



**Ferrington Cares Center Closed
September 3 for Labor Day**

**What Did You Say?
Sept. 5, 10-11:20 a.m. at The Gathering Place**

Virginia Seedhom, Director of Rehabilitation at Galloway Ridge, will speak about changes in voice expected with Parkinson's as well as about communication strategies to allow for speech to be heard. She will discuss the McGurk effect and the use of visual information when communicating with someone with hearing loss. She will also discuss the interaction of hearing loss with sound frequency.

**Sleep Apnea: A Significant Health Issue?
Sept. 13, 7 p.m. at The Gathering Place**

Sleep apnea increases your chances of having a stroke four-fold. In 2016, approximately 42 million American adults suffered from sleep-disordered breathing and up to 80% of people with this disorder go undiagnosed. How do you know whether you are one of the undiagnosed? How dangerous is undiagnosed sleep apnea? Where do you go for diagnosis and treatment? What costs will Medicare cover? Are children and young adults now being treated for sleep apnea? What new technologies and options are now available for treatment? Kathe G. Henke, PhD, clinical staff member of Feeling Great Sleep Medical Center, will address these and other questions in this presentation.

**Stand Tall—Don't Fall!
Sept. 27 at 1:30 p.m. at The Gathering Place**

Staying on your feet can sometimes be a real challenge as we get older. There are national, statewide and local initiatives to provide resources and education so older adults can better manage their mobility and balance and decrease their risk of falling. Physical therapists Tiffany Shubert and Joshua Cohen will discuss the excellent resources available, including free balance screenings and evidence-based exercise programs provided by Ferrington Cares, and evidence-based fall prevention programs provided by Mobile Rehab in the convenience of your home. They will describe local geriatric specialty clinics, online resources and more.

**Adjust to a Move—Build New Connections
Oct. 9, 16, 23 & 30, 6:30-8:30 p.m. or Oct. 11, 18,
25 & Nov. 1, 10 a.m.-Noon at The Gathering Place**

If you've been through a move during the last year or two, please join us for this upbeat four-session program. You'll have the chance to connect with other "new" Ferrington residents and learn down-to-earth tips to navigate this re-location with less stress and more spark. **Registration is required; call 919-542-6877 before Sept. 30** to sign up for this seminar taught by Village resident, Vicki Field.

Movement Classes at The Gathering Place

Mondays—Breathe Easy Fitness, 11:30 a.m.–12:30 p.m. (No class Sept. 3.)

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. (No class Sept. 7.)

**Annual Service of Remembrance
Sept. 23, 3 p.m. at The Gathering Place**

UNC Hospice, together with Ferrington Cares, holds an annual Service of Remembrance for those who remain behind after loved ones have died. The service is ecumenical and open to all regardless of whether hospice was involved and whether your loved one died here or far away. John O'Donohue wrote beautifully about life and death and gave us these words of comfort: "May you know that absence is alive with hidden presence, that nothing is ever lost or forgotten. May the absences in your life grow full of eternal echo." All are welcome to light a candle in honor and in celebration of your loved ones. Enjoy beautiful music and light refreshments at this touching service. No RSVP needed.

**SAVE THE DATE:
Community Supper—October 17!**

**IGive.Com—Another Option to Benefit
Farrington Cares Via Online Shopping**

Farrington Cares is grateful to those of you who shop on Amazon and choose Farrington Cares as a recipient of Amazon Smile donations. There is another way to give to Farrington Cares: iGive.com will donate an average of 3.75% to Farrington Cares when you shop at over 1,900 different shops (Walmart online!) accessed through their portal. Register at www.igive.com and then any regular online shopping will help support Farrington Cares!

Farrington Cares Support Groups

- ♥ **Brain Injury—“Brainiacs.”** This group welcomes anyone who has had a traumatic brain injury, stroke, or a condition of cognitive decline. Meets weekly on Thursdays, 10 a.m.
- ♥ **Living with Chronic Conditions.** Resources can be identified to address chronic pain but few resources help with the emotional roller coaster one experiences when living with a chronic condition or illness. This group offers support and inspiration. We discuss the effects of chronic illness and/or pain on identity and self-concept, how to communicate with others in healthy ways, and our fears and aspirations for the future. Meets the third Thursday of each month, 1 p.m.
- ♥ **Parkinson’s Disease.** If Parkinson’s Disease impacts your life, this support group offers well-informed speakers, group discussions, breakout sessions for care partners and people with Parkinson’s and social support in a gathering of friends. Meets twice a month on the first and third Wednesdays, 10-11:20 a.m., except for the months of July and August.
- ♥ **Caregivers Support.** Caregivers are described as selfless, tolerant, resilient, loyal and kind and on call 36 hours a day. This group meetings offers participants an opportunity to share experiences, vent, find support and comfort and learn about additional resources in Farrington and the larger community. Meets twice a month on the first and third Wednesdays from 12:30-2 p.m.

SEPTEMBER HAPPENINGS

*Farrington Cares Center Closed
September 3 for Labor Day*

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

- ♥ Movement Classes: Breathe Easy Fitness, Mon., Wed., 11:30a.m.–12:30p.m. **No class Sept. 3.**
- ♥ Movement Classes: Light Cardio, Tues. & Fri., 11:30 a.m.–12:30 p.m. **No class Sept. 7.**
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.–12:30 p.m.
- ♥ What Did You Say? Sept. 5, 10-11:20 a.m.
- ♥ Sleep Apnea: A Significant Health Issue? Sept. 13, 7 p.m.
- ♥ Chatham County Annual Alzheimer’s 5k Walk/Run: Sept. 15, 8:30 a.m starts at Galloway Ridge
- ♥ Annual Service of Remembrance: Sept. 23, 3 p.m.
- ♥ Stand Tall—Don’t Fall! Sept. 27 at 1:30 p.m.

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

- ♥ RN Office Hours: M-F, 9 a.m.–noon.
- ♥ Blood Pressure Checks: During nursing hours.
- ♥ Foot Clinic: Sept 20. (Call 919-542-6877 for an appointment.)

Support Services: *(All groups meet at the Farrington 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: Sept. 5, 19. 10-11:20 a.m. at The Gathering Place.
- ♥ Caregivers Support Group: Sept. 5, 19, 12:30-2 p.m. (Contact Fred or Karen Shectman, momback1@aol.com, karenlshectman@gmail.com)
- ♥ Living with Chronic Conditions Support Group: Sept. 20, 1 p.m.

Volunteer Services and Opportunities:

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

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

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