



EDUCATION PROGRAMS

Making Long Term Care Insurance Work for YOU June 8, 7:00 p.m. at The Gathering Place

Donna Jaeger became interested in aging issues while working as an Institutional Research Associate with Bristol Myers Squibb. Upon retiring from pharmaceuticals, she continued her interest in senior health from a financial planning perspective. With 42 years in the field of healthcare and financial products, she is uniquely qualified to provide us with an understanding of long term care policies and how to obtain benefits when you need them.

Movement Classes at The Gathering Place

Mondays—Breathe Easy Fitness, 11:30 a.m.–12:30 p.m.

Tuesdays—Light Cardio, 11:30 a.m.–12:30 p.m.

Wednesdays—Breathe Easy Fitness, 11:30 a.m.–12:30 p.m.

Thursdays—Line Dancing, 11:30 a.m.–12:30 p.m.

Fridays—Light Cardio, 11:30 a.m.–12:30 p.m.; NIA 12:30 p.m. -1:30 p.m.

HEALTH SERVICES

Virtual Dementia Tour (includes lunch!) June 27, 11:30 a.m. at the Ferrington Cares Center

I NEVER KNEW! What is it truly like living with dementia? Come and experience a Virtual Dementia Tour (VDT). The experience offers an understanding of the impact of dementia on behaviors and emotional status. Homewatch Caregivers will sponsor the VDT tour with lunch. Please RSVP before June 20 (919-542-6877).

Fall Assessment in the Spring (and all year round!)

Ferrington Cares offers free, in-home balance and fall prevention assessments to help you find ways of

reducing your risk of experiencing a fall. If you have fallen in the past year, feel unsteady when walking, or have become fearful of walking, it is important to take steps now to improve your safety and remain independent. For more information, or to schedule a free assessment, contact Karen at Ferrington Cares at 919-542-6877.

Don't Feed the Ticks!!

With warm weather in sight, it's time to be aware of some not-so-friendly co-residents of Ferrington Village. Ticks are horrible little things with no obvious redeeming features and they live to feed off us. They can also transmit diseases to us. Be vigilant!

- ♥ Check yourself (or your honey!) for ticks after being outdoors.
- ♥ Wear light colored clothing and tuck pants into socks.
- ♥ Use DEET-based insect repellants on your skin or Permethrin-based products on your clothing.

What should you do if you do encounter an attached tick? Remove the critter by grasping it with tweezers close to the skin and pull straight out. If you remove a tick within 12-16 hours of attachment, chances are you won't suffer any harmful effects. Ticks need to "set up shop" in order to transmit bacteria that cause disease. What if you don't know how long the tick was attached? After removing it, watch for a bulls-eye rash or flu-like symptoms that occur 2-14 days after the bite. Those symptoms can mean the start of a tick-borne illness, which can be treated with antibiotics in the early stages of the disease.

Come by the Ferrington Cares Center to pick up a free Tick Removal Kit, provided by the Chatham County Public Health Department.

VOLUNTEER SERVICES

Grocery Shopping Buddies Needed!

Want to drive for Ferrington Cares but don't want to drive too far or spend too much time? Think about being a Grocery Buddy! We have several residents whom we transport on a regular basis to the nearby grocery stores. Would you be willing to team up with one of

them and be their transportation and helper? Don't worry if you travel and are unavailable once in a while; when that happens our regular team of drivers will back you up. In most cases the individuals will need assistance carrying their groceries as well as the transportation to the market. They will do their own shopping. Call 919-542-6877 to volunteer or ask questions.

DID YOU KNOW

Here are a few common-sense recommendations to make your home safer and more comfortable:

1) Used Batteries: To store used batteries for recycling, simply place a piece of masking tape over both the positive and negative terminals to prevent a possible fire. The Cole Park Plaza Recycling Center has a battery collection container in their booth for battery disposal. You must have a county recycle sticker.

2) HVAC Filters: Replace your return air filters at least every 2 to 3 months, more frequently if you have pets. Mark the filters with the insertion date using a magic marker, or tape and ball point so you won't have to remember when they were last changed.

3) Shower: After showering leave the shower door open a little to allow the shower walls to dry out, thereby reducing the chance of mold growth. Using a squeegee on the walls after a shower will also hasten drying.

4) Thermostat: Change your thermostat batteries annually. (It is a good idea to do prior to a winter vacation.) Mark the batteries with the insertion date using a permanent magic marker, or on tape with ball point, so you won't have to remember when they were last changed.

5) When on vacation:

a) Drains: To discourage mold growth in the trap, put a splash of bleach in each of your drains (sinks, showers and tubs) followed by a small amount of water to clear the bleach from the stopper mechanism.

b) Water: **1)** turn off your water using the house inlet valve, usually found in a closet; **2)** set the hot water heater to "pilot" and, if you have one, turn off the hot water circulation pump; **3)** turn off the ice-maker if there is a switch in the freezer, otherwise raise the arm on the ice-maker.

c) Closets: Leave the closet doors open a crack to allow air movement.

JUNE HAPPENINGS AT FEARRINGTON CARES

Events: (All programs are held at The Gathering Place, unless otherwise noted.)

- ♥ Movement Classes: Breathe Easy Fitness, Mon. & Wed., 11:30 a.m.–12:30 p.m.
- ♥ Movement Classes: Light Cardio, Tues. & Fri., 11:30 a.m.–12:30 p.m.
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.–12:30 p.m.
- ♥ Movement Classes: NIA, Fri., 12:30p.m.–1:30 p.m.
- ♥ Making Long Term Care Insurance Work for YOU, June 8, 7 p.m.
- ♥ Virtual Dementia Tour (includes lunch!), June 27, 11:30 a.m. at the Fearrington Cares Center.

Health Services: (Services are offered at the Fearrington Cares Center, unless otherwise noted.)

- ♥ RN Office Hours: M–F, 9 a.m.–noon.
- ♥ Blood Pressure Checks: During nursing hours.
- ♥ Foot Clinic: June 16. (Call 919–542–6877 for an appointment.)

Support Services: (All groups meet at the Fearrington Cares Center, unless otherwise noted.)

- ♥ 'Brainiacs': Thursdays, 10–11 a.m. (Contact Karen Metzguer, 919–542–6877, for information.)
- ♥ Dementia Caregivers: June 7 and 21, 12:30 p.m.–2 p.m. (Contact Fred or Karen Shectman, Momback1@aol.com/ karenlshectman@gmail.com)
- ♥ Parkinson's Caregivers and Care Receivers: June 7 and 21, 10–11:20 a.m. June 7 at The Gathering Place: Speaker Elizabeth Hodge, speech pathologist. June 21: breakout session.
- ♥ Caregivers Support Group: June 7 and 21, 3–4:30 p.m.
- ♥ Ordering a Knox Box: June 13, 1 p.m.
- ♥ Living with Chronic Conditions Support Group: June 15, 1–2:30 p.m.

Volunteer Services and Opportunities:

Call the Center (919–542–6877) to schedule an appointment, to learn more or to volunteer:

- ♥ Fearrington Friends—volunteers who provide one-to-one social visits to neighbors.
- ♥ Handypersons, Transportation Assistance or Computer Support.
- ♥ Serve on a committee or the Board of Directors.

Fearrington Cares information is written and edited by Fearrington Cares personnel. Please direct comments directly to Fearrington Cares at info@fearringtoncares.org or 919–542–6877.

**Steve Stewart, President
Karen Metzguer RN, Nurse/Executive Director**