



Fearington Cares Center Closed July 2-6 for Independence Day

The Center will be closed July 2-6 but volunteers will still be providing transportation and handyman services. If you need assistance in either of those areas, call the center at 919-542-6877 and leave a message in the appropriate mail box; a volunteer will be in touch. All computer help requests will be handled when the center re-opens July 9, but you may also leave a voice mail message in the appropriate mail box so the request can be handled when we re-open.

Knox Box

Have you considered how the fire department or EMS will be able to enter your home if you need them and are unable to go to the door? The Residential Knox-Box is a high-security key safe designed for single-family homes that only local emergency responders can access. The benefits include a one-time purchase with no monthly monitoring fee. Your key is locked in the Knox-Box (not hidden for a burglar to find).

It is no longer possible for Fearington Cares to help you order a Knox Box *by completing a paper order form*. Boxes can now only be ordered by phone (855-438-5669) or online (www.knoxhomebox.com). Upon providing your address, the company will know that the North Chatham Fire Department is our first responder and key the box for them to access. We have been told your receipt is printed with the number to call to get the box locked. *We recommend that you order the over-the-door version* of the Knox Home Box and, of course, we are still available to provide information if you care to phone (919-542-6877) or show you one if you come in between 9 a.m. and 1 p.m.

Thank You!

We want to give a shout out to the 371 households who have donated to our annual campaign! We are so grateful for this community support. If you have already donated, please share a reason you support Fearington Cares with your friends. Help double the number of households who contribute in the second half of this year. If you're still waiting to donate, please be generous!

**Movement Classes at The Gathering Place
(No classes July 2-6.)**

All Classes 11:30 a.m.-12:30 p.m.

Mondays—Breathe Easy Fitness

Tuesdays—Light Cardio

Wednesdays—Breathe Easy Fitness

Thursdays—Line Dancing.

Fridays—Light Cardio

Don't Feed The Ticks!

With warm weather in sight, it's time to be aware of some not-so-friendly co-residents of Fearington 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 Fearington Cares Center to pick up a free Tick Removal Kit, provided by the Chatham County Public Health Department.

Brand New "News" Section on Our Web Site

Ferrington Cares website is experiencing a growth spurt! Check out *the first* of these, the NEWS component, which was launched in early June and can be accessed using the ABOUT menu tab.

The NEWS content will be updated frequently and will augment our key traditional information streams; FHA Newsletter pages, ECares and posters. The Communication Committee, which consists of staff and residents, works and plans to make all our communications tools informative and timely.

Arranged by date and by category, NEWS will provide timely relevant content for visitors to the site. The content will be posted identified by topic labels such as "Featured," "Technology & Aging," "Aging at Home," and more. Try out this new site component and let us know what you think of it (info@ferringtoncares.org)

Volunteers Needed on the News Curator Team

The content on the NEWS pages will be curated by the FC NEWS Curator Team, which consists of a Team Captain(TC) and a small core of volunteer Ferrington residents. After identifying prime area of interest, volunteers will scan the digital environment for pertinent articles. The TC will review the submissions in a timely manner and may, upon occasion, request more information about a submitted resource from team members. The TC will select a number of articles from each submission cycle and those selected will be published on the Ferrington Cares website NEWS component. Phone (919-542-6877) or email Karen@ferringtoncares.org for more information and/or to volunteer.

Adjust to a Move and Build New Connections Oct 9,16,23,30 from 6:30 p.m.-8:30 p.m. or Oct 11,18, 25 and Nov 1 from 10 a.m.-Noon

Moving to a new location, even if it's a positive and welcomed move, often rattles your routines, shakes up your established friendships, and uproots your familiar surroundings and activities. If you've been through a move during the last year or two, please plan to join us for this upbeat four-session program in October.

Registration is required.

You'll have the chance to connect with other Ferrington residents and learn down-to-earth strategies to help navigate your relocation and build friendships. Our program format combines information with time for self-reflection, guided discussion, and connecting with other new Ferrington residents. Handouts are provided. Pre-Register for **our evening**

OR our daytime Program, call between 9a-1p to reserve your seat!

Galloway Ridge's The Longest Day Campaign to Benefit The Alzheimer's Association

Join Galloway Ridge in The Longest Day Campaign to support the Alzheimer's Association in their efforts to end Alzheimer's disease. The campaign consists of a number of educational events that can be found in the following link: <https://gallowayridge.com/walk-5k-run/>. All educational events are free and open to the public. This campaign will culminate with the Chatham County 8thAnnual Alzheimer's 5k Walk/Run on September 15th. Please contact Cori Cook, ccook@gallowayridge.com, with any questions regarding the campaign and race.

JULY/AUGUST HAPPENINGS

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

- ♥ Movement Classes: **No classes July 2-6.**
- ♥ 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.

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

- ♥ RN Office Hours: M–F, 9 a.m.–noon.
- ♥ Blood Pressure Checks: During nursing hours.
- ♥ Foot Clinic: July 19, Aug 16, (Call 919–542–6877 for an appointment.)

Support Services: *(All groups meet at the Ferrington 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: July 20, Aug 17, 5:00 p.m. at the Roost
- ♥ Caregivers Support Group: July 18, Aug.1, 15, 12:30–2 p.m. (Contact Fred or Karen Shectman, momback1@aol.com, karenlshectman@gmail.com)
- ♥ Living with Chronic Conditions Support Group- July 19, Aug.16, 1 p.m.

Volunteer Services and Opportunities:

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

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

Steve Stewart, President

Karen Metzguer RN, Nurse/Executive Director