



FOLKS AT HOME

AUTUMN 2026



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LETTER FROM THE BOARD PRESIDENT

The True Definition of a Volunteer: Time, Talent & Treasure

As we enter the autumn season, the Folks at Home Board of Directors has been reflecting on the incredible journey F@H has had over the years. When people think of our small non-profit organization, they may think of our staff or our building. But the truth is that the “third leg” of F@H, which keeps us upright, is our volunteers. The overall theme of this season’s newsletter is to offer our sincere thanks to all our volunteers.

Traditionally, a volunteer is defined as someone who shows up to give their labor (and F@H loves our hands-on volunteers). The Board wants to challenge that narrow definition. To us, volunteering isn’t just about where you physically stand; it is about where your heart is and a shared commitment to our community. True volunteerism shows up in three powerful ways: Time, Talent, and Treasure.

The Gift of Time: To those who drive our members to medical appointments, the grocery store, and everyday important errands and events, *thank you!* You are often the face of Folks at Home.

The Gift of Talent: To those who offer their skills, special knowledge, and advice, and who help us navigate complex problems, *thank you!* You provide us with guidance, programs and innovation.

The Gift of Treasure: To those who provide the financial resources to further Folks at Home’s mission, *thank you!* Whether you make a yearly or monthly gift, pay your membership fees, sponsor another person’s membership, or sponsor a specific program or service, you are our engine.

Every one of these gifts is an act of voluntary love. If you gave F@H a few hours of your day, shared your expertise, or donated funds from your hard-earned money, *you are a volunteer.* You chose to give a piece of yourself so that someone else’s life could be better.

Your support keeps our services running. To every volunteer—in every form you take—thank you for sustaining us this fall, and for standing with us into the future.

—STEVE BLOUNT



We couldn't do it without our
VOLUNTEERS

JANUARY—AUGUST 2026 SERVICE DATA



197
Medical
Transports



136
Information



7
Pet
Walking



58
Home/Office
Visits



997
Phone/Email
Check-Ins



108
Member
Errands



27
Vendor
Referrals



4
Glass
Recycling



31
Durable Medical
Equip. Checkouts



15
Yard
Clean-ups



5
Caregiver
Coordination



55
Vaccine
Registrations



161
Home Task
Assistance



114
Meal
Delivery



42
Technology
Support



171
Pro Bono
Calls



2,103
Total
Services

LETTER FROM THE DIRECTOR



Sincere thanks for all of your continued support! After 16 years, Folks at Home is still kicking. I am poignantly aware that I stand on the shoulders of those who started it all, along with those who keep us going, including volunteers, donors, members, and staff.

At the end of September, we said farewell to AmeriCorps Volunteer Kevin Burkholder, who has done so much. You will be missed! And we say a second hello to Jennifer Percy, as she rotates off AmeriCorps and begins a full-time position as regular staff with Folks at Home!

I may (or may not) have coined the phrase "It takes a village to sustain a Village." Recently, I had the pleasure of consulting with a representative of "The Farm" in Summertown, TN. They were interested in learning about the Village



model. As with several other such consultations in years past, my consistent refrain is that you need a core of community support to start and to maintain a village. We are blessed with just that. Thank you, all!
—WALL

Given cut-backs in human services, I have felt the need to help out somehow. I decided to serve close to home, where I can feel that I make a difference. I enjoy the time I spend providing important services for those who need them, and I know that what I do is appreciated.

— Chris Asmussen,
Vol. Driver & Walking Group Leader

Seeing the need first hand, as F@H bookkeeper I am also a volunteer driver, taking members to doctor appointments. I like talking with our members. They have a variety of backgrounds. I have met several very interesting people and have really enjoyed the experience.

— David Pilcher
Vol. Driver & F@H Bookkeeper



Sally Hubbard and Tom Gildemeister,
co-facilitators of caregiver support group



David Pilcher,
volunteer driver

— It takes a village to sustain —
A VILLAGE

AMERICORPS SERVICE VOLUNTEER

It has been a pleasure and a very memorable experience working as an AmeriCorps Community Service member with Folks at Home. It has been wonderful meeting so many fine people. I have learned so much of the local area history from the people who lived it!

My time with Folks at Home has raised my awareness of the challenges of aging

and the benefits of organizations like Folks at Home. The community is fortunate to have Folks at Home, and my hope is that similar organizations will grow throughout the United States. I've heard there are over 300 "Villages" across the country. We need 10,000!

Thank you for allowing me to serve you.

—KEVIN BURKHOLDER



Folks at Home volunteers, too

ALPHA DELTA THETA SORORITY

Alpha Delta Theta has partnered with Folks at Home as our community partner for more than ten years, and we are so grateful for the continued opportunities to serve with them! The Folks at Home residents are our neighbors in Sewanee, and it is such a joy to connect with them. Not only are we helping them, but we also have the opportunity to get to know them and form relationships.

In our recent spring semester we combined our Dad's Weekend and our

Spring Action events. We brought our dads to various places in our communities and introduced them to the residents we serve. Fall and Spring Action are annual events when we come together to help community members with gardening and maintenance tasks. Many of us have made connections with neighbors whom they still talk about. Helping seniors in our communities have safer, well-maintained yards, gardens, and outdoor living spaces is an incredibly special opportunity that we are all continuously grateful for and excited about each semester!

With regard to the SAIL program:

"I'm doing better at like everything now. I'm a true believer."

—Folks at Home Member

"You and all the Folks at Home helpers are lights in the world of the elderly, especially those of us living alone."

—Folks at Home Member



I have enjoyed conversations with F@H members. Some of you are old acquaintances and some are neighbors. I love to hear your life stories, to catch up on how your children and grandchildren are doing, to learn a bit about aging through your experiences. I enjoy providing some relief to your usual circle of support, because I know how important non-family support has been for my own mother, siblings, and me.

— Sherri Bergman, Vol. Driver

Volunteers are
LOVE in MOTION



SERVICES OFFERED

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 OUR SERVICE COORDINATORS



Have you ever felt stuck, or lost when your car went down? Now imagine that to be the case every single day. That's what many of our members contend with daily. These are strong, independent people who've been caring for themselves and their families for decades. These are folks just like us who've always been free to simply jump in their car and go. Almost daily I am reminded of just how indispensable our volunteer services here in Sewanee and surrounding areas really are to the community.

—JENNIFER PERCY & SARAH DOYI

"I wish I could fully express how very grateful I am to each one of you for all you have done for me this year. Folks at Home transportation services have allowed me to live a full life here in Sewanee by getting me to doctors appointments, food stores and even my part time summer job which pays for my winter heating bills and expenses not covered by my fixed income. I appreciate you all from the bottom of my heart." —Folks at Home Member



Transportation thrives!

Thanks to everyone who completed the survey or participated in the focus groups for the study "What Does It Mean to Be an Older Adult in a University Town in Rural America? Lessons from Sewanee, Tennessee." The results will be available later this fall.

— DR. AMY PATTERSON,
DR. DEBORAH MCGRATH,
DR. CHRIS SILVER



Mountain T.O.P. volunteers have been a huge help! Thank you, Annabel Hines, and all volunteers who've helped us out!

I look at the world sometimes with hope and other times with despair. Therefore, I choose to try to improve the world in some small way. I feel that volunteering for Folks at Home gives me the opportunity to improve the lives of others in this regard. As a retired physician, I have firsthand knowledge that allowing individuals the opportunity to stay in their home environment, as long as they are safely able, vastly improves their physical and mental well-being. The mission of Folks at Home to accomplish this is highly beneficial and effective. This is why I choose to be a volunteer.

— Dr. Karl Mahaffey, Vol. Driver & F@H Board Member



I directed my passion for helping Sewanee's elders by volunteering with Folks at Home. For ten years, I have served as its social media manager and as a general advisor. It's a real honor to play a small behind-the-scenes role in such a great organization.

— Matt Costello C'84,
Social Media Czar