



2013  
Annual Report  
and  
Program  
HIGHLIGHTS

*Our Mission: Ferrington Cares provides services for the health and well being of the Ferrington community.*

## **PRESIDENT'S MESSAGE**

The past two years have brought a bit of a transformation to Ferrington Cares as we moved from having an executive director and a nurse, both part time, to having a combined position. We are so fortunate to have been able to hire nurse administrator Karen Metzguer into that position since she is uniquely qualified to address the Village's varying needs. Karen, building upon good work started by Joyce Baird and Ann Kissel, has identified new programs and services that have been highly successful. Between our Yoga, Aerobics, Tai Chi, and Scottish dancing we have become an even more "happening" place! Karen also works with villagers who need that extra bit of support by, among other things, helping to identify home health agencies, leading support groups, making home visits, working with families of residents, and with social services.

While our 2013 annual appeal did not quite raise the \$100,000 we'd hoped for, we came very close. We are so grateful for the continued support of villagers who give both money and their time and talents so we can provide the programs and services that help make Ferrington such a special place in which to live. Our volunteers truly are the heart of our organization. We would not be the success we are today without so many of you who live here participating as drivers, handyfolks, Ferrington Friends, computer supporters, or serving on a committee or the board. I am privileged to serve as your president and am so grateful and appreciative of all the hard work of the board, the staff and of all of our volunteers and program participants.

We at Ferrington Cares, board and staff, are all looking forward to the coming year. The recently completed survey has given us a new opportunity to explore a variety of options and directions. We look forward to working in partnership with the entire community to help chart the future course of our very special organization.

**Barbara Lankford, President**

## VOLUNTEERS

Volunteers are the heart of Fearington Cares and each year, the core of our services are provided by neighbors helping neighbors. In 2013, more than 304 volunteers provided over 2410 hours of service to residents. Dozens of others volunteered to staff Committees, serve on the Board and help with special events. Our annual recognition event for Fearington Cares volunteers was held in April, as part of the national celebration of volunteerism each year at that time.

## 2013 PROGRAMS and SERVICES

### HEALTH SERVICES

- **Annual Flu Shot Clinic:** The Fearington Cares Nurse and volunteers helped the Chatham Co. Health Dept. provide seasonal flu shots to more than 120 residents.
- **Foot Care:** Our Nurse provided 90 sessions of care for residents who are diabetic, at risk for foot complications or physically unable to perform their own foot care.
- **Massage Therapy:** Student volunteers from Body Therapy Institute in Chatham Co. provided 21 massage sessions.
- **Nursing Care:** Our nurse provided routine nursing care, first aid and health-related advice to residents and their families. She recorded 56 home visits, 592 office visits and 244 telephone calls during the year.

### Support Groups

- **Alcoholics Anonymous:** AA meets every Wednesday at 7pm in the Fearington Cares Office.
- **'Brainiacs' Brain Injury (BI) Support Group:** BI patients meet weekly for social companionship, information and support in dealing with brain injuries and strokes.
- **Dementia Support Group:** This new group offers support and information to caregivers of those dealing with Alzheimer's and other dementias. The facilitators are Fred and Karen Sheckman.
- **Grief Support Group:** This group, in collaboration with UNC Hospice, is open to any resident who has experienced a loss of a loved one. It is led by a UNC Hospice Chaplain and is offered as the need arises.

- **Parkinson's Disease Support Group:** This group offers information and support to both Parkinson's patients and their caregivers. Vivian Crouse and Karen Metzguer facilitated these groups in 2013.
- **Cancer Support:** This group offered support and information to both care givers and those who have cancer. It was facilitated by Fred Shectman and Peter Thomas. This group is no longer meeting.

## COMMUNITY VOLUNTEER SERVICES

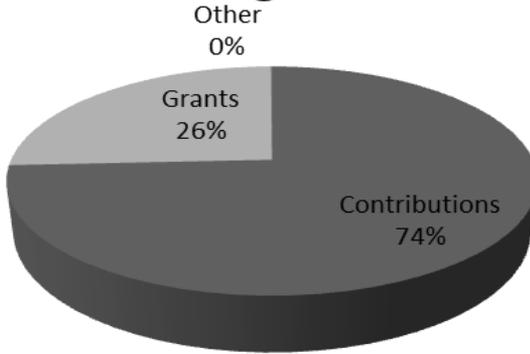
- **Medicare Part-D Review:** Consultations provided to 85 Medicare beneficiaries by a trained SHIP volunteer, Joe Geoghegan, to help them select their 'Part D' drug plans 'saved' them more than \$20,000 in potential costs.
- **Computer Troubleshooters:** This volunteer group made 112 home visits or phone calls to help residents with computer troubleshooting or hardware issues.
- **Fearrington Friends:** These trained volunteers provided 135 one-on-one visits offering companionship to neighbors who were socially isolated due to an illness or lack of transportation. The facilitators of this program in 2013 were Pam Rademacher, Emilee Hendrix, Martha Ann Rabon and Carla Mazzone.
- **Handypersons:** These volunteers provided 177 visits to fix faucets, change light bulbs, unclog drains and provide other minor home repairs. Five volunteers coordinated this service: Ray Albers, Bob Goetz, Carol Kurtz, Carolyn Boyle and John Boyle.
- **Transportation:** More than 103 volunteer drivers gave 378 rides to residents for medical appointments, grocery shopping, meal pick-up and many other purposes.

## EDUCATION SERVICES

**Seminars /Lectures:** Volunteers organized more than 16 separate events covering wide range of topics related to health and well-being. Programs were led by area experts and attended by over 650 residents. Karen Metzguer offered lunch and learn opportunities based on a specific topic at various times throughout the year. Twenty participants joined an action group on either housing or caregiving.

**Movement Classes:** Classes to keep residents moving were initiated in 2013. These classes engaged participants in a fun activity that helps to maintain balance and flexibility. These classes met weekly and averaged 20+ participants.

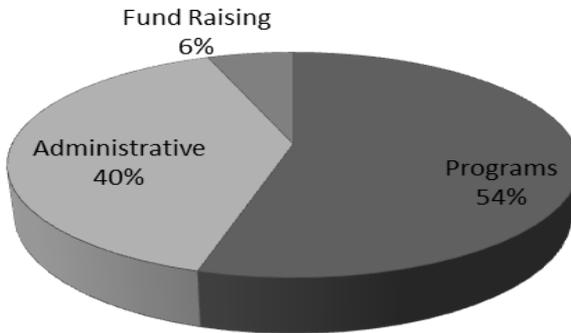
## 2014 Budget Income



### REVENUE

Contributions	\$100,000
Grants	\$ 34,600
Other	\$ 125
<b>TOTAL</b>	<b>\$134,725</b>

## 2014 Budget Expenses



### EXPENSES

Programs	\$ 71,400
Administrative	\$ 52,000
Fundraising	\$ 7,600
<b>TOTAL</b>	<b>\$131,000</b>

# **2014-2015 BOARD OF DIRECTORS**

- Barbara Lankford, President
- Gayle Mazzocco, Vice President
- David Lindeman, Finance/Fund Development
- Mimsy Mason, Communications
- John McDowell, Finance/Fund Development
- Charles Waldren, Secretary
- Kay White, Treasurer
- Judy Wyne, Education



## FEARRINGTON CARES

### Need Help?

*Contact us when you can use any of our services*

### Want to Help?

*Please call, email or come by to learn about  
volunteer opportunities with Fearington Cares*

### Our Location:

28 Swim & Croquet (*right behind The Gathering Place*)  
Mail: 2020 Fearington Post, Pittsboro NC 27312

**Telephone:** 919-542-6877

**Web site:** [www.fearingtoncares.org](http://www.fearingtoncares.org)

**Office Hours:** 9 am to 1:00 pm, Monday through Friday

### STAFF

- ♥ **Karen Metzguer, Executive Director/RN**  
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- ♥ **Pat Skiver, Administrative Coordinator**  
patskiver@fearingtoncares.org
- ♥ **Maureen Driessen, Administrative Assistant**  
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- ♥ **Paula Easton, Administrative Assistant**  
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