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## National Volunteer Week coming on April 10-16

*“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.” - Margaret Mead*

Volunteers have been the heart of ADFAC long before our doors ever opened.

ADFAC came into existence through the amazing volunteer spirit of the late Kathy Stimpson, who for many years traveled throughout the area bringing aid to those most in need. When Kathy became ill in the mid-1980’s, volunteers in the Oak Ridge Ministerial Association recognized both the value of her efforts and the need that such work continue. Their devotion to continue Kathy’s mission resulted in the establishment of ADFAC as a nonprofit agency in 1987. Isn’t that a beautiful thing?

Twenty-four years later, the volunteer spirit still thrives at ADFAC. In our Social Services office, 18 regular volunteers provide much-needed assistance as receptionists, by entering data and/or by helping to administer the SAFE and ASSIST heating assistance programs. Over 50 volunteers help with the seasonal School Supplies and Warm Fuzzies programs, and a local computer specialist donates over 250 hours of time each year to address ADFAC’s technological needs. In 2010, volunteers provided 2,668 hours of service to Social Services, saving the agency over \$36,000 and allowing ADFAC to directly serve more clients.

In our Affordable Housing program, local civic, church and business groups often complete home repair projects for low-income homeowners. In 2010, 75 individuals from local groups completed 12 repair projects ranging from installing attic insulation to landscaping. As mentioned in the article on the front page, this summer the Affordable Housing program will host nearly 1,000 volunteers from across the country. The volunteers will complete 100 projects and provide labor worth over \$400,000! Because of their efforts and grant-funded building supplies, the repairs will be offered free of charge to the homeowners.

ADFAC’s 18 Board members all serve as volunteers and provide invaluable support for ADFAC’s programs and agency administration. They actively serve on committees, act as community advocates for ADFAC and spend countless hours assisting with ADFAC’s fund-raising efforts.

April 10-16, 2011 is **National Volunteer Week**. Established in 1974, National Volunteer Week recognizes the amazing efforts of volunteers across the country and encourages citizens to provide their time and talents to local organizations. As we look back at the rich history of volunteerism at ADFAC and reflect on our current team of wonderful volunteers, we can’t help but feel incredibly fortunate. Our volunteers have truly changed the world for thousands of our less fortunate neighbors. On behalf of the clients served, thank you. You **are** making a difference.

*Membership drives on track for spring*

ADFAC’s Corporate Membership drive began earlier this month, and the Individual/Family Membership drive is just around the corner! Watch your mailboxes in early April for details about ADFAC’s 2011 Membership Drive. Last year, over 250 individuals, families and businesses became Members of ADFAC!

If you do not receive a Membership packet but would like more information about becoming a Member of ADFAC, please contact Jamie Olson at [adfacjamie@bellsouth.net](mailto:adfacjamie@bellsouth.net) or (865) 425-0256 ext. 108.

*We appreciate your support and sincerely hope that you will join us again as we work to help those in need in our community.*

## Additional 2010 Membership Donors recognized

**Grand Benefactor**  
Anonymous

**Sustaining Contributor**  
Linda Cassens LaForest  
Marian & Robert Varner

**Benefactor**  
Stephen H. Harrison

**Contributor**  
Anonymous  
Martin & Betsy Bauer

**Sustaining Sponsor**  
Anonymous

**Member**  
Anonymous  
Lee & Janet Robertson

**Sponsor**  
Anonymous  
Byron Trauger

*If we have omitted or misspelled your name, please let us know!*

*Donations made to the 2011 Membership drives will be listed beginning in the Summer edition of ADFACts.*



*Serving the diverse charitable needs of rural Appalachia since 1987*

# ADFACts

Aid to Distressed Families of Appalachian Counties  
Post Office Box 5953 • Oak Ridge, TN 37831  
(865) 425-0256 • [www.adfac.org](http://www.adfac.org)

THE QUARTERLY NEWSLETTER OF AID TO DISTRESSED FAMILIES OF APPALACHIAN COUNTIES

SPRING EDITION • MARCH 2011

## Coming this summer: the biggest Repair Fair EVER!

For over 20 years, ADFAC's annual volunteer "Repair Fair" has helped hundreds of low-income homeowners receive much-needed assistance with home repairs.

The 2011 Repair Fair is poised to be the biggest event in the history of the program. From June 19 through July 2, 2011, approximately 850 teen volunteers and 120 adult volunteers from across the United States will arrive in East Tennessee with one goal: to help impoverished families live and thrive in safer and healthier homes.

Over the course of these two weeks, the teens will work (in groups of 8, plus 2 adult leaders and access to a trained troubleshooter) to resolve



repair issues in the homes of 100 low-income families. Common projects include access ramps, porches, minor floor and wall repairs, interior and exterior paint and weatherization. Contributions and grant funds pay for the building materials, allowing ADFAC to offer repair services that are truly affordable to needy families.

Most repairs will be completed in Oak Ridge and Anderson County, Tennessee -- an area where 36% of occupied homes are over 50 years old and 16.2% of individuals live below

the poverty level (source: US Census -- American Community Survey 2005-2009). Some repairs will be also be completed in Campbell County, where the poverty level is 23%. Most families served by the program earn less than \$15,000 a year.



The atmosphere of the Repair Fair is that of hard work, joy, generosity, gratitude, enthusiasm and celebration. It's quite an experience! If you would like to become involved in the 2011 Repair Fair, or know a family who might need help with home repairs, please call Service Coordinator Connie Ball at (865) 481-3837 ext. 101.

## ADFAC responds to high need for utilities assistance

In the first three months of 2011, ADFAC's Social Services office answered well over 300 requests for utilities assistance. Not only are there a high number of requests, but the average amount of utility bills is also on the rise: it has become more common to see bills in excess of \$300 - \$400. 75% of Social Services clients earn **less than \$1,000 a month** - and a utility bill of this size is an overwhelming financial burden. For many clients, the threat of utilities shutoff is a real and persistent fear.

There are several reasons behind the high utility bills. This winter brought colder than average temperatures and more

snow than this area has seen in several years. Naturally, it takes more energy to keep homes warm. Also, most of ADFAC's utilities clients rent their homes, and many rental properties are not well-outfitted for energy savings.

To help families reduce their energy cost, ADFAC is offering free **Weatherization GreenKits** to eligible utilities clients. The GreenKits, funded through grants from UT-Battelle and the Charitable Foundation of the Energy Bar Association, contain a variety of simple energy-saving items such as weather stripping, CFL light bulbs, plastic sheeting and rope caulk. The kits are customized

for each client depending on their needs. The products, along with energy efficiency education, help families take proactive measures to reduce energy costs.

If you are a customer of ORUD, the City of Oak Ridge Electric Department, CUB or Powell Clinch Utility District, you can directly help local families struggling with high utility bills. The SAFE and ASSIST programs allow utilities customers to add a small amount to their monthly bill, with all donations going directly to help low-income families with their utility bills. Refer to your monthly bill for more information, or visit [www.adfac.org/help.html](http://www.adfac.org/help.html).

## ADFAC welcomes new Finance Associate

ADFAC is thrilled to welcome Cindi Gawne as our new Finance Associate.

Cindi joined ADFAC in January, and brings over 30 years of bookkeeping experience. Cindi has an associate's degree in bookkeeping, and has also worked as a technical writer.

farm animals, such as pigs and goats, and took them to visit residents in nursing homes and students at a special needs school.

"It was especially rewarding to visit the Alzheimer's patients," Cindi said. "I took Polaroid photos of each of the patients with the 'animal of the week' so they would have something to remind them of the visit and also to talk about with their family and the staff."



"ADFAC has been blessed with Cindi Gawne as our newest staff member," said ADFAC Executive Director Annie Cacheiro. "With her varied bookkeeping experience and her commitment to ADFAC's mission--she is quickly becoming a key part of our team."

Cindi's other interests include writing fictional short stories, crocheting, reading and walking.

"I love my job and all the people I work with are awesome," Cindi said.

Cindi lives in Andersonville with her husband Ken, where they have a small farm with a variety of animals. In years past, Cindi rehabilitated abandoned small

"I'm very proud to be working for ADFAC."



Learn more about ADFAC by visiting [www.adfac.org](http://www.adfac.org) and [www.facebook.com/adfac](http://www.facebook.com/adfac)

Find out more about ADFAC's mission and services - as well as special happenings - all on ADFAC's website and Facebook page!

### ADFAC to launch e-newsletter

Are you interested in receiving ADFACts in your inbox? If so, please e-mail Jamie at [adfajamie@bellsouth.net](mailto:adfajamie@bellsouth.net) to join ADFAC's e-mailing list.