

Our stories: staying connected during times of isolation

As Development Director and a behind-the-scenes kind of gal, I rarely get a chance to see my coworkers in action. While I bury myself in words, graphics, and egg puns, my incredible coworkers are on the front lines - helping thousands of people I will never see, hear, or know. There is admittedly a bit of a disconnect. The pandemic has only intensified this, with many of us teleworking and few opportunities for in-person interactions. Recently I heard about two things my fellow ADFAC workers have been doing, and it made me smile and feel connected to them and the clients they are helping. I hope it helps you feel connected as well.



COVID-19 brought ADFAC's elder repair program to a standstill. The program helps senior homeowners with essential repairs that allow for independent living. With seniors at high risk for complications of COVID, all elder repair projects were put on hold last spring - a pause which has lasted longer than any of us imagined!

The repairs are still on hold, but that doesn't mean the care for clients stopped. Earlier this year, Appalachian Housing Partners program director Cindy Ross set out to call the elderly clients on the repair waiting list. Among her concerns,

Cindy touched base to see what repairs still needed to be done and how comfortable they were with ADFAC staff, volunteers, and contractors coming into their homes. These calls also gave Cindy the important opportunity to see how our elderly clients were handling isolation. Isolation has been difficult for all of us, but for many of these homeowners, a simple phone call makes a world of difference; a caring voice is a lifeline.

ADFAC's elder repair program is more than lumber, paint, or a new HVAC system. In her conversations with over

six dozen seniors, Cindy showed them they were still part of a community.



Just a few weeks ago, at the March board meeting, the staff guest was Nan Shugart, Client Service Coordinator for the Household Assistance Program. Nan does an exceptional job of bringing the humanity of ADFAC's clients to those of us unable to personally witness their stories. During her presentation, she shared some thoughts and feelings clients have expressed to her recently:

"I am so sorry; I have never asked for help in my life; this is really embarrassing for me."

"It was really nice to talk to someone that listened and didn't judge me. And the best part is you understood what I was saying and don't think I'm crazy."

"I've seldom been on the receiving end of giving. I am so very humbled by the outpouring of generosity that has come our way. It has been such an emotional experience."

"Your words of encouragement and guidance, I am thankful for and

will always remember. Thank you to ADFAC for helping me get back on my feet. You are a Godsend."

An especially touching story Nan shared was of a client whose husband had just passed. After talking with the client, Nan sent her a card offering condolences. When the client called back a few months later and found out she was speaking to Nan, she said,

*"I need to tell you something. **What you wrote to me is framed.** It was the sweetest gesture of my husband's passing. It showed me how much you cared."*



My coworkers are rock stars. Not only do they effectively provide financial aid, but they are truly invested in the well-being of each client. It's not just Cindy and Nan - Joey, Janice, Connie, Becky, and Theresa all provide direct services with a heaping helping of love. The leadership of Superwoman Annie and numbers-whiz Cindi are icing on the cake!

A common theme during the pandemic is, "We're all in this together." In fact, sometimes I get tired of hearing it! Working primarily from home, I don't always get to see what happens in the real, busy, everyday work lives of my ADFAC family. When those times come, I cherish them and the services ADFAC provides. Even if we're still a bit isolated, it just takes a few examples to remember that we - ADFAC's staff, clients, volunteers, board members, and supporters, are actually all in this together.

- Jamie LaRose

ADFAC Milestone: 10 years of ENERGY STAR new homes

The year ADFAC constructed its first two ENERGY STAR rated homes, this newsletter was still printed in black and white, Appalachian Housing Partners was still called Affordable Housing, the iPhone 4s was Apple's newest release, and the Green Bay Packers won Super Bowl XLV. While it doesn't seem like too long ago, there are a few things that have changed over the past decade! Fortunately, one thing that hasn't changed is ADFAC's commitment to constructing quality, affordable ENERGY STAR homes. To commemorate ten years of energy efficient construction, we offer this reprint of an article from the **Summer 2011 edition of ADFACts**:

Affordable Housing program completes two ENERGY-STAR certified new homes

Earlier this spring, ADFAC's Affordable Housing program completed its first two new constructions to be certified by the ENERGY STAR program. The two homes earned the ENERGY STAR by meeting strict guidelines for energy efficiency set by the Environmental Protection Agency (EPA).



The homes, one in Clinton and 1 in Oak Ridge, were constructed using a variety of practices and products that promote energy savings in the home.

Both homes have conditioned crawlspaces - a different take on

traditional vented crawlspaces. In a conditioned crawlspace, the area is made as airtight as possible, reducing moisture and preventing mold and wood rot. The crawlspace remains warm, dry and clean - and also helps to lower utility bills!

Hybrid electric heat pump water heaters were also installed in both homes. The heat pump pulls heat from the air, increases the heat with a compressor and transfers the heat to the water. The technology is so efficient that it cuts energy consumption by over half when compared to traditional electric water heaters!

The new homes were outfitted with mechanical ventilation. The houses are constructed to be airtight. Outside air is brought in through a filter which both cleans the air and decreases humidity; air is then cycled back outside. The continuous

air exchange dilutes indoor pollutants and is more energy efficient.

All appliances in both homes (and all of ADFAC's new homes) are also ENERGY STAR certified.

These, and other, efforts resulted in the homes being considerably more efficient than traditionally-built homes. To qualify for ENERGY STAR certification, the homes were constructed by licensed contractors under the supervision of a HERS rater (ADFAC's own Bronzie Harris), who performed inspections throughout the construction process. Upon completion of the homes, Bronzie completed final inspections of the buildings, generated HERS scores and certified the homes as ENERGY STAR. All ENERGY STAR homes



must be at least 15% more efficient than traditionally built houses. The home in Clinton received a HERS rating of 72 - meaning it is 28% more efficient; with a score of 76, the Oak Ridge home is 24% more efficient.

These numbers translate into real savings for ADFAC's clients. If a family in a traditional home spends \$2,400 a year on utilities - the same family living in one of the above homes would save roughly \$600 per year!

As it is the mission of our program to provide quality, affordable housing opportunities to low-income families, we are excited about this new way to serve our clients.

ADFAC receives grant to combat childhood hunger



ADFAC was thrilled to receive a new grant to support our Crisis Cupboard, which provides pantry and personal hygiene items as well as vouchers for fresh food.

The grant, provided by Y-12 GIVES Foundation, will specifically provide food vouchers for families with children. We look forward to sharing more about this partnership in the future!



Household Assistance Program welcomes social Work interns



SUPPORTER SHOUT-OUT



Hello! My name is Jessie Baer, and I am a 25 year old junior in the UT College of Social Work bachelors program. I originally received my AAS in Paralegal studies from RSCC in 2015. I then took some time off from school wherein I worked as a paralegal investigator for the Anderson County Public Defender's office. I went back to school in 2018 while continuing to work there until December when, after five years, I left to accommodate my field placement here at ADFAC.



My goal upon graduating with my BSSW is to continue in the advanced standing masters program, and possibly the PhD or DSW program! My goal upon finishing school is to focus on macro work with the aim of improving the quality of life for marginalized and impoverished Tennesseans, and I know the social work program at UT and my internship at ADFAC are the first steps in providing me with the critical hands-on skills and education I need to do that!

I feel so privileged to be here, and I am truly excited to see what the future has

in store for me here, and I hope to make UT, ADFAC, my beloved former coworkers at the ACPD office, and my loved ones proud.



My name is Hannah Schneider and I am a Master's level social worker at the University of Tennessee. Some of you may know me as Hannah Parkman but as I'm sure you all know, I got married in early January of this year.

I am a returning Intern with ADFAC and am so happy to be a part of such an awesome team. In addition to grad school and devoting time to ADFAC, I am a mother to 3 kiddos (2 boys, 6 AND 10 and a little girl, 1) and also have a part time job working for Volunteer Visitation by supervising parents who are working towards getting custody back of their children.

I enjoy hiking with my family, watching documentaries about ancient history and taking naps. I have over 3 years experience working Child Protection Services and am still deciding what I will do after I graduate in May.



Lunch 4 Literacy turns 30

Congratulations to our friends with Lunch 4 Literacy, which recently held its 30th annual fundraising event!

A collaboration between Oak Ridge Breakfast Rotary Club and Altrusa International of Oak Ridge, the event features noteworthy authors who speak at the much-loved luncheon. Proceeds from ticket sales and sponsors fund local literacy initiatives, including ADFAC's School Supplies Program.

ADFAC received its first Lunch 4 Literacy grant in January, 2010. Since that time, this important partnership has directly helped hundreds of at-risk students return to school with the required supplies. Being prepared and ready to learn is a cornerstone of literacy!



"We are delighted Lunch 4 Literacy is celebrating 30 years," said Becky Hook, coordinator of the School Supplies Program.

"These efforts have raised essential dollars to promote childhood literacy, which benefits innumerable young people and the community as a whole."



Egg-straordinary! The ADFAC Egg Spectacular raises over \$5,000

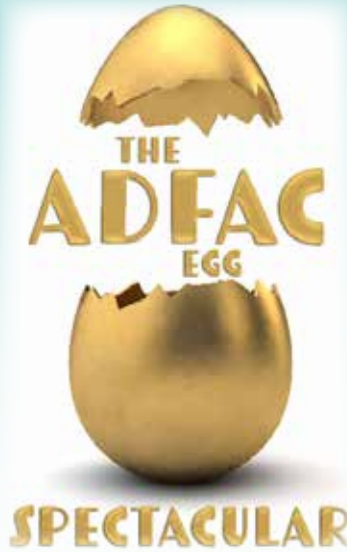
Last year, an idea for a new spring fundraiser was hatched: an egg hunt for adults. Unfortunately, our original plan for the event had to be modified due to COVID-19, but we still were able to have a lot of fun - and raise a lot of money!

The ADFAC Egg Spectacular encouraged the community to purchase \$5 "eggs," which were essentially 50/50 raffle tickets. The person with the winning ticket received half of all proceeds, with ADFAC receiving the other half.

To help get the word out, we enlisted local celebrities and friends to make videos with information about the Egg Spectacular, with fantastic results! Videos were provided by:

Janelle Arthur • Jim Dodson • Leslie England
Tara & Brian Kneiser • Bear Stephenson
Southern Bliss Boutique • Star 102.1 - Marc & Kim
ORHS Wildcats for Change • ORS PreSchool

Nearly 1,000 tickets were purchased. The Grand Prize winner of the 50/50 raffle was Regina Renfro, with non-cash runner up prizes going to Pat Row and Bill Capshaw. Congratulations!



Bill Wilcox Bow Tie Event to honor volunteer, raise funds

As a member of the Oak Ridge City Council, Jim Dodson has presented proclamations to several Bow Tie recipients, including 2020 winner Tom Beehan and 2019 winner Bill Capshaw.

Before that, he was a Bow Tie event volunteer the years Bear Stephenson, Tom Row, and Louise Mixon received their

awards. Clearly, Jim loves to help out at Bow Tie!

While we appreciate his assistance in years past, Jim won't be presenting the proclamation in 2021, nor will he be providing his customary volunteer service.

It's not that he's *unable* to do these things...

...we just think he might want the night off to enjoy receiving the 2021 Bill Wilcox Bow Tie Award.

That's right! We are so excited to be able to honor Jim as the 2021 Bow Tie Recipient! Jim is a treasured public servant, family man, school teacher, artist and art advocate, and overall

phenomenal supporter of numerous local and regional organizations.

Jim truly embodies the spirit of Bow Tie, and plans are already in the works to provide a memorable night.

The big event, which doubles as ADFAC's signature fundraiser, will take place on Saturday,

October 23 at the St. Mary's Family Life Center. Additional information will be shared soon, so watch your mailbox, inbox, and ADFAC's social media.

Congratulations, Jim! And don't worry, we welcome you to return to your Bow Tie volunteer position next year!



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In memory of Bill Nestor

Dennis & Candace Strickler

In memory of Fred Sloop

Kris & Hans Christen

In memory of

Mildred Wallace
Family of Tonja Alton



**The full 2021 YTD donor list will be included in the next issue of ADFACts.*

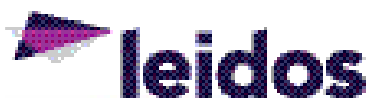


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ADFAC to celebrate 'Older Americans Month'

"Older Americans Month" was created in 1963 to recognize and address the needs of seniors 65+, who numbered 17 million at the time. Today, over 52 million seniors live across the US, including valued members of ADFAC's staff, clients, donors, directors, and volunteers.

At ADFAC's March board meeting, May 2021 was proclaimed Older Americans Month, challenging **"every resident to take time during this month to recognize older adults and the people who serve them as vital parts of our community."**

Each May, the *Administration for Community Living* leads the celebration of Older Americans Month. This year's theme is "Communities of Strength," recognizing the important role older adults play in fostering

the connection and engagement that build strong, resilient communities.

What can YOU do to celebrate the older folks in your life (including yourself, if applicable)?

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.
- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home-cooked meal.

- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

Keep an eye out for ADFAC's e-newsletter and posts on our Facebook and Instagram accounts for more information on how ADFAC will commemorate Older Americans Month.

