

Home IN Place

On the *Home* front...

Summer 2023

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www.home-in-place.org

Another *On the Home Front* newsletter has appeared in your mailbox.

You probably don't give much thought to how or why this comes to you. However, we give a lot of thought to **you**, our readers and supporters, each time we put this newsletter together. This is our way of connecting with you, of bringing news from Home In Place, and keeping you informed about all that goes into our efforts to help others achieve "Your Life, Your Way."

We have lots to tell you about in this issue. First, our recent annual meeting is highlighted. You may enjoy looking through the annual meeting photo album on the Home In Place website <http://www.home-in-place.org>.



Each newsletter features a Villager, volunteer, or special individual associated with Home In Place. In this issue, you will find an interview with volunteer and Board member, Lyle Aitken as he shares his thoughts about "just getting started growing up"!

You'll also learn about an upcoming "Age Ready" series to be offered as a special OLLI program this Fall, created by Board President Beverly Thorn, and board member, Cindy Roff.

We hope that *On the Home Front* will make you feel more connected to Home In Place, our Villagers, volunteers, and our mission. If you would like printed copies to share with others as a way to tell the Home In Place story, please email me at director@home-in-place.org.

Stay connected *On the Home Front*.

Becky Embrey, Executive Director director@home-in-place.org 205-210-9114

2023 Annual Meeting

Celebrating impressive growth of our innovative community, the 2023 Annual Meeting, held May 23, was a special afternoon.

Kicking things off, members of the Chamber of Commerce of West Alabama joined us for a ribbon cutting in recognition of our new Chamber membership.



Cynthia Warrick, President of Stillman College, was the featured speaker, telling us about the restoration of Winsborough Hall as a living learning center for active older adults and welcoming collaboration with Home In Place.

We also unveiled the 2022 Annual Report, brimming with stories of success. You should have received a copy in the mail. If not, call Becky at 205-210-9114.



Sunday Afternoon with Tuscaloosa Symphony Orchestra

Villagers and Volunteers enjoyed a Sunday afternoon concert with the Tuscaloosa Symphony Orchestra. Among other things, the program featured a work composed by one of the orchestra members. It illustrated how the different sections of orchestra (strings, brass, woodwinds, percussion, etc.) worked together and separately to create the wonderful music that we love.



A local dance group also provided entertainment.

Thank you TSO for hosting us!

Grow With Us!

Home In Place is seeking to hire a part-time Administrative Assistant to the Executive Director. The link below provides information about this exciting opportunity to become a vital part of Home In Place and grow with us!

For position details, scan this QR code with your phone camera:



Meet Bev Thorn

I am happy to introduce myself as the new Board President. I will serve a one-year term and thereafter, a one-year term as Past President. Outgoing Board President Carolyn Dahl has been generous with her time, orienting me and involving me in day-to-day operations of this wonderful volunteer organization. I look forward to sharing my knowledge with Scott Hestevold, President-Elect.



A little background about me: I am a retired psychology professor, employed at UA for 30 years. As a clinical health psychologist, I focused on non-pharmacological management of chronic pain. Although we did not require patients to stop taking pain medications, many people seek other ways of managing pain so that they can take less medication and engage more in living life. I have always been a big champion of living more life!



I joined Home in Place as a volunteer when direct services began in 2021 and have been an active driver/friendly visitor/errand-runner since. I love getting to know Villagers and find they have a lot of wisdom and wit to offer. I am among a growing category of “Villager/Volunteers,” which means I can receive services as well as provide them. This will be helpful to me as I often have home maintenance tasks requiring know-how or tall ladders! I feel that the “giving” as well as the “getting” is good for the soul.

My initiatives for the year are threefold: First, we plan to offer “age-ready” workshops, not only to Members, but to interested community people. The first workshop will be Sept 13 through OLLI (see description in this newsletter). There will be more as we get our feet wet.

Second, we are now offering face-to-face volunteer training (instead of Zoom), adding seasoned volunteers and Villagers to facilitate discussion. We have already held two of these, training over 15 volunteers each time.

Third, I would like to promote the value of Home in Place Ambassadorship in all members, volunteers, and others. We need YOU to get the word out. Become knowledgeable about Home in Place. Be a spokesperson to help us grow. If you want calling cards to hand out in the process, let me know.

Beverly Thorn, Board President

Age Ready – OLLI Bonus Session offered by Home In Place

September 13, Noon – 1:15 pm, Bryant Conference Center

As older adults, we can do a lot to make life easier for ourselves and future caregivers, be they family members, friends, or employees. “Age Ready” hopes to stimulate conversations between participants and possible caregivers about maintaining quality of life as we age, and about choices that might be ahead.

Aging specialists believe 4 areas are important to consider in preparing for later life:

***Medical *Financial/Legal *Social/Family *Spiritual/Emotional**

During this single-session workshop we will explore tasks in these areas that we can complete now to prepare for later life.

This introductory session will be offered September 13, 12:00 – 1:15 pm, as an OLLI Bonus session. A multi-session workshop will follow in the Spring term, customized to address issues most important to participants.

Learn more about proactive aging - scan these QR Codes with phone camera



"What Do We Know About Healthy Aging?"



"Getting Your Affairs In Order Checklist"

Meet Lyle Aitken

Lyle's not growing old. He's growing up!

A local pastor once asked our study group, “Are we growing up or are we just growing old?” Now that’s a question worth considering. At Home In Place, we believe all seniors deserve opportunities to grow and thrive—to live lives of purpose and independence. Relationships, activities, and the peace of mind in knowing that someone is there to help, all contribute to growing up, rather than simply growing old.

Lyle Aitken is a volunteer and a new member of our Board of Directors. Through his volunteerism, Lyle is helping our Villagers (members) live lives on their terms. He’s helping them grow and he’s finding that the new relationships he is making are helping him to grow as well.

“Until you serve, you may not know how to serve.” Lyle shared this with me as we talked about his service with Home In Place.

Lyle spent the last 26 years of his working career as a financial advisor.



He and his wife raised their family and, as you can understand, it was hard for Lyle to find time for the service work that always tugged on his heart. He looked forward to a time when he could volunteer and begin to serve others. A few years ago, thanks to the invitation of Madeleine Hill and Susan Benke, both founding members of HIP, Lyle became a volunteer.

“I am amazed and delighted at how gracious the Villagers I have gotten to know are—they’re infectious, regardless of their life situations.” As a trained and vetted volunteer, Lyle is able to give of his time as much or as little as he wants.

“What I enjoy most about helping our Villagers is doing the little things they need.” During a recent week, Lyle picked up a Villager at 6:30 on a Monday morning and drove her to her doctor’s appointment and then home again. That Thursday, he took a Villager’s beloved dog on a nice walk. And then on Friday of that same week, Lyle went to visit with a Villager and wound up spending a couple of hours with her and her husband. *“Beginning these relationships has been a true blessing for me and absolutely made my week,”* Lyle added. *“I’m also a big believer in the butterfly effect, everything you do matters.”*

While this was not a typical volunteer week for Lyle, he enjoys giving his time around his schedule, which is a busy one. In addition to his five grandchildren, Lyle’s favorite hobby is flying. He’s a pilot and is often seen soaring through the air in his plane.



When I asked him what he thought about getting older, his response was classic.... *“I’m not slowing down a bit, I’m speeding up.”* Welcome to our Board of Directors, Lyle. Home In Place is not slowing down either. In fact, we’re just getting started.

Home In Place envisions a community in which seniors have the opportunity to live lives of purpose, independence and joy, supported by volunteers, services and programming. If this sounds like an organization you need or want to be a part of, please contact Becky Embrey, Executive Director, at (205) 210-9114.

In Remembrance

The following is a personal tribute from volunteer Ralph Lane, in honor of Villager Ruth Dixon, who passed away May 8, 2023 at the age of 93.

Ruth lived a life of service to her family and community. She served as a member of numerous community boards: Temporary Emergency Services, Blood Bank of West Alabama, American Red Cross and Tuscaloosa Humane Society, and was a



founding member of P.E.O. Sisterhood, Chapter R, Tuscaloosa. Earlier, she was a volunteer for Tuscaloosa Girl Scouts, and more recently for Hospice of West Alabama, Meals on Wheels and Grace Presbyterian Church Choir.

I knew Ruth for over 25 years, primarily as a member of Covenant Choir. Ruth had a beautiful soprano voice with excellent intonation, and although her voice was reserved, she filled an important need in the soprano section by supporting the pitch and by adding depth to the section. I, as a member of the base section, usually sat directly behind Ruth. After serving in Covenant Choir for 14 years, April and I moved our membership back to University Presbyterian Church (UPC), our original Tuscaloosa church home. As the two churches (Covenant and UPC) merged five years ago, I was once again sitting behind Ruth in the base section. During the first practice together, she turned around and said, “It’s so good to hear your voice again in our choir.” So, she made me, once again, feel right at home!

I enjoyed serving as her HIP driver for lectures, concerts and other Home In Place events. During those times, we typically discussed growing and nurturing plants and flowers. Ruth was a Master Gardener. On one particular visit to her home about 25 years ago, April openly admired one of Ruth’s Cleopatra Begonia plants, so Ruth gave her a cutting which has grown and flourished over the years. April was able to show Ruth this photo the last time we were together at Grace Presbyterian.



Ruth’s quiet, deep affirming presence will certainly be missed by all Villagers and volunteers. Peace.



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