



# FOLKS AT HOME

CELEBRATING OUR 10<sup>th</sup> YEAR

FALL 2019

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## 10<sup>TH</sup> ANNIVERSARY

*More than 100 members, donors, and friends joined us for bluegrass and barbeque to celebrate the 10th anniversary of Folks at Home. Thanks to the many sponsors who made this event possible!*

*FOLKS AT HOME started with a simple question: How can we help people stay in their homes and enjoy this wonderful place we love? We started imagining how an aging-in-place support organization might look. We had no idea that so many different people, vendors, businesses, and enterprises would come together to create what has become such a vital part of the Sewanee community. Many of the people who helped chart the course for Folks at Home are no longer with us, but we—and future generations—benefit from their foresight and wisdom.*

Laura Willis + Meg Beasley + Elizabeth Camp

*When I arrived at the 10th Anniversary celebration, I flashed back to childhood community gatherings. There were people whose company I have enjoyed for 60+ years making their way to the barn—now with the assistance of a rollator or a friend's arm. Friends who were my childhood rambling buddies, like me returned to the community that is as much a part of us as the new gray-haired person in the mirror. As with so many of our mountain's gatherings, new people were folded into the Folks at Home family like sweet frosting. The evening was a true testament to the history and presence of a vibrant, caring, rich community.*

Sarah Doyi, Services Coordinator





## LETTER FROM THE PRESIDENT



### Ways to Give

**Memorials:** The kindest way to honor someone who has passed away is to make a donation in memoriam to them for a life well lived.

**Honorarium:** Honor someone you admire who by example is helping to make a difference, or a loved one, or friend with a birthday or anniversary gift.

**Planned Giving:** Your planned giving could include an annual gift or monies stipulated in a will to F@H, or an ongoing gift from an endowment or trust.

The most important thing to know about giving to F@H is that the money stays here and is used for operational expenses. Just think of what it takes monthly to run your home; that is what F@H uses this money for, as well as salaries, building maintenance, and other items pertinent to running a business.

So, if you are enjoying coming to our programs, book studies, and lectures and have not given to F@H yet, please consider giving to help us fulfill our mission.

**PIXIE DOZIER,**  
Board President

## A Pilot Program for Intergenerational Outings

By Dr. Deborah McGrath

Last spring semester, students at the University of the South in my Human Health and the Environment course joined Folks at Home to launch a pilot “intergenerational outings” program aimed at fostering stronger connections among college students and elders in our community. In this community engagement course, students apply what they study in the classroom and gain hands-on experience by participating in projects that are driven by the interests and needs of community partners. Students who take such courses are genuinely eager to get out in the community to make a difference. Thus it was natural that students initially viewed the program as a way to help elders get outside, be active and socialize, all of which they knew to be important for mental and physical wellbeing.

As students interacted with elders in a variety of activities, ranging from a five-hour



Wagner opera to a picnic at a state natural area, they quickly learned how interesting, inspiring and fun the elder members of our community can be. Students also pedaled elders on a covered pedicab rickshaw down the Mountain Goat Trail, our local rails-to-trails walkway. This activity was especially popular, because it allowed students and elders to meet and converse casually, as they rode down the trail. One student commented that the excursions allowed her to “get out of the student bubble

and benefit from the experience and seasoned perspective offered by elders.” Another student developed a lasting friendship with one of the elders on the opera trip. So successful was the pilot program that students have recently approached me about taking Folks at Home clients on rickshaw rides this fall. From these experiences, we all learned that combatting the subtle but pervasive stereotypes associated with ageism might be as easy as a picnic or a walk in the park.

## Home Care Partners Support Group for Strength and Hope

**FOLKS AT HOME'S** Care Partners Support Group is one of our longest running and most valued programs. It was begun in 2012 by Founding Executive Director Kathleen O'Donahue at the urging of a community member who was caring for her parents at the time.

The Rev. Joe Porter volunteered as facilitator of the group in its first year. In 2013 Sally Hubbard took over the role and served devotedly in that capacity through 2018. In 2019, retired Folks at Home Board Member Rev. Dr. Linda A. Hutton became the new facilitator. Otey Memorial Parish has generously offered

a meeting room for this group since its inception.

The group currently serves five to eight people every Thursday from 1-2:30 p.m. at Otey Parish in Brooks Hall. They provide a safe space for Care Partners to reflect on their experiences providing assistance to loved ones. Everyone is welcome.

*“The Caregivers Support Group was a blessing for me, when I was taking care of my husband, as he went through pancreatic cancer. I found acceptance, support, empathy and a wonderful caring group of friends.”*

*“Caregivers tend to become isolated by their duties, and they need a safe place to sound off. Having close friends who share their situation makes the experience bearable. I am grateful to Folks at Home and Otey Parish for making this group available.”*

*“We offer each other a life preserver when we feel like we are drowning in responsibility. If you are a caregiver, we are waiting for you to join us. We would love to hear your story and surround you with care.”*



## LETTER FROM THE DIRECTOR



The number of people who celebrated our anniversary with us—well over 100 members, donors, and friends—was heartwarming and gratifying. It seemed to me that there was a genuine feeling of warmth and happiness in the air, along with excellent bluegrass music. Folks at Home is indeed part of the fabric of the community. I only wish we could gather and celebrate like that more often!

2019 has been filled with collaboration. From the School of Theology, Dr. Cynthia Crysedale led a reading group through Atul Gawande's book *Being Mortal* and has asked us to join discussion groups with her class later in the fall.

Dr. Deb McGrath's article in this newsletter describes her and her students' participation in the pilot program for intergenerational outings.

Sarah Doyi and AmeriCorps VISTA, Whitney Whittington, led an outing to Old Friends Senior Dog Sanctuary in Mount Juliet.

Members of the Alpha Delta Theta Sorority helped us establish a monthly glass recycling pick up for members and will soon be joining Lambda Chi Alpha Fraternity in our Fall Action for Elders yard clean up initiative.

Carolyn Sparks and Southern Tennessee Regional Health System offered three preventive health clinics on balance, back injury prevention, and nutrition.

Community member, Mercedes Ingles, masterfully organized a second annual benefit concert.

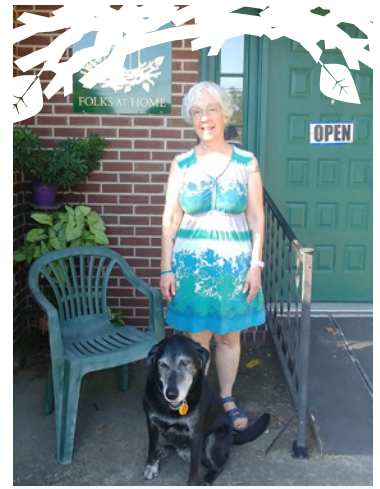
With support from the Sewanee Community Chest, we have been able to fund six scholarship memberships and to continue to offer pro bono services. We are actively seeking funding to create more of

these scholarship memberships.

Our 2019 Campaign for Balance, made possible through the generous support of the Community Fund of Middle Tennessee, is in its third of four classes that span the entire year. Our current series of art classes, funded by the South Cumberland Community Fund and the Tennessee Arts Commission has 10 participants. Look forward to ball room dance classes in November!

Already in September of 2019, the number of services delivered by Folks at Home has exceeded the total services delivered for the entirety of 2018. Membership has grown to 95. Sincere thanks to all of you who have collaborated with Folks at Home: volunteers, business sponsors, foundations, and to all our members and donors who have supported us in our mission for these ten years. Together, we can transform communities both by empowering folks to remain in their homes, as well as by being agents of community building.

WALL WOFFORD  
Executive Director



## A YEAR OF GREAT PROGRESS



**729**  
Services delivered through September

**17%**  
The percentage of services delivered pro bono

**95**  
Total members



**176**  
Classes and support group meetings through September

**768**  
Total class and support group attendance through September



**269**  
Student volunteer hours through September

**843**  
Community volunteer hours through September

## Second Annual Benefit Concert a Success

Folks at Home's annual benefit concert took place on July 6 in the Angel Park. We are grateful to all the

artists, volunteers, and donors who made the event such a success. Special thanks to Shenanigans for feeding all the musi-

cians. A very special thanks goes to Mercedes Ingles for a superb job organizing the event for the second year in a row.

*Benefit photos by Pete Haight.*



*To live independently at our age would be much more difficult without Folks at Home. Three essential mainstays of our living independently are telephone, computers, and a television set. When something has gone wrong with one of those, Folks at Home has either fixed it, or advised us what was required to fix it. Sewanee residents are fortunate to have this resource.*



### Caregiver Spotlight VANESSA MURRAY

Word gets around about Folks at Home and our members, who are so wonderful to work for. The past couple of months, we have vetted a number of new caregivers. We would like to introduce you to one. Vanessa Murray cooks, cleans, and runs errands. Vanessa loves being outside and is even willing to help with yard work! One of her references described her as “reliable, dependable, very caring.” When asked if he would be comfortable leaving her with an elder, another reference replied, “Yes, OH YES!” A third reference said he wished Vanessa would return to Nashville, so he could rehire her!

If you need assistance, please don't hesitate to give us a call, and we will find a caregiver who is right for you.

(931) 598-0303

[AssistantFolksAtHome@gmail.com](mailto:AssistantFolksAtHome@gmail.com)



### Canale Spotlight SARAH CORDELL

For the past two years, I have served as a Canale intern and site leader at Folks at Home through Sewanee's Office of Civic Engagement. My senior Capstone project will collaborate with Folks as Home to explore best practices in intergenerational programming in a rural college context. Specifically, the programs will offer social opportunities among a variety of ages.

It is my hope that I can analyze other institutions' methods of developing and implementing programs and develop a model specifically to be used in Sewanee. After my research, I aim to identify potential stakeholders and to see program development within the University of the South. This research will allow Folks at Home to offer its members greater community involvement while decreasing social isolation. Potential collaboration with the University will engage community members of all ages to combat ageism and bridge the generational gap in Sewanee.



#### 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 10th Anniversary business sponsors, as well as these supporting agencies...



SEWANEE

The University of the South  
Office of Civic Engagement

