



# FOLKS AT HOME

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

SPRING 2023

## BOARD OF DIRECTORS



DR. KAREN KUERS  
*President*

DR. FRANK HART  
*Vice President*

WOODY DEUTSCH  
*Treasurer*

MARY PRIESTLEY  
*Secretary*

STEVE BLOUNT  
LINDA BOYNTON  
PHEBE HETHCOCK  
DR. AMY LAMBORN  
DR. CRAIG STUBBLEBINE

## ADVISORY COUNCIL



ANNE GRIFFIN  
*Board Advisor*

## STAFF



WALL WOFFORD  
*Executive Director*

MERCEDES INGLES  
*Services Coordinator*

DAVID PILCHER  
*Bookkeeper*

## LETTER FROM THE BOARD PRESIDENT

It was my great honor in January to begin a term as President of the Board of Directors for Folks at Home, following in the footsteps of Craig Stubblebine, who has so ably led the Board for the past two years. Thank you, Craig, for your steadfast efforts on behalf of Folks at Home, and for agreeing to continue to serve on the Board, and remain our liaison to Arcadia at Sewanee

<[www.arcadiaatsewanee.org](http://www.arcadiaatsewanee.org)>. Frank Hart, always willing to help wherever needed, now serves the Board as Vice President, Mary Priestley has assumed the role of Board Secretary, and Woody Deutsch has agreed to continue as Treasurer. Phebe Hethcock and Linda Boynton will continue their service on the Board, and I am delighted to announce two new Board members, Steve Blount and Amy Lamborn. I feel truly blessed to be working with this dedicated group, as we focus on helping Folks at Home serve its members and the community.

The heart and soul of Folks at Home, however, are its Director (Wall Wofford) and his Services Coordinator/Executive Assistant (Mercedes Ingles and formerly Sarah Doyi). They are the ones who answer your calls, greet you at the office, and arrange or provide the services you or your loved ones need. When they are not actively providing services, they are planning and coordinating new programs, seeking partners, writing grants to fund programming, and looking for ways to make the services Folks at Home provides even better. By now you should have received a survey from Mercedes designed to learn what programs and services the members want and need. If you have not yet done so, I hope you will take the time to complete the survey to let us know how we can make Folks at Home even better. Thank you, Wall and Mercedes, for your tireless efforts on behalf of Folks at Home!

The fuel that keeps Folks at Home in operation is the added energy that comes from its faithful volunteers and the essential funding provided by its

steadfast supporters. Through your generous support and additional funding provided by organizations such as Sewanee's Community Chest, AARP, and the South Cumberland Community Fund, our financial situation is quite solid right now (see

*Yes, Folks at Home is off to a strong start in 2023.*

Woody Deutsch's "Treasurer's Report"). Yes, Folks at Home is off to a strong start in 2023. Our future success, however, depends upon your continued

generosity. If it is possible, please consider a donation to Folks at Home. Your contribution will help to maintain a multi-generational, vibrant Sewanee Community, and will help us empower our neighbors and friends to live at home with dignity in this community we all love.

Thank you so much for all you have given to Folks at Home. May 2023 bring you and your family great joy.

*Off to another medical appointment with one of our members.*



# CALL DATA



85

Medical  
Transports



37

Home Task  
Assistance



62

Pet  
Walking



43

Non-Medical  
Transports



28

Technology  
Support



22

Glass  
Recycling



56

Member  
Errands



21

Caregiver  
Coordination



35

Flu  
Shots



42

Vendor  
Referrals



120

Information



4

COVID  
Assistance



101

Durable Medical  
Equipment Checkouts



22

Home  
Visits



282

Pro bono  
Calls



130

Meal  
Delivery



227

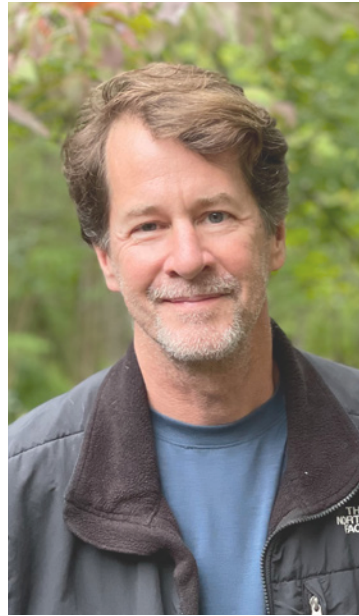
Phone  
Check-Ins



1,035

Total  
Services

# DIRECTOR



get lumped into the Home Task category that are not in the brochure; e.g. changing light bulbs or replacing smoke detector batteries, etc. So, never hesitate to let us know what you need. If we cannot do it, there is a good chance we can put you in touch with someone who can.

Overall, service calls decreased by 18% in 2022 from 2021. The decrease, however, is largely attributable to a tapering off of routine phone check-ins to our members, which were initiated in 2020 with the onset of COVID. Our hope was to provide a measure of comfort and reassurance amidst the anxiety we were all experiencing. We made 432 phone check-ins in 2021, which slid down to 227 in 2022, as living with COVID became a little less frightening. Of course, we still offer phone check-ins to those who desire it, and we still monitor the CDC website weekly for COVID levels in our area.

I am so pleased to have Mercedes Ingles join our staff, replacing Sarah Doyi, whom we dearly miss. Thanks to our members' generous support, we were able to increase the number of hours for the job, which has enhanced our capacity to provide services and programs. Join us in welcoming her!

I'd like to interpret some of the call data on this page. It illustrates the services we offer and how many times we rendered each of these services in 2022. Of course, many things

The more exciting point revealed by the data is that while medical transportation saw a modest decrease of 16% in 2022 (85 down from 99), non-medical transportation increased by

*After suffering a bad fall which left me with a fractured right tibia, Folks at Home in Sewanee were there for me. I was provided with the equipment, transport and friendly faces to get me back on my feet again, literally!*

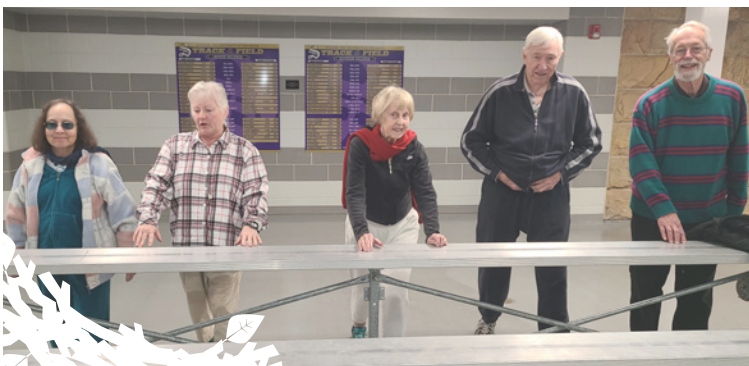
—Folks at Home Member

*I cannot begin the business of thanksgiving with any other words than gratitude to Folks at Home for your kind acts of servant ministry in driving me to Nashville.*

—Folks at Home Member

*I will never be able to thank you enough and don't like to think what my life would be without you!*

—Folks at Home Member



Walking Group at the Fowler Indoor Track (Mondays, Wednesdays, Fridays)

a stunning 377%, and errand requests increased by 80%. Our Folks at Home vehicle, along

*Never hesitate to let us know what you need. If we cannot do it, there is a good chance we can put you in touch with someone who can.*

with a robust response from our dedicated volunteer drivers, made meeting this 32% increase in overall transportation demand an easy feat.

Other bright spots in the data include COVID vaccine assistance dropping from 67 in 2021 to only 4 in 2022. Vendor referrals increased from 10 in 2021 to 42 in 2022, and meal deliveries for the Senior Center went up from 108 to 130.

The Board is cautiously resuming programs in 2023. A generous AARP grant, combined with the cooperation of the Fowler Center, allowed us to resume our walking program at the indoor track. Thanks to Victoria Davis and Chris Asmussen for leading it each Monday, Wednesday, and

Friday. We also recently hosted our first indoor program (masks and spacing provided) for a lecture on balance and fall reduction. Other programming being scheduled includes expert lectures on osteoporosis, dementia, and medicare. We are also planning some purely social events in the relative safety of the outdoors.

Sincere thanks to our Board of Directors, who generously volunteer their time to keep Folks at Home mission focused. Welcome to our new Board President, Dr. Karen Kuers. Sincere thanks to the community members who volunteer with driving and leading programs. Thanks to our student volunteers (Bonners and Canales and sorority members) from the University and St. Andrew's-Sewanee. Special thanks to our members. We adore you! And finally, thanks to our donors who helped us get through uncertain times over the last three years. Your gifts have increased the capacity and resiliency of Folks at Home for the future of our community.



fore COVID changed our lives, we hope to continue the event again in some fashion.

Five years later, here I am attempting to fill Sarah Doyi's experienced and capable shoes. My goal is still the same: to assist Folks at Home, its members, and the community. The position of Service Coordinator and Executive Assistant is now 32 hours a week. This will allow us to increase service capacity, plan and offer more programming and events without compromising the quality and efficiency of service we wish to maintain. In early March, we sent out a survey to our members to help sharpen our focus on services and programs, and how we deliver them. The results of the survey will be shared in the fall newsletter.

**M**y initial introduction to Folks at Home was a small moment in the spring of 2018—a happenstance that easily could have been missed in the minutia of the day. After meeting Wall and hearing the mission of Folks at Home, I knew I wanted to help. The planning and gathering of the volunteer force that became the Home Sweet Home benefit concert was born. Although we were only able to continue the benefit concert for two years be-

Thank you to Sarah for her guidance and introductions when I started training in December. Thank you to Wall for bringing me into the Folks at Home family. Thank you to the members for their warm welcome and trust in me. Thank you all for allowing me to fill my day with moments dedicated to fulfilling the mission of Folks at Home.



AmeriCorps Volunteers at St. Mary's Convent, coordinated through Folks at Home.



## 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

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

### Folks at Home

141 University Avenue  
Sewanee, TN 37375

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folksathome.org

## LETTER FROM THE TREASURER

**A**t the very end of 2019, Folks at Home was facing a mini financial crisis with only a little over one month's operational expenses remaining in our combined checking and savings accounts.

Flash forward a few years to the present day and you will find Folks at Home in an unprecedented sound financial situation. The reason for this is multifaceted, but the biggest part is due to the generosity of others and sound, hard work by staff members. If you remember March of 2020, when COVID hit, and everyone's financial future was uncertain, the people of our village responded with magnificent generosity. Funds grew, and so did our opportunities. A bare bones budget had been created, which couldn't have been done without the discretion and advice of the Executive Director. As you might imagine, this entails hard choices and sacrifices.

Recovering and growing the financial health of a non-profit

is meaningless unless it reflects the growth of the non-profit itself. So over the years, thanks to many contributions large and small, Folks at Home has indeed grown as an organization. To what degree? Folks at Home now owns its building, owns and operates its own vehicle, has increased budgeted programs, and has an Assistant Director with an increased work week (a necessary need due to the increased activities and work load naturally put upon our front office). Our savings account, which was yielding a whopping annual rate of 0.01% was terminated and funds were transferred into a newly formed money market account yielding 4% plus, (thank you, Executive Director Wall, and Bookkeeper David Pilcher). As we look forward to another year of continuing support, we know that with financial rewards, greater responsibility is demanded. Folks at Home will actively seek ways of building an even better village, all in keeping with our vision.

## SPECIAL THANKS

**Sally Hubbard** for chairing our Caregiver Support Group.

**Victoria Davis and Chris Asmussen** for leading our Walking Group each week.

**Matt Costello** for managing our Facebook page.

**St. Mark & St. Paul Parish** for letting us use their space.

**F@H Volunteer Drivers**  
**Sewanee Community Center**

**Bonnors and Canales** for pet-walking and glass recycling.

**ADT Sorority and SAS Students** for help with yard clean-up for F@H members.

**Our Members and Donors** who support our work year after year!

## FOLKS AT HOME SPONSORS

Thanks to these organizations!



SEWANEE

The University of the South

Office of Civic Engagement



*Valentines Day card art class led by community volunteer Millicent Foreman*



*Folks at Home transportation has come a long way*

## COMING SOON

*Our new and improved website!*

*folksathome.org*