

Hope for Pauline

Pauline, in her mid-fifties, has accomplished a lot in her life. She is the proud mother of two grown children, served an impressive 14 years in the US Army, and had a 17-year career at a major manufacturing company.

Over the past several years, however, Pauline's health began to decline. With severe hip pain, it became impossible to sit or stand for long periods; she also developed incontinence which directly led to the loss of her last job. She had her right hip replaced six years ago and her left hip replaced just a few months ago. She is still recovering, walks with a cane, and goes to outpatient physical therapy three times a week. In time, Pauline is hopeful she can get back to work -- it is simply not in her nature to be idle.

Being out of work clearly also brings financial hardship. When Pauline called ADFAC for utility assistance, her only cash income was \$175 from her ex-husband's retirement, and she was recently approved for SNAP benefits. She was several months behind on her bills. ETHRA

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was able to help with her overdue electric bill, but she still owed \$145 for water. ADFAC's social worker talked with Pauline at length about her difficult circumstances. Not only was she struggling to pay for utilities, but rent would also be due in a few weeks. Along with her physical ailments, the mental stress was starting to take a toll. She opened up about her depression and anxiety, conditions for which she was recently able to get medication through the VA. The social worker provided short-term supportive therapy as well as information on other resources that could help Pauline get back on her feet.

ADFAC was able to pay Pauline's entire water bill so she was no longer in arrears, and the social worker encouraged her to call back when her rent became due to see if more assistance would be available.

It might not seem like a lot - \$145 for a water bill. It's more than the money, though.

It's a stepping stone.

It's the opportunity to have someone truly listen.

It's the ability to feel hope when it seems all your accomplishments are behind you.

Staff Updates

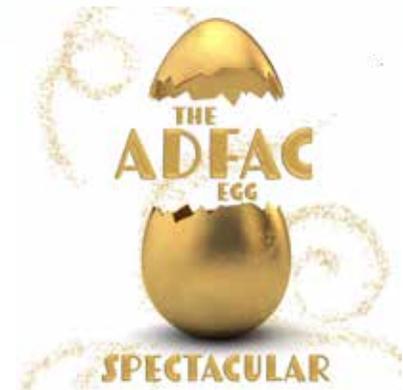
Congratulations are in order for Joey Collins, who was recently promoted to ADFAC Director of Programming! In his new position, Joey will oversee both the Household Assistance Program and Appalachian Housing Partners. Joey brings to this position three years of experience leading the Household Assistance Program and a commitment to providing quality programs to our community.

We would also like to wish congratulations to Cindy Ross on her recent retirement from her position as Director of Appalachian Housing Partners. Cindy provided over 25 years of service to ADFAC and its clients. Her presence, expertise, and dedication to helping others will be greatly missed. Many happy returns, Cindy!

IT'S NO YOLK! THE ADFAC EGG SPECTACULAR IS BACK

What's a fun, easy way to raise money to support ADFAC's work?

Why, the ADFAC Egg Spectacular, of course!



The Egg Spectacular is a 50/50 raffle where one winner will receive half the total sales of "eggs" (chances), with ADFAC receiving the other half. Last year, our winner took home \$2,500!

You can participate by simply purchasing one or more eggs for \$5 each. (You won't receive an actual egg - just a chance to win!) To purchase your chances to win, visit ADFAC's Facebook page, www.tinyurl.com/ADFAC-EGG, or scan the QR code to the right.



To participate, you must be 18 years or older. Sorry, ADFAC staff and board of directors and their immediate families are not eligible to participate.

There is no limit to how many chances you can purchase: the more are sold, the larger the jackpot, and the more families ADFAC will be able to serve. It's a win-win opportunity!

The winning egg will be drawn at random on Saturday, April 23 at 5 PM during a livestream Facebook event.

ADFAC welcomes AmeriCorps volunteers

Through a partnership with Appalachia CARES, ADFAC is thrilled to welcome two new AmeriCorps volunteers, Ashley Hillis and Mary Moody.

Appalachia CARES is a grant-funded AmeriCorps program offered regionally through Clinch-Powell. Since 1996, Appalachia CARES has helped over 750 individuals find service-learning opportunities in East Tennessee.

Ashley and Mary joined ADFAC early in 2022 and are working in the Household Assistance and Appalachian Housing Partners programs.

(Photos courtesy of Appalachia CARES)



I am a life-long Oak Ridger, BA in Human Growth & Learning, my husband is Brad, my 9 year old son is Thomas and we have a dog named Millie. I love llamas, reading, live music and spending time with my family and friends. My official ADFAC title is Project Program Coordinator and I'm working through Appalachia CARES, AmeriCorps. I will be working on volunteer, rehab and new home projects in Appalachian Housing Partners and I'm super excited to be here!



I'm Mary Moody from Memphis, TN. My fiancé and I have been in Oak Ridge for 1 year. We moved here due to my daughter's medical needs. We love Oak ridge and plan on staying. I am a Client Services Assistant at ADFAC. I work directly with clients who are applying for home repair projects.

School Supplies Program to add 4 new schools in 2022

4,000 students from 43 schools expected to be served

In the early years of the School Supplies Program, parents would bring their children to ADFAC's "School Supplies Room." Volunteers and staff would assist each child in choosing the exact supplies on their school's supply list. It was a very personal and rewarding way to make sure students had the supplies they needed, but logistically, it limited the program significantly. At its peak, only ~1,300 students could be served using the Supply Room method.

Nine years ago, supply distribution was moved to our partner schools - 29 at the time - and since then the program has grown tremendously.

In particular, moving distribution to the schools allowed ADFAC to serve new counties with high rates of child poverty. Starting with

Sunbright School, from 2016-2021, a total of nine Morgan and Campbell County Schools were added.

Last fall, ADFAC received a grant from the Episcopal Opportunity Fund to further expand the School Supplies Program to four new locations in Campbell and Roane counties.

The Episcopal Opportunity Fund is a social ministry operated by the Episcopal Diocese of East Tennessee. St. Stephen's Episcopal Church in Oak Ridge was the sponsoring parish for ADFAC's grant application.

The four new schools to be served are:

- Dyllis Springs in Oliver Springs,
- Raymond S. Bowers Elementary in Harriman,
- White Oak Elementary in Duff, and
- Valley View Elementary in LaFollette.

Arby's Foundation, and the William and Helen Thomas Charitable Trust, Bank of America, N.A., Co-Trustee. Additional grant applications are pending.

To reach our goal we will look to the invaluable support from individuals, churches, businesses, and clubs. Last year, non-grant cash contributions to the School Supplies Program totaled over \$20,000, and in-kind donations were valued at roughly \$20,000 as well!

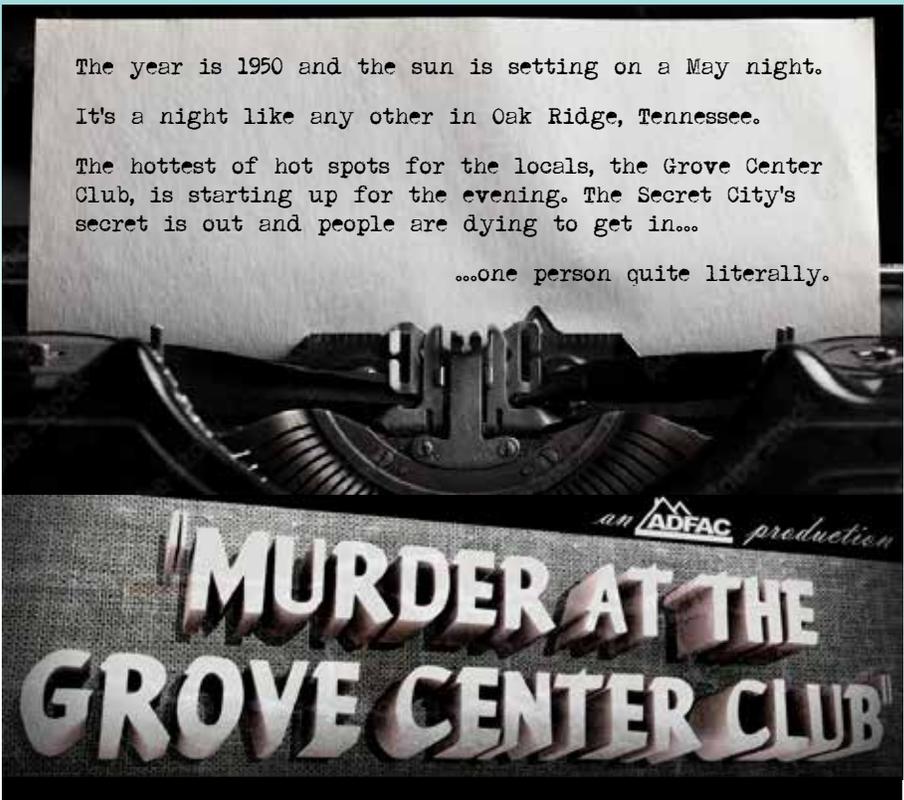
Your continued support is vital! More information on how you can play a role in the success of the program will be available in the next few months.

With those additions, in 2022, ADFAC will provide new backpacks and supplies to students in forty-three schools in 6 districts! With community support, we expect to serve 4,000 students.

Along with the Episcopal Opportunity Grant, support for this year's program has been provided by Altrusa and the Oak Ridge Breakfast Rotary Club, United Way of Anderson County, UT-Battelle, the



This is especially exciting because it's the first time the program will be in Roane County!



- Who:** Citizens needed to solve a mystery
- What:** \$600/table (6 guests) -includes catered dinner, entertainment, and playing a character in the debut of "Murder at the Grove Center Club"
- When:** Saturday, May 14, 2022
5:30 - 8:30
- Where:** Elks Lodge, 684 Emory Valley Road, Oak Ridge
- Wear:** Early 1950s dress strongly encouraged
- Why:** To benefit ADFAC!

If you are interested in hosting a table, please contact Elaine Graham at 865.385.5555 or Cande Seay at 865.216.1538 for more information!

Due to the ongoing COVID-19 pandemic, tickets are limited to allow for social distancing and event details are subject to change.

Leadership Roane County helps neighbor in need

On a sunny Saturday in March, members of the 2021 Leadership Roane County class volunteered their time to help out an elderly homeowner.

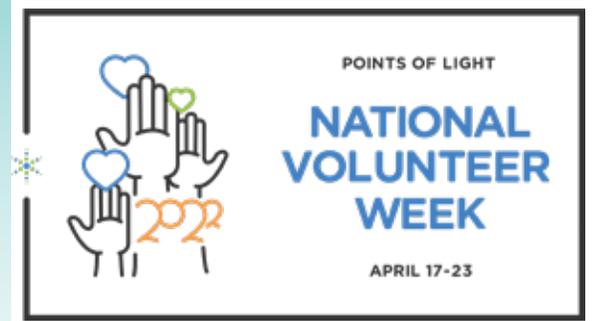
The crew worked together to clean the siding and gutters, rake and bag leaves, and other outdoor improvements. Their work helped to both enhance and preserve.

The highlight of the project, however, involved a furry little friend. The homeowner asked if a gate could be installed on the back porch. She loved to spend time on the porch with her best buddy, an adorable little dog named Molly. The new gate provided the homeowner with peace of mind that Molly would be safe on the porch and unable to run into traffic. Molly seemed pleased as well, and loved hanging out with her new friends.

Thank you, Leadership Roane County!



Leadership Roane County first started in 1985 through Roane State Community College, and is co-sponsored by Roane County county Chamber of Commerce.



Here at ADFAC, we love our volunteers!

All three of ADFAC’s direct service programs, as well as the administrative team, rely on the loyalty, skill, and compassion of our volunteers. From client intake to computer assistance, delivering backpacks to scrubbing siding, our vols are priceless.

National Volunteer Week was first recognized in 1974, and is now organized annually by the Points of Light Foundation, founded by former President George H. W. Bush. From pointsoflight.org,

“National Volunteer Week is an opportunity to recognize the impact of volunteer service and the power of volunteers to tackle society’s greatest challenges, to build stronger communities and be a force that transforms the world.”

To our wonderful ADFAC volunteers - and all volunteers in our community - thank you for the service you provide to make our little part of the world a better place.

ADFAC TURNS 35; SUPPORTERS DONATE TO CELEBRATE

Totally radical!

Most excellent!

On January 28, ADFAC celebrated its 35th “birthday” and the vintage vibes were flowin’. We took the party to our social media followers and requested some choice products commonly needed for our programs and offices. Supporters were able to choose from a variety of items on our Amazon Wish List, ranging from toothbrushes to pencils. Some totally tubular folks purchased dozens of items to stock our shelves. Wicked!

Did you miss out on the birthday? Like, don’t worry, be happy! ADFAC’s Wish List is available year-round, and virtual birthday cake can be eaten any time. If you’d like to help celebrate, bounce over to:

tinyurl.com/ADFACWishList



Yo! Check out all the gnarly donations we received for our Crisis Cupboard, School Supplies Program, and administrative offices!

Special thanks to Bill Capshaw, Betsy Ellis, Wendy McMahon, Jane Palmer, Cande Seay, and several anonymous donors for making ADFAC’s birthday awesome to the max.



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Kurt & Catherine

Warmbrod

Marci Willison

Jerry & Christina Young

In memory of Bill, Heather, Seth & Devin Mixon

Jane L. Shelton

In memory of Bill Nestor

Dennis & Candace Strickler

In memory of Betty Oakberg

Anonymous

Susan Olszewski & Tom Kaercher

In memory of Ruth Prewett & Virginia Hull

Powell & Barbara Prewett

In memory of Lee Rutherford & Tina Mount

George & Lucy Cagley

In memory of Michael Sale

Janet Sale

In memory of Fred Sloop

Kris & Hans Christen

In memory of Tom Scott

David & Donna Arakawa

In memory of Darlene Thurman

Cheri Donovan

In memory of Billy Tracy

Joseph & Melanie Williams

In memory of

Mildred Wallace

Family of Tonja Alton

In memory of Barbara Wantland

Mary Yonts

Susan Yonts-Shepard



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Previous Bow Tie recipients Louise Mixon, Jim Dodson, Bill Capshaw, Cande Seay, and Tom Beehan recently surprised Pat Postma with the news she will be the 2022 Bill Wilcox Bow Tie Award Winner.

Pat Postma to receive 2022 Bow Tie Award

January is always an exciting time for ADFAC's Bill Wilcox Bow Tie Committee - it is the time the new Bow Tie recipient is chosen!

The group nominated nine individuals for the award, all of whom were very deserving. After a close vote, it was announced Pat Postma would be the 2022 Bill Wilcox Bow Tie Award winner.

Pat, who first came to Oak Ridge in 1943, has a rich history of serving her community. Pat and her late husband Herman championed the original International Friendship Bell, and Pat helped lead the effort to rebuild the Peace Pavilion from 2016-18. Pat

also assisted with fundraising for the Oak Ridge High School renovations (which she also helped design!), and assisted in the creation of the *Oak Ridge Fund for Achieving Community*

Street into a downtown area for Oak Ridge.

In her nomination, , "As you can see, Pat Postma has spent a life time making Oak Ridge a better place to live, work and play and we are all better off because of her dedicated efforts."

We are thrilled to celebrate Pat on Saturday, November 5. Keep your eye on your mailbox and social media for more information on the 10th annual Bill Wilcox Bow Tie Celebration.



Excellence. Pat is involved in the Flatwater Tales Storytelling Festival as well as efforts to revitalize Wilson