



Annual Meeting and Volunteer Celebration April 8, 1 p.m. at The Gathering Place

Ferrington Cares has served the community for 29 years and plans to continue and grow our services. Please join us for our Annual Meeting and celebration of our terrific volunteers. Meet the Board of Directors, review our building plans and share your thoughts about our services and programming. Ferrington Cares is fortunate to have more than 250 volunteers! Please help us thank them especially during April, which is National Volunteer Celebration month!

National Healthcare Decisions Month

April is also Healthcare Decisions month. This is a time to encourage conversations among families and healthcare providers to allow you to live your final days with the same purpose and joy that you have achieved during a lifetime. Sharing your wishes for end-of-life care can bring you closer to the people you love; it's critically important and you can do it. The Kaiser Family Foundation Serious Illness in Late Life Survey (2017) found that 97% of people say it's important to put their wishes in writing and only 37% report they have done so. Over 50% say they'd be relieved if a loved one started the conversation. During this month, Ferrington Cares will provide three opportunities for you to reflect, learn and plan—don't miss the programs described below, which are happening on April 11, 16 and 25. Our nurse regularly meets with individuals and families to discuss this topic. If you are interested, call the Center (919-542-6877, weekdays between 9 a.m. and 1 p.m.) to schedule an appointment.

Alternatives to Conventional Funeral Practices

April 11, 7 p.m. at The Gathering Place

This program will provide information about whole body donations and green burial in North Carolina. The first speaker is Tom Lawrence, Director of the UNC-CH School of Medicine Body Donation Program. The program provides the whole bodies needed for training students in medical, dental and other health professional programs. Our second speaker, Anne Weston, is the Director of the Green Burial Project. This non-profit organization is dedicated to educating the public about the benefits of green (or natural) burial over our current options of conventional burial, fire cremation and wet cremation. Its sole aim is to spread the news about the environmental, financial

and spiritual benefits of returning our bodies to the earth in a manner consistent with our heritage.

Strings of Our Heart, a Dance Performance April 16, 6:30 p.m. at The Gathering Place

We're all going to die! We can't escape so it's important to think about how we live and to enjoy the ride. *Strings of Our Heart* is a 2019 original dance production by Studio A Dancers of Chapel Hill that will educate, entertain, transport and inspire you to explore life and death. Each dancer (ages 8 to 16) will perform his/her own eulogy and, via the interactive nature of the show, invite us to contemplate our own eulogies and discover how we author our own life experiences. This song and dance exploration will even have a visit from a not-so Grim Reaper!

Hard Choices for Loving People

April 25, 1:30 p.m. at The Gathering Place

Karen Metzguer, our nurse, regularly meets with families facing difficult decisions when a loved one is critically ill. In this program she will review and discuss information from a book she regularly recommends in these situations. When do medical treatments prolong death rather than promote recovery? Is there a possibility of cure, stabilization or just providing comfort? A format to help answer questions such as these will be explored. She will also discuss topics such as the utility of CPR, artificial nutrition and hydration. A copy of the book, *Hard Choices for Loving People*, will be provided to participants.

Movement Classes at The Gathering Place

Mondays—Chair Yoga (11:30 a.m.–12:30 p.m.; no classes April 8, 15.)

Tuesdays—Qi Gong (10 – 11 a.m.; no class April 9.)

Wednesdays/Fridays—Light Cardio (11:30 a.m.–12:30 p.m.)

Thursdays—Line Dancing (11:30 a.m.–12:30 p.m.; no class April 4.)

Cutting the Cord...Are You Ready?

April 9, 1 p.m. at The Gathering Place

If you are considering alternatives to your conventional cable or satellite providers, plan to attend this Fearington Edge discussion led by an experienced instructor for the Osher Lifelong Learning Institute (OLLI) in Asheville and new Fearington resident, Tom Foss. Tom will discuss options for replacing conventional cable providers with internet-based services that could, depending on your preferences and choices, reduce your monthly costs.

Alcoholics Anonymous Meeting

April 17, 3 p.m. at the Fearington Cares Center

Several individuals have expressed an interest in having AA meetings in the Center; an organizing meeting will be held on April 17 at 3 p.m. If you are hoping to participate and cannot make this date and time, please call Karen (919-542-6877) before the meeting to share your interest and availability.

Fight Back Against Senior Moments!

We've all been there: we walk into a room and can't remember what we were after; we sit down at the computer with a purpose but can't remember that purpose; we put our keys somewhere VERY safe but can't find them. The generic term is "senior moment" except that you don't need to be a senior to have these moments. People who are stressed or those who are lacking in sleep will commonly have brain glitches, but no one is immune.

Try these tips to help your beleaguered brain:

- ♥ Use a calendar.
- ♥ Make "to do" lists and keep them in one place (a house papered in yellow sticky notes is not going to be featured in *Architectural Digest*).
- ♥ Multitasking is a good way to sow mental confusion. Avoid it!
- ♥ Keep things in designated spots (keys, wallet, purse, eyeglasses, etc.)
- ♥ Avoid putting items down (keys, wallet, purse, eyeglasses, etc.) when you need to pick up something else. If you need to do this, tell yourself that you are putting this item here and you'll be back for it.
- ♥ Avoid distractions! Stick to mission. When you sit down at your computer or pick up your tablet, immediately do what you wanted to do. Email and Facebook can wait!
- ♥ If you want to remember something, think about it. Repeat it in your head.
- ♥ Experiences are rich; savor the details.

APRIL HAPPENINGS

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

- ♥ Movement Classes: Chair Yoga, Mon., 11:30 a.m.-12:30 p.m.; no classes April 8, 15.
- ♥ Movement Classes: Qi Gong, Tues., 10-11 a.m.; no class April 9.
- ♥ Movement Classes: Light Cardio, Wed. & Fri., 11:30 a.m.-12:30 p.m.
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.-12:30 p.m.; no class April 4.
- ♥ Annual Meeting and Volunteer Celebration: April 8, 1 p.m.
- ♥ Cutting the Cord...Are You Ready? April 9, 1 p.m.
- ♥ Alternatives to Conventional Funeral Practices: April 11, 7 p.m.
- ♥ *Strings of Our Heart*, a Dance Performance: April 16, 6:30 p.m.
- ♥ Hard Choices for Loving People: April 25, 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: April 18 (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: April 3, 17, 10 a.m. On April 3, Meg Poe, Founder and Owner of Poe Wellness Solutions, will speak; April 17 is our usual breakout session.
- ♥ Caregivers Support Group: April 3, 17, 12:30-2 p.m.
- ♥ Alcoholics Anonymous Meeting: April 17, 3 p.m.
- ♥ Living with Chronic Conditions Support Group: April 18, 1 p.m.

Volunteer Services and Opportunities:

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