyber security class for our members.

Positive Words Describing Aging (Breaking the Age Code)

Curious
Lively
Joyful
Spry
Wise
Intelligent
Inspiring
Exuberant
Independent
Vitality
Resilience
Lucky
Plucky
Joyful
Hopeful
Advantageous
Valued
Integrated
Respected
Esteemed

Some of the reasons we do what we do...

While visiting with a F@H member this afternoon, she got a call from the doctor's office about her appointment in Murfreesboro. Then she called you for a ride. I just want to say the deepest thank you for all your support for her, and the many others you care for in our community. You are dearly appreciated.

—F@H Supporter

Y'all have no idea how much folks depend on you.

—F@H Member

Thank you for the group who sang Christmas Carols! They were wonderful. Thanks for all you do for us.

—F@H Member

I don't know what I would do without Folks at Home.

—F@H Member

FOLKS AT HOME SPONSORS

Thanks to these organizations!



SEWANEE

The University
of the South

Office of
Civic Engagement