



2014  
Annual Report  
and  
Program  
HIGHLIGHTS

***Our Mission:*** *Ferrington Cares, through its volunteers and staff, exists to provide information, services and activities that foster the health, well-being and independence of the residents of the Ferrington Community.*

## **PRESIDENT'S MESSAGE**

It is our pleasure to present the 2014 annual report to our readers. As you may know, Fearington Cares is a 501c3 organization that is largely donation driven. While donations allow us to function, a donation is never a prerequisite for service. A Villager may use any of our services – just because you live here.

The past year was filled with activity and change. Barbara Lankford, who served the organization so ably, had to resign her position as the organization's president because of illness. The staff and Board deeply appreciate Barbara's service and want to thank her publicly for her generosity. Upon Barbara's resignation, Gail Mazzocco took over the position of president and the Board recruited a new member, Steve Stewart, to help with the strategic planning process. A Nominating Committee was organized to ensure that our Board has a full complement of members. Developing a strategic plan will consume the early months of 2015, as we work to more clearly define our direction and broaden our scope for the next three years.

Our services continued to grow under the guidance of Karen Metzguer, our Executive Director/RN and with the help of staff and a rich team of volunteers. We invite you to review the long list of programs and services that follow this message. We hope that you will use many of them. In 2014, we were delighted to raise more than \$104,000 from our annual appeal and almost \$29,000 in other revenue and special one-time donations. Those funds, with the help of a single grant from the Carlsen Fund, allowed us to provide the services that define the organization and enrich the Village.

The Fearington Cares Board of Directors wants to send a special thank you to our volunteers and staff members, without whom the organization could not operate. Every day in 2014, each of you helped make Village life healthier, safe and richer. How fortunate we are to have you.

**Gail Mazzocco, President**

## VOLUNTEERS

Volunteers are the heart of Fearington Cares and each year, the core of our services are provided by neighbors helping neighbors. In 2014, more than 262 volunteers provided over 2450 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.

## 2014 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 94 residents.
- **Massage Therapy:** Student volunteers from Body Therapy Institute in Chatham Co. provided 79 massage sessions.
- **Nursing Care:** Our nurse provided routine nursing care, first aid, foot care and health-related advice to residents and their families. She recorded 83 home visits, and 782 office visits.

### SUPPORT GROUPS

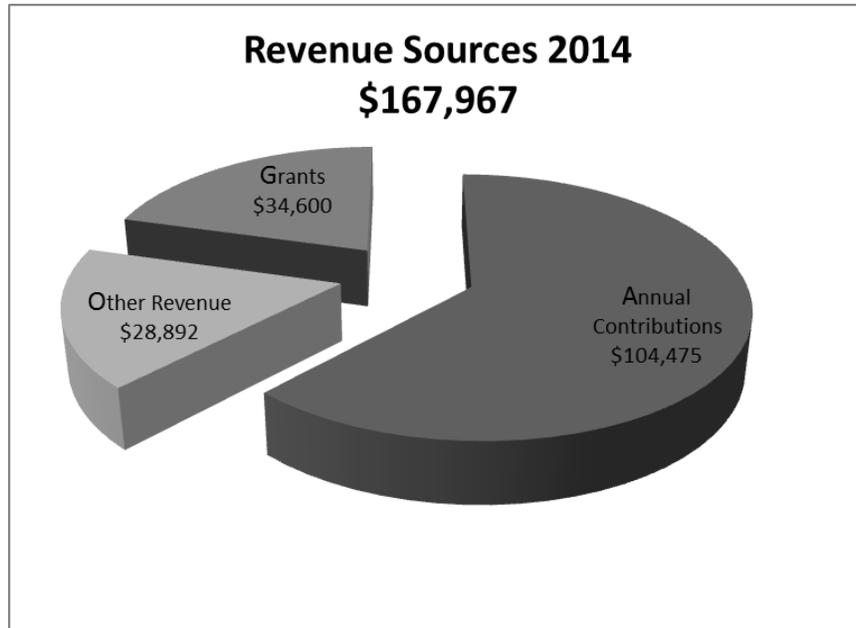
- **Alcoholics Anonymous:** AA met every Wednesday at 7pm in the Fearington Cares Office. This group is no longer meeting.
- **'Brainiacs' Brain Injury (BI) Support Group:** BI patients meet weekly for social companionship, information and support in dealing with brain injuries and strokes.
- **Dementia 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.
- **Cancer Support:** This group offered support and information to both care givers and those who have cancer. This group is no longer meeting.

## COMMUNITY VOLUNTEER SERVICES

- **Computer Troubleshooters:** This volunteer group made 76 home visits or phone calls to help residents with computer troubleshooting or hardware issues.
- **Ferrington Friends:** These trained volunteers provided 792 hours of companionship to neighbors who were socially isolated due to an illness or lack of transportation. The facilitators of this program in 2014 were Pam Rademacher, Emilee Hendrix, and Martha Ann Rabon.
- **Handypersons:** These 34 volunteers provided 250 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.
- **Medicare Part-D Review:** Consultations were provided to 98 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.
- **Transportation:** More than 97 volunteer drivers gave 340 rides to residents for medical appointments, grocery shopping, meal pick-up and many other purposes.

## EDUCATION SERVICES

- **Seminars /Lectures:** Volunteers organized more than 20 separate events covering wide range of topics related to health and well-being. Programs were led by area experts and attended by over 759 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. New classes were added in 2014. The average class attendance is 21.



## **Revenue Legend**

### **Annual Contributions**

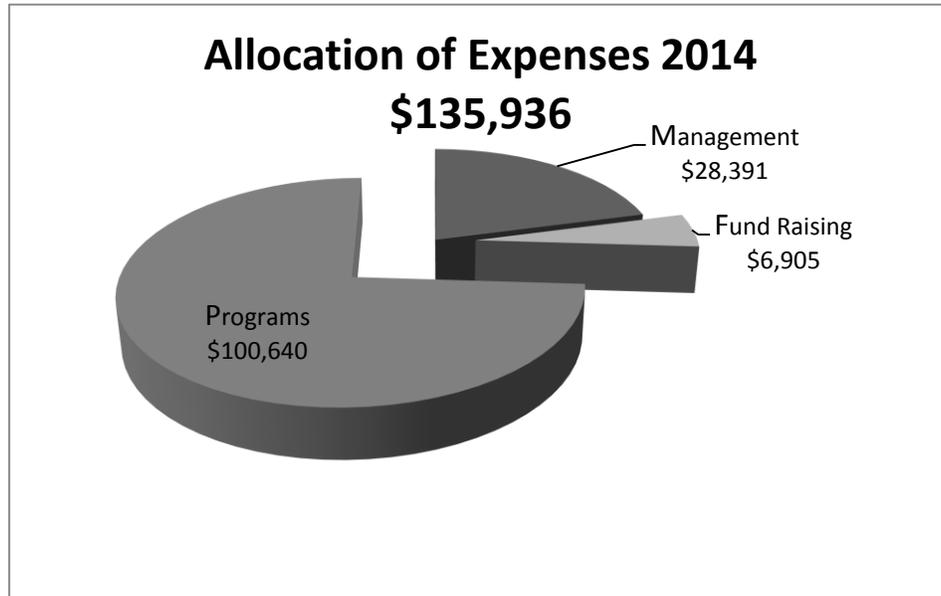
Donations made as a result of the annual appeal

### **Grants**

Grants given for a specific purpose; currently Fearington Cares has one grant from the Arthur Carlsen Fund of the Triangle Community Foundation

### **Other Revenue**

Interest, Dividends, capital gains and other donations



### Expenses Legend

#### **Programs**

Cost of programs, including support groups, lectures, wellness programs,  
and staff salaries associated with programs

#### **Management**

Cost of staff salaries, equipment associated with general and  
administration, not programs

#### **Fund Raising**

Cost of annual appeal

# **2014 BOARD OF DIRECTORS**

- Gail Mazzocco, President
- Barbara Lankford, Vice President
- David Lindeman, Secretary
- Mimsy Mason, Communications
- John McDowell, Finance/Fund Development
- Steve Stewart, Strategic Planning
- Kay White, Treasurer
- Judy Wyne, Education



### **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

### **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, M-F

**Walk-In Clinic Hours:** 9 am to Noon, M-F

**Appointments and Home Visits:** Noon- 3:00 p.m., M-F

### **STAFF**

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