



The *heart* of Fearrington Village

EDUCATION SERVICES

Malware, Scams and More...What's Inside Your Computer?

February 5, 9:30 – 10:30 a.m. at The Gathering Place

Over the next four months, Fearrington Cares is partnering with Age-Wiser Inc. to present a series of technology talks. Age-Wiser is a fee-for-service provider of IT services that help older adults maintain their independence using connected technologies, educational resources and other services.

In the first enlightening and "eye-opening" talk, Jeff Shell, President of Age-Wiser, reveals what might be lurking inside your computer, who put it there, how to get rid of it and how to keep it from coming back. This talk is all about recognizing online threats that every adult should be aware of and what you should do to protect data and personal identity. Join him to review and increase your computer knowledge.

Future Program Presentations:

March 6, 9:30-10:30 a.m. How New Technologies Are Affecting Health and Wellness

April 2, 9:30-10:30 a.m. Ten Technologies to Help You Age Independently

May 7, 9:30-10:30 a.m. Repeat of the February 5 presentation

In conjunction with the presentations, a "TechCheck" can be scheduled. On each of the four program dates, Age-Wiser will offer a "TechCheck", which includes malware detection and removal, software updates, system optimization, security and firewall settings check, security software, diagnosis summary and a personal consultation. **The cost for the TechCheck is \$99 and a reservation is required; call the Center (919-542-6877) to make a reservation.** You can drop off your computer from 9-10 a.m. on any of the presentation dates and receive a phone call that same day when your computer is ready to be picked up. You can also wait while your computer is being checked.

Partnering with Fearrington Cares to Thrive! February 8, 7 p.m. at The Gathering Place

This term "Aging in Community" holds a variety of meanings. Developing a common language will promote a richer and more productive dialogue in the

Village. Karen Metzguer, our Executive Director and Nurse (celebrating 5 years of service here in Fearrington!), will provide a framework for this discussion. You can begin to develop your plan for continuing to live in Fearrington Village after the point where you might need more assistance than you need today.

Whatcha Gonna Do When You Find That Tick?

February 22, 1:30 p.m at The Gathering Place

Not sure what the symptoms are for Lyme Disease, Rocky Mountain Spotted Fever and other tickborne diseases? Wonder what poses your greatest risk for tickborne disease or what to do after you find a tick on your body? Come join us for an afternoon of stories and crucial information from tick expert, Dr. Marcia Hermann-Giddens, an Adjunct Professor in the Gillings School of Global Public Health at UNC. Learn what is currently going on in the field, changes that are occurring and what you need to know to be safe in a tick-infested environment. Dr. Hermann-Giddens will also be discussing the results of the 2017 Fearrington Village Ticks and Tickborne Diseases Survey conducted by Chatham County Department of Public Health. For more information or to submit a question for the speaker, contact Marlene Jones at 919-228-8493 or MarleneJones63@gmail.com.

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.

SUPPORT SERVICES

Community Supper

March 5, 6:15 p.m. at The Gathering Place

It's been said "If you are more fortunate than others, it is better to build a longer table than a taller fence." We invite you to enjoy dinner in the company of your neighbors at our first Community Supper of 2018. Fearington Cares will provide an entree (a veggie alternative too). Reservations are required and participants will be asked to bring crudités or a dessert. **Call the Center (919-542-6877) before February 20 to let us know that you will be joining us and what you are bringing to share.**

Vendor List

The Vendor List was created in response to requests from Fearington Village residents for a directory of local service providers. All vendors listed have been recommended by Fearington Village residents. Prior to hiring a company or individual, it is your responsibility to confirm that they have the proper license, liability insurance and references. To help you do that, our web site includes an article under the Vendor List tab on "Tips for Choosing and Dealing with Contractors."

We hope you find the newly organized list helpful but it will always be a work in progress; **we need your input** to create the best possible product! Please send us your comments on service you receive from a listed vendor. Also, let us know if you have a vendor you would like to add to the list or to add a vendor category we may have overlooked. Email comments to vendorlist@fearingtoncares.org

Fearington Cares information is written and edited by Fearington Cares personnel. Please direct comments directly to Fearington Cares at info@fearingtoncares.org or 919-542-6877.

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

FEBRUARY 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., 12:30-1:30 p.m.

Malware, Scams and More...What's Inside Your Computer? Feb. 5, 9:30 - 10:30 a.m.

Partnering with Fearington Cares to Thrive: Feb. 8, 7 p.m.

Whatcha Gonna Do When You Find That Tick? Feb. 22, 1:30 p.m.

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

RN Office Hours: M-F, 9 a.m.-noon.

Blood Pressure Checks: During nursing hours.

Foot Clinic: Feb. 15. (Call 919-542-6877 for an appointment.)

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

'Brainiacs': Thursdays, 10-11 a.m. (Call Karen Metzguer, 919-542-6877, for information.)

Parkinson's Caregivers and Care Receivers: Feb. 7, 10:00-11:20 at The Gathering Place with speaker Sue Shivar; Feb. 21, breakout session with Christy Porter.

Caregivers Support Group: Feb. 7 and 21 2-3:30 p.m. (Contact Fred or Karen Shectman, momback1@aol.com, karenshectman@gmail.com)

Living with Chronic Conditions Support Group- Feb. 15, 1:00 p.m.

Volunteer Services and Opportunities:

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

Fearington 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.