



FOLKS AT HOME

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

AUTUMN 2021

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LETTER FROM THE PRESIDENT



Towards the end of my spring 2021 message to our members, I posited that “[in] late summer or early fall, our community can look forward to a return to Folks at Home’s familiar range of services – from essential transportation to restorative programs and classes.”

Needless to say, coronavirus continues to surprise with its ability to gather itself for new rounds of spreading and cases and hospitalizations. Folks at Home continues to rise to these new challenges.

Medical transportation again has taken center stage – 75 trips so far, including 28 trips to the Nashville area. Folks at Home’s response has meant so much to so many in our community. Raising

additional funds will be essential to continue meeting these transportation needs in 2022.

Restarting restorative programs and classes again has been postponed with the exception of the Caregivers Support Group meeting outdoors under the leadership of Linda Hutton. The Folks at Home Board has taken to meeting in Angel Park, weather permitting. Also scheduled at the Angel Park is what has become an annual event: the October flu shot clinic.

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. While volunteers always have played an important role, this mission also requires funds for sala-

ries, building, transportation, telephone, Internet, and supplies – all essential to making Folks at Home work for its members.

Memberships and grants provide some 50% of revenues. Donations provide the balance! Support for Folks at Home is an opportunity to serve our mountain neighborhood in a way that enhances the quality of life for all. This also is an opportunity to encourage support by others – becoming new members and becoming new donors. Being a continuing member or a continuing donor simply recognizes that we want to be sure that Folks at Home will be there for all at a time of need.

Craig Stubblebine, President

LETTER FROM THE DIRECTOR



In September, I had the opportunity to address EQB on behalf of Folks at Home. I shared with them that in my fourth year as its director, I am still in love with its mission. Sewanee is fortunate to have a “Village,” one of only two in Tennessee but one of over three hundred in the country. We are a small organization with a limited budget, and although we cannot do everything, we do everything we can! And though we remain membership based, we try not to say no to anyone who needs assistance.

Safe medical transportation has been our great challenge and our great success during COVID. We have been generously supported by recurring grants from the South Cumberland Community Fund, allowing an outsourced alternative that has kept our members and volunteers safer. Since October, 56 of our 75+ transports to essential medical appointments have been grant-funded, 14 provided by vaccinated volunteers, and five by vaccinated Folks at Home staff.

Post-COVID, medical transportation will remain a challenge.

On average, we outlive our ability to drive by seven to ten years. We may outlive our ability to safely navigate the longer trips by more than that. As we consider the future of Folks at Home and the needs of those we serve, I encourage you to envision with us a robust transportation solution for our community – a solution that will benefit anyone who needs it for years to come. Your ideas are welcome, as the Board of Directors and I continue to discuss the future of this essential service.

Wall Wofford, Executive Director



FROM THE SERVICES
COORDINATOR



Many thanks to our most valuable vaccinated volunteer drivers! Several have told me how much they enjoy transporting our members and how glad they are to be able to resume this service after our "COVID break." Our members are so glad to be driven by friends and all report the ride was most enjoyable,

making the medical appointment less of a chore. The list of drivers is short, however, and we hope more folks will consider participating in this valuable service (you don't have to be a member to volunteer).

Wall and I have also discussed ways to broaden our volunteer base to help with such

projects as newsletter mailings, and (when it is safe) assisting with or facilitating classes and events. We are sure there are other possibilities and, if there is some other way you would like to help, please let us know. Send an email to assistantfolksathome@gmail.com or call (931) 598-0303.
Sarah Doyi, Services Coordinator

"Astonishing! Monday, Folks at Home takes down our information. Tuesday, we get e-mails telling us we have been included on the list of people to get vaccinated soon. Wednesday, we are called and given an appointment for today. We just got our first COVID-19 vaccination, with a wait time of about 10 minutes. Many thanks!"

FOLKS AT HOME MEMBER

"You are too good to be true, but you're true!"

FOLKS AT HOME MEMBER

Call Data + 2021
(Through September)

905 Total Service Calls	75+ Medical Transports
159 Pro Bono Calls	67 Vaccination Assistance
356 Phone Check-ins	31 Vaccination Registration
28 Home Visits (Safely)	15 Glass Recycling
65 DME Checkouts	11 Caregiver Coordination
29 Tech Support	41 Home and Yard Assistance
21 Errands Run	15 Meal Delivery

FOLKS AT HOME
Care Givers Support Group

By Rev. Linda Hutton

MISSION STATEMENT

The Caregivers Group is a place where those caring for another and grieving for their sick, dying or deceased relative, pet, significant other, or spouse can meet to support each other in all ways they need. The group is open to all, meets weekly, and sessions are confidential.

- + It's a time for Caregivers to care for themselves. (Note: According to statistics, Caregivers often die before the person they are caring for, because they don't take time to care for themselves.)
- + Caregivers get the gift of self-care and the shared wisdom of other Caregivers. It's a time just to "be," to feel, and to trust, being honest about themselves, what they're experiencing or have experienced, and supporting each other.
- + Caregivers get a confidential safe place to talk about his or her experience. What's shared in the group stays there.
- + Information, experiences, and recommendations for additional resources are also shared.
- + Sometimes the Caregiver's role is also with a pet who is a long term member of their family.
- + There are no "shoulds" in the Caregiver Group. Silence is permitted.
- + Very often caregivers continue to attend the group after their Caregiver time has come to an end. Why? To continue to care for themselves.
- + As an added bonus, the Caregiver Group often results in new, supportive friendships!

Thursdays + 1:30 p.m.

St. James Episcopal Church + Outdoor Pavilion
Midway Road + Sewanee

Folks at Home
MISSION STATEMENT

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

Thanks to these sponsors for their support!

