



FOLKS AT HOME

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

AUTUMN 2025

BOARD OF DIRECTORS



STEVE BLOUNT
President

DR. KAREN KUERS
Vice President

WOODY DEUTSCH
Treasurer

MICHAEL THOMPSON
Secretary

DR. FRANK HART
DR. AMY LAMBORN
DR. KARL MAHAFFEY
DR. CRAIG STUBBLEBINE
MELISSA WEBB

ADVISORY COUNCIL



PHEBE HETHCOCK

STAFF



WALL WOFFORD
Executive Director

SARAH DOYI
JENNIFER PERCY
Services Coordinators

DAVID PILCHER, CPA
Bookkeeper

LETTER FROM THE

BOARD PRESIDENT

Happy autumn! A quick read of our newsletter will show that Folks at Home has had a busy spring and summer. The success of our organization is largely due to the hard work of a great staff (thank you, Wall, Jennifer, and Sarah) and the assistance provided by a wonderful group of volunteers (thank you, everyone).

The Board of Directors is pleased and honored to announce that Dr. Karl Mahaffey has agreed to join the Board. Dr. Mahaffey is a retired physician living in the Monteagle area, and he will bring a multitude of experiences, knowledge, and wisdom to us. Welcome, Karl!

Folks at Home's mission clearly states that as an organization, we aim to empower people to live and thrive in their homes as they remain in the community they love. Recently, I was asked how F@H "lives into" that mission. My response went something like this:

We try to make it easier, better, and brighter for people who want to live in our community as they age. To accomplish this, we know we must help people remain socially engaged, mentally aware, and physically strong. We provide transportation to medical appointments as far away as Nashville, Murfreesboro, Chattanooga, and Huntsville. We provide transportation to grocery stores and other events. We provide exercise opportunities for members. Our transportation services have recently spread to new community areas. We promote and help provide educational programs on issues pertinent to aging. We provide durable medical equipment, home visits, check-ins, health care advocacy, and we provide knowledgeable referrals. We have added a blood pressure monitoring device at our office for the community's use. We have initiated a new program that allows us to provide emergency home medical alert systems to individuals who are especially vulnerable due to medical issues and financial constraints.

I want to live in a community that supports its older, wiser members. For me, that is a hallmark of a worthwhile place to live.

Folks at Home does a lot, and yet, we want to do more! We have been able to do this work only because of the generous and continued financial contributions of the community. We thank all of you for your support, and we humbly ask you to continue to keep F@H in your charitable giving.

—STEVE BLOUNT

P.S. When I was asked not long ago about Folks at Home, I was also asked why I choose to serve on the Board of Directors. The answer is simple: At this moment, I personally don't need the services provided by F@H. However, when I do need the services, I hope F@H will still be a vibrant organization in our community, offering all of its important services. I want to live in a community that supports its older, wiser members. For me, that is a hallmark of a worthwhile place to live.



Hints of fall are in the morning air, at least from my sleeping porch. A recent greeting card from the FrameWorks Institute read: “Celebrate Your Season,” celebrating 10 years of reframing aging.

Folks at Home is doing well, thanks to the support of members, donors, and volunteers. We remain incredibly grateful to the community that supports us.

Transportation has levelled out (for now) after two years of near exponential growth. For all practical purposes, other services remain under the bell curve of normal activity. See the call data below.

We have comfortably integrated our commitment to friends in the St. Mark’s and Midway communities for medical and grocery transportation. And we have come to know some amazing new people in the process.

I am proud of our initiative to fund Home Medical Alert/Fall Detection systems for some of our more vulnerable community members. Seven are currently deployed. You may target support toward this mission if it inspires you. We didn’t budget first and then act; we just saw the need and met it, leaving the rest to providence.

Celebrate
Your Season!

The addition of Jennifer Percy to our team as an AmeriCorp Volunteer buttresses our service and administrative capacity, and Sarah and Simon continue to anchor and balance much of what goes on in the office on a day-to-day basis. I am grateful to them all. See Sarah’s wise and poignant article.

With myself, the Board of Directors are always discussing new initiatives, but the present course is pretty rewarding. We get to help many people. To quote from the



Board President’s letter: “easier, better, and brighter”... yes, that is our hope!

A member told me recently that four snows are expected this winter. I don’t know how they predict such things, but I kind of hope it’s true. “Celebrate Your Season!”

—WALL

 PROGRAMS

Fowler Center
Walking Group
Stay Active and
Independent for Life
Vaccination Clinic

Caregiver Support Lecture (with Age
Well and Live Well on the Mountain)
Physical Function & Aging Lecture
(with Age Well and Live Well
on the Mountain)

Smoke Detector Installation Drive
(with Seawanee Volunteer Fire Dept.)
Carlson Listening Room Sessions:
“A Survey of Western Music”
(with Nathan Stewart)

JAN.—AUG. 2025
CALL DATA



166

Medical
Transports



21

Vendor
Referrals



135

Home Task
Assistance



102

Information



24

Glass
Recycling



152

Meal
Delivery



128

Non-Medical
Transports



40

Durable Medical
Equipment Checkouts



55

Technology
Support



78

Home/Office
Visits



11

Yard
Clean-ups



172

Pro bono
Calls



925

Phone/Email
Check-Ins



3

Caregiver
Coordination



5

Pet
Walking



174

Member
Errands



77

Vaccine
Registrations



2,096

Total
Services

LETTER FROM THE ASSISTANT COORDINATOR

My mother once told me that she had looked into the mirror and was surprised to find an old woman staring back at her. That old woman has sprung from our home in Sewanee to my little Cowan house and taken up residence in my own mirror. I presently consider myself a “new” old person. Here is some of what I’ve learned.

Doubtless, some truth exists in the use of positive language and expectations—that it renders us elders a healthier and longer life. A neurologist in my “doctor pack” told me my memory lapses and language blips are part of “normal aging.” Though I was certainly happy it wasn’t serious, I wasn’t completely happy that normal aging would include forgetting and sometimes not using the word I intended. Pete Seeger quoted Lee Hays, “I don’t always know where my mind is going to take me, but it’s always interesting.” I’ve adopted that as my philosophy and find that

the blips come less frequently and the memory... well, there’s a lot to remember. But I sure remember the good parts.

Indeed treasures are to be found as an old person like me, such as better understanding of what is important and ability to focus on those things that make life good and interesting; having the courage and hopefully the wisdom to speak my truth; and the great pleasure of knowing my children are strong, spectacular adults. I am traveling down this road with, once again, the most spectacular dog on the planet. And it’s no small pleasure to be able to reread a good book with much of it new again or to hear my youngest grandchild declaring, “Well I’m sleeping with Granny!”

But my mother would also say, “It’s a great world if you don’t weaken,” and that describes aging, as well. Being old is hard sometimes, painful sometimes, sad sometimes. It’s frustrating when body parts don’t work so well anymore. Bone on bone is pain-



ful no matter what positive affirmations one tries to attach! The loss of friends and other loved ones happens regularly. Just these past few weeks, I lost two very dear friends.

Back to the happy times... Folks at Home is full of friends, new and old. They are my models—my partners—showing me the path from “new old” person to “experienced” old person. I am truly grateful for you all. —SARAH

LETTER FROM THE AMERICORPS SERVICE MEMBER

Last year almost 37 million adults aged 65 and older fell. While only about 37% needed medical care or activity restrictions, that’s still a lot! That’s why it was an honor for Sarah and me to be sent by F@H to get certified in the Stay Active and Independent for Life (SAIL) project, an evidence based program that promotes prevention of falls and better balance.

SAIL has had a profound effect on me

already. From a former knee injury, I realized I’d been avoiding specific movements. Simply by practicing SAIL in order to get certified, my balance, strength, and movement improved noticeably. So, you could say that I am sold on SAIL and look forward to leading the classes for a long time. The way I see it, falling does not have to be an inevitable part of aging. One of the biggest things I learned is that falls are preventable!

—JENNIFER PERCY

Chief Terry Williams and the Sewanee Volunteer Fire Dept. installed smoke detectors in some members’ (and non-members’) homes. Thanks!



I think Folks at Home and its volunteers have earned a big “YSR.” I can’t say enough about the medical transportation service they offer to support our aging folks. My neighbors in the St. Mark’s community are reconnecting with volunteers that were persons they grew up knowing. One client talked about how the trip to Nashville went so fast because the conversation and laughs were so great it didn’t feel like a trip to Nashville.

Folks at Home continues to assess the needs of the few remaining St. Mark’s community members, regardless of age or color and has been able to assist with medical and pharmacy transports, welfare checks, mobility assistance devices and medical alert devices. South Cumberland Community Fund, Folks at Home and St. Mark’s Community collaborated and succeeded, “YSR.”

—EVELYN PATTON

St. Mark’s Community Association



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

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

I cannot begin the business of thanksgiving with any other words than gratitude to Folks at Home for your kind acts of servant ministry.
—F@H Member

Thanks, Folks at Home, for the excellent shopping trips to the valley! Folks at Home is a real life-saver for non-drivers.
—F@H Member

I will never be able to thank you enough and I don't like to think what my life would be without you!
—F@H Member

It's a comfort to know that you're there.
—F@H Member

For all your support and love and care I am grateful.
—F@H Member



Our blood pressure kiosk has been used more than 400 times! It recently identified health-threatening hypertension for an international theology student. Thank you, SCCF Philanthropic group for funding this service. We welcome more people to benefit from this easy to use, accurate, automated blood pressure monitor.



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



FOLKS AT HOME SPONSORS

Thanks to these organizations!



SEWANEE

The University
of the South

Office of
Civic Engagement