



The *heart* of Ferrington Village

THE FEARRINGTON CARES CENTER WILL BE CLOSED DEC. 18–JAN. 1

The Center may be closed for the holidays but our volunteers will be busy providing **transportation and handyperson services**. If you need assistance with either of these areas of service, call the center at 919-542-6877 and **leave a voice mail message** in the appropriate mail box; a volunteer will be in touch with you. All computer help requests will be handled when the center re-opens in January but you may also leave a voice mail message in the appropriate mail box so the request can be handled when we re-open. Any requests for the Ferrington Friends program will also be handled when the center re-opens in January. Messages regarding this program can be left in the general mail box or in Karen Metzguer's mail box.

EDUCATION SERVICES

Your Memory Needs Your Help! December 14, 7 p.m. at The Gathering Place

Ever forget the name of an acquaintance you're sure you know? What about confusing dates and "double-booking" your social plans? And that file—where in the world did you put it?

As we age, many of us have anxieties related to memory loss and general brain effectiveness. Marcella Wilding, PhD, will address this issue and suggest ways to improve memory at the Dec. 14 Ferrington Cares educational meeting.

Dr. Wilding speaks frequently to professionals and lay audiences on helping seniors overcome anxieties about memory loss, especially concerns about Alzheimer's and other forms of dementia. Her research focuses on "cognitive reserve"—basically how to increase the number of neurons and synapses that form the brain's network of connections. Dr. Wilding's talk will summarize the latest research in this field and will provide tips on how to enhance your brain's neuroplasticity. The bottom line: yes, there is plenty you can do to help your brain!

**LAST DATE FOR MOVEMENT CLASSES IS
FRIDAY, DEC. 15.**

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 12:30–1:30 p.m.**

VOLUNTEER SERVICES

Medicare Part D Assistance Appointments through December 7 at the Ferrington Cares Center

Puzzled by the options for the Medicare Part D drug program? Our resident SHIIP (Senior Health Insurance Information Program) volunteers will strive to help you save money on your choices. A session takes about 30 minutes. Couples should schedule two consecutive sessions or separate half-hour times. Bring your Medicare card, list of medications, other insurance information and the print out from last year if you have it. **Call the Center (919-542-6877) to reserve your session** or for more information.

New Volunteer Driver Orientation December 6, 10:00 a.m. at the Ferrington Cares Center

On occasion, one of your neighbors will find themselves in need of a ride, most often to a medical appointment. Please join our Volunteer Drivers who can help make this happen. You will be scheduled as a

team member for **only two weeks in the year** and collaborate with them to provide the pre-arranged rides. If you are available, please come to the Center for a 30-minute orientation at 10 a.m. on Dec. 6; otherwise please drop in and complete a volunteer form to join our fabulous team of drivers.

It's a Wrap!

December 8 and 15, 11 a.m.-2 p.m. at the Fearrington Cares Center

If your gifts for Hanukkah and Christmas are wrapped and tucked away-this note is not for you! For the rest of you, Fearrington Cares Elves are again offering a wrapping service (including free wrapping paper!) here at the Center. Bring your gifts to us and we will create beautiful packages for you to share!

Child Care Equipment to Loan

Many of you may have young visitors this time of year. Fearrington Cares maintains a list of child care equipment that fellow residents are willing to share on a short term basis. Examples are strollers, Pack 'n Plays and booster seats. If you have some of this equipment that you would be willing to share with fellow Fearringtonians, please contact Paula at the Fearrington Cares Center, 919-542-6877 or paula@fearringtoncares.org, and she will add your name and the equipment you are willing to share to our list.

DID YOU KNOW?

During this season of giving, many of you shop at Amazon. Fearrington Cares has registered with AmazonSmile so that, when you shop at Amazon, you can choose to have AmazonSmile donate 0.5% of your eligible purchases to us **at no additional cost to you!** Just shop at smile.amazon.com and select Fearrington Cares as your charity of choice. When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. Then shop as usual. We have received \$239 this year from Amazon. Shop as needed and benefit Fearrington Cares at the same time!

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

DECEMBER HAPPENINGS AT FEARRINGTON CARES

Fearrington Cares Center Closed Dec. 18-Jan. 1.

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. *(Last class on Dec. 13.)*
- ♥ Movement Classes: Light Cardio, Tues. & Fri., 11:30 a.m.-12:30 p.m. *(Last class on Dec. 15.)*
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.-12:30 p.m. *(Last class on Dec. 14.)*
- ♥ Movement Classes: NIA, Fri., 12:30-1:30 p.m. *(Last class on Dec. 15.)*
- ♥ Medicare Part D Assistance: until Dec. 7 at the FC Center. Appointment required.
- ♥ Sharing our Stories: Dec. 5 and 12, 10 a.m. at the FC Center. Registration closed.
- ♥ Volunteer Driver Orientation: Dec. 6, 10 a.m. at the Fearrington Cares Center.
- ♥ Your Memory Needs Your Help!: Dec. 14, 7 p.m.
- ♥ Gift Wrapping: Dec. 8 and 15, 11 a.m.-2 p.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: Dec. 13. (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. Dec. 14 last meeting for year. (Call Karen Metzguer, 919-542-6877, for information.)
- ♥ Dementia Caregivers: Dec. 6, 12:30-2 p.m. (Contact Fred or Karen Shectman, Momback1@aol.com/ karenlshectman@gmail.com)
- ♥ Parkinson's Caregivers and Care Receivers: Dec. 6, 10:00-11:20 at The Gathering Place. Speaker will be Dr. Nicole Cakalagos of Duke's Movement Disorder Dept.
- ♥ Caregivers Support Group: Dec. 6, 3-4:30 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.