



The heart of Ferrington Village

Ferrington Cares Center Closed May 28 for Memorial Day

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

May 7, 9:30 – 10:30 a.m. at The Gathering Place

This is a repeat of a well-received presentation made in February; 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 returning. This talk is about recognizing online threats that every computer user should be aware of and what can be done to protect data and personal identity.

In conjunction with the presentation, a "TechCheck" can be scheduled. The "TechCheck" will include malware detection and removal, software updates, system optimization, security and firewall settings check, security software, diagnosis summary and a personal consultation. The cost is \$99 and a reservation is required; call the Center (919-542-6877). You can drop off your computer from 9–10 a.m. on May 7; you will be called that same day when your computer is ready to be picked up. You can also wait while your computer is being checked.

Ticks in the Landscape

May 10, 7 p.m. at The Gathering Place

Find out how to protect yourself from tick-borne illness when gardening, golfing, hiking, walking the trails and other outdoor activities. Dr. Jennifer Platt will answer such questions as: Can tick larvae and nymphs in the soil carry tick-borne illness and, if so, how can I protect myself? What kinds of ticks are active in the winter? If my neighbor does not spray for ticks, is it effective for me to treat my yard for ticks? What natural products repel ticks? Why is it important to remove a tick properly? Are there products that I can use to treat my clothing that will still repel ticks after multiple washings?

Acupuncture: How Does It Work? What Might It Help With?

May 24, 1:30 p.m. at The Gathering Place

The World Health Organization endorses acupuncture for at least two dozen conditions and the National Institutes of Health has issued a consensus statement proposing acupuncture as a therapeutic intervention for complementary medicine. Research has identified

conditions for which acupuncture has proven useful: musculoskeletal (neck and back) pain, chronic pain, migraines, anxiety, depression, insomnia, plantar fasciitis, digestive problems and even weight loss. Come explore how acupuncture might benefit your health and enrich your life.

Debbie Grimes is a North Carolina licensed acupuncturist and is board certified in Oriental Medicine by the National Certification Commission of Acupuncture and Oriental Medicine.

Movement Classes at The Gathering Place

**Mondays—Breathe Easy Fitness, 11:30 a.m.–12:30 p.m.
(No class May 28.)**

**Tuesdays—Light Cardio, 11:30 a.m.–12:30 p.m. (No
Class May 8.)**

**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. (No class
May 25.); NIA 12:30-1:30 p.m.**

Free Hearing Screening

May 8, 1-3:45 p.m. at the FC Center

The UNC Hearing and Communication Center offers a wide range of hearing services including complete diagnostic evaluations, aural rehabilitation, and amplification and assistive listening devices. The UNCHCC will sponsor hearing screenings for Villagers who want to learn whether they would benefit from a full hearing evaluation. Dr. Patricia Johnson will be on site for the hearing screenings and one-on-one counseling. Please call the FC Center (919-542-6877) to schedule a free 10-minute appointment.

Community Birthday Celebration on May 31, Free Swim and More!

The four activities and events listed below will all be held on this special day. Come take advantage of them all!

#1 Community Birthday Party
1:30-3 p.m. at The Gathering Place

Calling all residents, especially you "perennials", to help us celebrate! This party is for everyone in Fearington and will celebrate those in their 90s in particular. If you are willing, please bring a picture of yourself as a child to the Center or email it to Karen@fearingtoncares.org before May 18. Your picture will be returned. Come share some revelry, cake and song! Spread the word in your neighborhood that we are celebrating each and every one of you!

#2 Free Swim Party
10 a.m.-4 p.m. at the Swim and Croquet Club

Fearington Cares is collaborating with the Swim and Croquet Club to have a Fearington Cares Day at the pool! Club membership is not necessary on this day! Put on your sunscreen and splash with your neighbors! Floating "noodles" are available for use while at the pool and a hot tub and toddler pool are also available. You can also play croquet, ping pong, horseshoes, shuffleboard and cornhole. Bring your towel for the pool and please do not bring glass into the pool area.

#3 Free Medication Consultation
10 a.m.-noon at The Gathering Place

Have you ever wanted to discuss a medication or medication interactions with a pharmacist? Han Su, Chief Pharmacist at 501 Pharmacy in Chapel Hill, will be available for FREE curbside consultations. Please bring a complete list of all your medications; alternately, you can bring your bag of medicines.

#4 Free Skin Cancer Screening
1-3 p.m. at The Gathering Place

The Dermatology and Laser Center of Chapel Hill is providing FREE skin cancer screenings by a dermatology-trained physician assistant, Leighanne McGill. If you have moles or spots that you are concerned about, this screening is for you!

Thanks for Sharing Magazines!

UNC Hospitals is delighted that you are willing to bring magazines less than a year old to our Center; they have been picking them up regularly. Please do not bring magazines from years prior to 2017.

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

MAY 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. (No class May 28.)

Movement Classes: Light Cardio, Tues. & Fri., 11:30 a.m.-12:30 p.m. (No classes May 8, 25.)

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? May 7, 9:30-10:30 a.m.

Ticks in the Landscape: May 10, 7 p.m.

Acupuncture: How Does It Work? What Might It Help With? May 24, 1:30 p.m.

Free Medication Consultation: May 31, 10 a.m.-noon

Free Swim Party: May 31, 10 a.m.-4 p.m. at the Swim and Croquet Club

Free Skin Cancer Screening: May 31, 1-3 p.m.

Community Birthday Party: May 31, 1:30-3 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.

Free Hearing Screening: May 8, 1-3:45 p.m.

Foot Clinic: May 17. (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: May 2, 16. On May 2 Rupe Gill, an attorney, will speak about Long Term Planning. May 16, Breakout Session with Christy Porter.

Caregivers Support Group: May 2, 16, 12:30-2 p.m. (Contact Fred or Karen Shectman, momback1@aol.com, karenlshectman@gmail.com)

Living with Chronic Conditions Support Group- May 17, 1 p.m.

Volunteer Services and Opportunities:

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