

# A Letter from HOME

## Homesharing Promotes Happiness

People who share their homes experience improved quality of life—that is one of the findings from our most recent survey which shows that people are eating better, sleeping better, feel safer and are happier by having a homesharer or caregiver in their home. For over a decade HomeShare Vermont has been surveying our matched customers to find out what “outcomes” they have experienced because our homesharing and caregiving services. These results continue to amaze us and have been consistent over the decade.

Last summer and fall nearly 140 program participants were interviewed or completed a survey. Below are some of their responses.

All *home providers* and *care receivers* were asked whether they agreed with the following statements, and the total percent of survey respondents who agreed (“strongly agree” or “agree somewhat”) is reported below. Surprisingly, happiness is rated the highest by those who have someone move into their home, even above safety and getting household chores accomplished.

You feel safer in your home.	82%
You feel less lonely.	80%
You feel happier.	89%
You enjoy your home more.	78%
You sleep better.	57%
You eat better than before.	55%
You call your family less often for help.	54%
Household chores are completed more regularly.	83%
You get out into the community more often.	55%
You feel healthier.	68%



Board members Dan Stanyon (rear), Kelly Deforge & Julie Pierson. Staff members Dot Howe, Kirby Dunn & Amy Jelen.

### Homesharing as an Affordable Housing Option

The average monthly rent paid by home sharers was \$119, with 44% paying no rent at all in a complete exchange of service. The maximum rent paid by homesharers who completed the survey was \$400/month.

### Overall satisfaction

The survey also included information on participant satisfaction. Below are the results.

	Homesharing Program	Caregiving Program
Overall, how satisfied are you with HomeShare Vermont's services?	92% "very satisfied" 7% "somewhat satisfied"	88% "very satisfied" 12% "somewhat satisfied"
Would you recommend HomeShare Vermont to a friend or a relative?	92% "very satisfied" 99% said "yes"	88% "very satisfied" 100% said "yes"

With the aging of the population, the likely cut-back in social service and housings programs and the need for affordable housing, homesharing is an idea whose time has come and HomeShare Vermont has thirty years of experience at doing it well.

Special thanks to program participants who took the time to do the surveys. Thanks also to Professor Nick Danigelis of the UVM Sociology Department for help with developing the surveys and to Amy Carmola of the United Way of Chittenden County for help in analyzing the data. 🏠

30 years





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412 Farrell Street, Suite 300  
South Burlington, VT 05403  
phone: (802) 863-5625  
Website: HomeShareVermont.org

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We wish to acknowledge Steve Alexander and Phyllis Bartling of Futura Design in Shelburne for donating their time for the design/production of this Newsletter.

## Vermont Country Inns Raffle Yields 1 in 10,000 Winner!

In February, the HomeShare Vermont Board of Directors, staff and volunteers gathered at the home of Board President Dan Stanyon and his wife, Dawn, to celebrate our successful VT Country Inns Raffle that raised over \$9,500 for our programs and to draw winning tickets. Thanks to the generosity of innkeepers across the state, we were able to announce 26 winners this year. We were amazed to realize that one of our winners, Sandra Michaud of South Burlington, had not only won the year before and but also had won a stay both years at the Lang House on Main Street. What are the chances of that happening?! About 1 in 10,000 according to Dr. Bernard "Chip" Cole, Interim Dean and Professor of Statistics at UVM.

Congratulations to Sandy and all our winners and a BIG thank you to the Inns who make this fundraiser possible. Please think of these Inns when planning your Vermont vacation or when recommending places to stay to your family and friends.

**Arlington Inn**, Arlington, Ann Lipsitt

**Back Inn Time**, St. Albans, Sandy Diette

**Brandon Inn**, Brandon, Odette Eddy

**Catamount B & B**, Williston, Molly Bidwell

**Charleston House**, Woodstock, John Cronin

**Charleston House**, Woodstock, Heather Myott

**Couture's B & B**, Westfield, John Draper

**Craftsbury Inn**, Craftsbury, June Mona



Kim Borsavage, Innkeeper and Sandy Michaud

**Dorset Inn**, Dorset, Laurie Dana

**Echo Lake**, Ludlow, Kathy Olwell

**Edelweiss at Snow Mountain Farms**, West Wardsboro, Lori Berquist

**Edelweiss at Snow Mountain Farms**, West Wardsboro, Jane Ropulewis-Shaw

**Elliott House B & B**, Shelburne, Mel Terrill

**Ferry Watch Inn**, Grand Isle, Estelle Deane

**Heart of the Village Inn**, Shelburne, Sally Kieny

**Inn on the Green**, Middlebury, Geoffrey & Cynthia Miller

**Lang House on Main Street**, Burlington, Sandra Michaud

**North Hero House**, North Hero, Judy Steacy

**Sleepy Hollow Inn**, Huntington, Lynn Cluff

**The Essex**, Essex Junction, June Meyer

**Thomas Mott Homestead**, Alburgh, Bonnie Black

**Thomas Mott Homestead**, Alburgh, John Nelson

**Three Stallion Inn**, Randolph, Meg Huffman

**Timberholm Inn**, Stowe, Fred Lager

**Wildflower Inn**, Lyndonville, Donna Gacetta

**Willard Street Inn**, Burlington, Judy McBean

## WELCOME ANNE!

In September, HomeShare Vermont welcomed on board its newest AmeriCorps member, Anne Cooch. Anne is a native Vermonter from the small town of Braintree in central Vermont. Anne moved to Burlington in 2007, when she began her undergraduate studies at the University of Vermont. Having recently graduated from UVM with a Bachelor's degree in Community and International Development, Anne was eager to put theory into practice. "I'm thrilled to be working with an organization that provides such a valuable and innovative service to the community, working to solve multiple issues at once," says Anne.



## HOMESHARING **Making a New Start**

Art lives in the Addison County home that he and his wife built together in 2004 after they retired. A lifelong farmer and self-taught engineer, Art spends his free time building farm-related gadgetry and tractors for tractor pulling in competitions, a pastime he has pursued for over forty years. When his wife passed away in 2009, Art discovered that it was difficult living alone and had a hard time keeping up with some of the housework. Art also found that he wasn't cooking for himself, and he missed sharing meals.

Art met a few different people through HomeShare Vermont, and finally found an ideal homesharer in Chris, a professional at a Middlebury nonprofit. Chris came to Vermont from New York almost 20 years ago to raise her son. With her son now grown, Chris came to HomeShare Vermont in search of affordable housing that would allow her to save some money to purchase her own home. She also has a thirteen year old cocker spaniel, Wiggles, and it can be challenging to find a place to live that allows pets. Chris and Wiggles were fortunate to find a fellow dog lover in Art.

Naturally, Chris and Art each had their own reserva-

tions about homesharing, but have been surprised with how well the arrangement has worked out. Art was anxious to find someone who would help take care of his home, and he's been grateful for Chris's work around the house. Chris explained, "I simply do what I would do wherever I lived." Chris worried about whether Art would like her cooking, but meals have become one of the highlights of homesharing for him. "I'm eating so well that I've gained five pounds", he complained jokingly. Chris also enjoys the quiet and beauty of a rural home by the lake, enabling her to work from home, and pursue her hobbies of gardening and kayaking. Art has been an avid square dancer and country music dancer for many years. Since they started homesharing, Chris and Art have taken up contra dancing, a new activity for both of them.

Chris and Art are as comfortable conversing and enjoying activities together as they are sitting together in companionable silence with Wiggles. During the six months that they have been homesharing, Art and Chris have both seen an improvement in their quality of life, and are grateful for this wonderful opportunity. ♡



Photo by Karen Pike  
Art, Chris and Wiggles

### **Our Hero and Inspiration**

Dorothy "Dot" Black was this year's United Way Hometown Hero award winner in the Senior Adult category. When we asked her if we could nominate her, she said no, that there were so many more deserving people. Only when we told her it would benefit HomeShare Vermont did she finally relent and let us put her name forward. We knew she was a winner even if she didn't!

Since 1981 Dot Black has been a Staff Volunteer with HomeShare Vermont. Dot was one of the founding volunteers of HomeShare Vermont and helped to develop the program from scratch. Dot has donated an average of 10 hours a week for three decades to HomeShare interviewing clients, introducing potential matches, doing reference checks, updating files,

participating in a weekly case conference meeting, and mentoring new volunteers. That's nearly 16,000 hours!

Dot has a special talent of connecting to people, listening to their stories and empathizing with their situation—qualities so vital when trying to successfully match two people.

When new volunteers start their work with HomeShare, Dot provides important insight and perspective that it can take years to develop. *Thank you Dot!*



Photo by Karen Pike

## How does HomeShare Vermont help people stay at home?

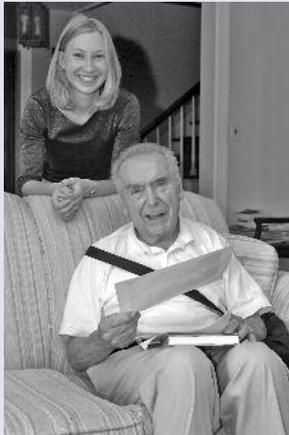
### Come to a free informational meeting

to find out more! It's just 30 minutes and could change your life!



**The 3rd Wednesday of each month at Noon and 5:30 p.m.**

{ April 18  
May 16  
June 20 }



*Choose the time and date most convenient for you.*

Feel free to bring a friend or family member.

**Registration required** as space is limited:

**802-863-5625** or **home@sover.net**

Refreshments provided. At the HomeShare office, next to Shaw's Supermarket on Farrell Street in South Burlington.



412 Farrell Street, Suite 300, South Burlington, VT 05403



United Way of  
Chittenden County

