



# FOLKS AT HOME

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

SPRING 2026

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## LETTER FROM THE

## BOARD PRESIDENT

**I**t is 2026, and that means we have begun our 16th year of service to our beloved community. Last year was our busiest ever and we expect this year will keep us all very active.

### A 10-Point Letter of Thanks

1. I want to thank the present members of the Board of Directors for their dedicated work to foster F@H's mission and for allowing me to serve a second year as Board President. Thank you, colleagues!
2. I would like to express my deep appreciation for the Board of Director service of Craig Stubblebine, PhD. Dr. Stubblebine stepped down from the Board at the end of December, after serving more than nine years. His knowledge and leadership are unmatched, and he will be greatly missed. Thank you, Craig!
3. My sincere thanks to the Rev. Dr. Amy Lamborn. Amy just concluded a three-year term on the Board of Directors and brought amazing vocational experience & wisdom to the Board. Thank you, Amy!
4. I need to acknowledge David Pilcher's service to F@H. David enters his sixth year as our bookkeeper. His accounting knowledge has been instrumental in helping our organization remain financially sound during these uncertain times. He is also a "rock star" volunteer driver for F@H. Thank you, David!
5. While I am acknowledging volunteers, here is a heartfelt thank you to all our volunteers. F@H remains in debt to the many people who spend their time and talent furthering our mission. Thank you, all!
6. Particular thoughts of gratitude go out to the University of the South ADT Sorority and to the students of St. Andrew's-Sewanee School. These young people have continually provided F@H with hours of volunteer labor for various projects. You should note that ADT Sorority just led the "Spring Action" F@H yard clean-up for our members for the 7th year in a row. Thank you, SAS Students, and thank you, ADT!
7. A new and exciting F@H endeavor for this year is having our organization collaborate, with the

University of the South (Sewanee) and Tennessee State University (TSU), in conducting an older adult "needs assessment study." The purpose of the study is to better understand the contributions that older adults make in our community and for specific needs they face to foster their wellbeing. The "heavy lifting" in this study will be done by students from Sewanee and TSU, under the guidance, direction, and leadership of Sewanee professors, Dr. Amy Patterson & Dr. Deb McGrath, and TSU professor Dr. Cara Robinson. We are hopeful this study will provide F@H (and other agencies and organizations) with keen insight on the needs of our older population and help us all plan for the future. Please consider participating in this valuable collaborative endeavor. Thank you, Sewanee & TSU!

8. Another exciting F@H Program this year is the reorganization and reestablishment of a Caregivers Support Group. One of the original services provide by F@H was a group program to help provide support to people in our community who found themselves as caregivers to family or friends. This was a vital program and was led for many years by devoted facilitators, including the Rev. Joe Porter, Sally Hubbard, and the Rev. Dr. Linda Hutton. We are pleased to announce that the Caregivers Program has begun regular meetings again, under the direction of the Rev. Tom Gildemeister. Tom is a retired Methodist minister and brings deep educational, vocational, and personal experiences to this topic. If you are interested, call the F@H Office for details on the meeting place and times. Thank you, Tom!
9. A big "shout out" to our amazing staff. You live our "mission" every day. Thanks to Sarah Doyi, Jennifer Percy, Kevin Burkholder, and Executive Director Wall Wofford!
10. And finally... I wish to offer my thanks to all the people who financially support our little organization that strives to empower folks to live and thrive in their homes as they remain in the community they love. Thank you for your generosity!

—STEVE

There are two main ingredients to most Villages across the United States. The first is Services, which includes transports, home tasks, vendor referrals, phone check-ins, etc. The second ingredient is Programming, which includes exercise groups, support groups, reading groups, lectures, etc.

I think for the first time in my tenure with Folks at Home, those two pillars of a Village are almost in balance. We prioritize services, of course, but entering 2026, our programming has become considerably more robust. We have two exercise classes: the Monday, Wednesday, Friday walking group at the Fowler Center indoor track (thank you, Chris Asmussen, for your long oversight of this program); we have added a balance and strength training class called “Stay Active and Independent for Life” on Tuesdays and Thursdays (thank you, Sarah Doyi and Jennifer Percy, for your dedication to getting certified and leading this lively class at the Sewanee Community Center). We are con-

tinuing our collaborative lecture series with LiveWell on the Mountain and AgeWell in 2026. Finally, we have also renewed our Care-giver Support Group, thanks to the Rev. Tom Gildemeister. This group meets every Tuesday in Brooks Hall at 1:00 p.m. Sincere thanks to Tom for feeling called to serve as facilitator for this group, which is open to the community.

Service delivery continues to be strong. While transportation has leveled out (after doubling two years in a row), our overall service delivery is up by roughly 20% compared to 2024. See the 2025 data for a breakdown by service type.

*Folks at Home is stronger than ever, busy as always, and proud to be of service to this community.*

Give us a wave of encouragement when you see us running hither and thither in our Folks at Home vehicles. We are getting folks where they need to be!



As always, sincere thanks to our dedicated Board Members, our super-duper volunteer drivers, our AmeriCorps Service Members, our staff, our members, and our donors.

Have a great year, everyone!

—WALL



## PROGRAMS

*Fowler Center Walking Group  
Stay Active and  
Independent for Life*

*Caregiver Support Group  
ADT Sorority and SAS spring  
and fall action yard cleanups  
Vaccination Clinic*

*Our lecture series on aging well  
continues in 2026 with AgeWell and  
LiveWell on the Mountain*

JAN.—DEC. 2025  
CALL DATA 



267

Medical  
Transports



32

Vendor  
Referrals



194

Home Task  
Assistance



246

Information



28

Glass  
Recycling



260

Meal  
Delivery



192

Non-Medical  
Transports



73

Durable Medical  
Equipment Checkouts



81

Technology  
Support



131

Home/Office  
Visits



21

Yard  
Clean-ups



137

Pro bono  
Calls



1,441

Phone/Email  
Check-Ins



6

Caregiver  
Coordination



7

Pet  
Walking



251

Member  
Errands



54

Vaccine  
Registrations



3,284

Total  
Services

## LETTER FROM THE TREASURER

**H**ere's something interesting and actually amazing about Folks at Home that I've been thinking about. Folks at Home, in its many years of existence, has never increased the membership fees. Why is this interesting and amazing? The obvious answer is that it certainly allows for members to be able to renew their membership without increasing their financial burden. The annual fees for membership are \$400 for a single person and \$700 for a couple. Though this amount is affordable for some it can be a stretch for plenty of others. Raising the dues just might not work out for a number of members that really need our help. There is another reason this is interesting and amazing. While not increasing dues, we continue to thrive as an organization by means of the generosity of those who are a part of and love this community.

It seems that people understand that the val-

*We are far more than who we were in 2013; we are far more than who we were in 2021.*

ue of the membership far exceeds the cost. The membership fees are invaluable, but not enough to keep the doors open and the lights on. Your donations help to fund so many worthwhile services and programs. They also lend a hand to the occasional few who cannot afford our membership dues. And most importantly, as the needs of our members increase, your donations have allowed us to meet these needs resulting in the capacity of the organization growing by increasing staff, vehicles, and programs.

We are far more than who we were in 2013; we are far more than who we were in 2021.

—WOODY



AmeriCorps service volunteer, Kevin Burkholder, affixes traction pads before snow and ice arrives.

*Your work is life-saving for members, especially for the families. Blessings.*

—Daughter of F@H Member

*Y'all have been so wonderful to me. God bless you!*

—Community Member

## LETTER FROM THE SERVICE COORDINATOR

**S**tay Active and Independent for Life (SAIL) is an evidence-based exercise program which works the whole body. Strength, balance, flexibility, and all around functionality are the objectives. It has been my great pleasure (and benefit) to co-lead this bi-weekly class, which we offer to members. Our first class filled quickly, and they have become a loyal group of "sailors."

Recently, we asked our participants whether SAIL has helped them. All but one felt SAIL had helped them increase strength. 100% felt

their balance was better! Jennifer and I add our own testaments to SAIL's success. We are both stronger and have better balance than before we set SAIL last July.

When asked what keeps him coming to SAIL classes, one participant responded, "It makes me feel better, enjoying fellowship." Another member wrote, "I feel more comfortable and secure during my everyday activities." It has been a pleasure to witness their progress... as well as our own. Happy SAILing!

—SARAH



*If Folks at Home wasn't there, I wouldn't be here in my home. I honestly don't know what I would do without you.* —F@H Member

*With regard to SAIL, it's a way of regaining confidence. The balance is the absolute best thing about it.*

—SAIL Participant

*I know my body just feels better.*

—SAIL Participant

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

—SAIL Participant

*I've been SAILing since July. Legs, back, and arms are stronger now than I could ever have imagined. Balance is also much improved, and I can walk without fear again.*

—SAIL Participant



## 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

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Sewanee, TN 37375

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folksathome.org

## LETTER FROM AN

# AMERICORPS SERVICE MEMBER

**F**olks at Home does a lot of transports. In 2025, we and our amazing volunteer drivers delivered 267 medical transports and 192 non-medical transports, as well as 251 errands for our peeps. Sometimes we see as many as six transports in a single day! Wall told me he remembers when 24 a month was a jaw-dropping number. Now 40-50 is the new normal.

As an AmeriCorps service member in my first full year with Folks at Home, being positioned as Transportation Coordinator has been a learning experience. Scheduling transports, staffing them, and shuffling vehicles can be a challenge — made easier by our volunteer drivers, to whom we are incredibly grateful! Our own staff still handles 60-70% of transports and almost all of the errands. It takes a village to sustain a village.

From the Air Traffic Control Tower, I wonder if you, a valued F@H member, can help me help you, when you need transportation. *How?* Easy! Call us as soon as you can. Although two weeks advance notice is appreciated, if possible, we realize this is not always realistic... but the more notice you can give us, the better we can serve you. Have your information ready when you call: the transportation date, time,



destination, location. And if you need to cancel trip, please let us know as soon as you can. It really helps! We or a volunteer have the day on hold, so that we can get you to your destination.

A lot happens behind the scenes to organize and schedule transportation. We love getting it done well, and we appreciate your helping us to help you.

—JENNIFER



Mountain T.O.P. volunteers repairing the front steps for a F@H member, making it safer. Thanks, Mountain T.O.P.!



The ADT Sorority comes through for another year of fall action yard clean-up. Thank you, ADT!

## Aging in Our Communities Study

**W**e have received a robust response from the community on this collaborative initiative among University of the South professors and Tennessee State faculty. The study is designed and led by Dr. Amy Patterson and Dr. Deborah McGrath of the University of the South, and Dr. Cara Robinson of Tennessee State's "Center on Aging Research." Special thanks to them and to their students for their expertise and meticulous organization and design of this unique collaborative initiative.

## Caregiver Support Group Spotlight

**O**ur Caregiver Support Group is up and running again under the guidance of Rev. Tom Gildemeister. Thanks Tom! This, our longest running program, meets every Tuesday at 1:00 p.m. in Brooks Hall at the Parish of St. Mark & St. Paul in Sewanee. The program is open to the community. Please register in advance, as there are space limits.

## FOLKS AT HOME SPONSORS

Thanks to these organizations!



SEWANEE

The University  
of the South

Office of  
Civic Engagement