



**Community Supper
October 17, 5 p.m. at The Gathering Place**

Good food, good people, good times! Join us for a Community Supper and enjoy dinner in the company of your neighbors. Ferrington Cares will provide chicken and green beans (let us know if you prefer a vegetable entree); participants will bring a finger food-style dessert or a plate of raw veggies. Reservations are required so we know how much to prepare. **Call the Center (919-542-6877) to RSVP before October 10.**

**Introduction to Insight Meditation
October 11, 7 p.m. at the Gathering Place**

The word "mindfulness" seems to be everywhere these days. In Insight Meditation, this concept is central but also is embedded in a broader approach, which many people find more supportive than stand-alone mindfulness. This talk will describe how Insight Meditation came to be developed and how it differs from several other approaches to meditation. There will be an opportunity for direct experience of a short guided meditation, followed by an opportunity for discussion and questions. Our presenter, Scott Bryce, has been a psychotherapist and Buddhist practitioner since the mid-1990s, and he continues to explore how these two practices intersect. He served for a number of years as a practice leader with the Eno River Buddhist Community and is now a teacher for Triangle Insight Meditation Community.

**Make Technology Work for You
October 16, 1:30 p.m. at The Gathering Place**

Two Ferringtonians, Doug Zabor and Bill Hengstenberg, will explain how technology is improving the safety and health of loved ones. They will focus on real-life experiences with the Philips Lifeline Medical Alert Necklace. In addition they will delve into the benefits of using Alexa and Google Home smart speakers for voice control of everyday activities ranging from turning on the television to raising and lowering window blinds. This is the first in a series of presentations by **FerringtonEdge**, a group of Ferrington residents, working in conjunction with Ferrington Cares, who are committed to helping the community reap the maximum benefits of current and emerging technologies.

**Computer FAQs: Sharpening Your Internet and Computer Skills
October 25, 1:30 p.m. at The Gathering Place.**

The Ferrington Village computer gurus, our own Ferrington Cares Computer Help Group, will share their tech expertise by offering simple, practical and concrete strategies for the following:

- ♥ **Staying safe on the internet** (passwords and other security issues; avoiding scams, forwarding memes, videos and email).
- ♥ **Protecting others in cyberspace** (bccs and group emails, "reply all" issues, privacy concerns).
- ♥ **Basic trouble shooting** (including printer and WiFi problems).

You may pick up a tip that may save you from needless frustration and risk or from lost time and effort as you navigate cyberspace.

**Movement Classes at The Gathering Place
11:30 a.m.–12:30 p.m.**

Mondays/Wednesdays—Chair Yoga (Previously called Breathe Easy Fitness)

Tuesdays/Fridays—Light Cardio

Thursdays—Line Dancing

**Third Annual Camden Park Walk for Parkinson's
October 27, 11 a.m. at West Camden Mail Kiosk**

Having Parkinson's is no walk in the park, so the Ferrington Cares Parkinson's Support group invites you to take a lap with them around Camden Park. Our goal is to raise awareness about Parkinson's disease. Donations will be accepted but are not required. Please come and wear your Ferrington Beltie t-shirt—our team shirt.

Our group is raising funds to participate in the Parkinson's Moving Day NC Triangle walk on November 3. For more details, to join our team (Beltie MOOvers) or to donate, go to movingdaywalk.org/MOOvers or email Doug Zabor at jdzabor@gmail.com. Team members will be able to purchase a Beltie t-shirt for half-price!

Your Smoke Alarm May Be Dead!!

October is Fire Prevention Month and we all know to change or check the batteries in our smoke alarms. **But did you know that the smoke detecting sensor in the alarm has a limited life span?** It may not work even if the battery checks out fine! If your alarm is more than 10 years old, according to manufacturers, and safety and consumer organizations, it should be replaced.

There are new alarms available that have 10-year life span lithium batteries. There is no need to change or check batteries during the useful life of the unit. This eliminates climbing up on ladders to check batteries!

The risk of dying in a home fire is reduced by half in homes with working smoke alarms. Give serious consideration to replacing all old alarms. Call Ferrington Cares to arrange for a Handyperson to check your alarms and provide advice on what is needed to protect you and your home from fire.

Vendor List

Looking for up-to-date service vendor listings? Check the **Ferrington Cares Vendor List** on our website (ferringtoncares.org/directory/). The list contains nine service categories currently linked to over 70 subcategories. The list is updated regularly so we encourage return visits if you want to be sure you have the most recent content. Want to recommend a vendor? All recommendations are posted anonymously as a "Comment by a Ferrington Village Resident." Please send your recommendations and comments to vendorlist@ferringtoncares.org.

The NEWS as Curated by Ferrington Cares

NEWS deserves its own category and is now on the main menu bar of our website (ferringtoncares.org). Here you can find articles curated by the News Curator Team and indexed by categories. The NEWS pages are attractively laid out in dynamic frames so that the presentation of articles on your screen responds to your viewing choices. Visit the NEWS and explore; user navigation is easy!

We Need Help!!

Are you handy? Are you a person? Then you can be a Ferrington Cares Handyperson! Join the group of skilled, smart, graceful, attractive people who help Ferringtonians with fixing leaky faucets, replacing light bulbs and smoke alarm batteries, hanging curtain rods and many other odd jobs that seem difficult to some but easy for others. You need not be skilled in all things or on call all the time. We need both specialists and generalists and you decide whether to accept a particular task when called. Our numbers are getting thin so if you'd like to help, please call 919-542-6877.

OCTOBER HAPPENINGS

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

- ♥ Movement Classes: Chair Yoga, 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.
- ♥ Introduction to Insight Meditation: Oct. 11, 7 pm
- ♥ Make Technology Work for You: Oct. 16, 1:30pm
- ♥ Community Supper: Oct. 17, 5 p.m.
- ♥ Computer FAQs: Oct. 25, 1:30 p.m.
- ♥ Camden Park Walk for Parkinson's: West Camden Mail Kiosk; Oct. 27, 11 a.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: Oct. 18. (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: Oct. 3, 10–11:20 a.m. at The Gathering Place. Nicole Robertson, Martin Frost from Opus Financial Advisors, Inc., will speak; all are welcome. Oct 17, breakout session.
- ♥ Caregivers Support Group: Oct. 3, 17, 12:30–2 p.m. (Contact Fred or Karen Shectman, momback1@aol.com, karenshectman@gmail.com)
- ♥ Living with Chronic Conditions Support Group: Oct. 18, 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.

**Barbara Hummel-Rossi, President
Karen Metzguer RN, Nurse/Executive Director**