



**THE FEARRINGTON CARES CENTER  
WILL BE CLOSED NOVEMBER 21-23**

**Aging and Its Financial Implications:  
Planning for Housing  
Nov. 8, 7 p.m. at The Gathering Place**

Charles Moehrke, from the Cotton Moehrke Group with Morgan Stanley in Durham, will present perspectives, research and practical insights that were created in collaboration with the Center for Innovative Care in Aging at the Johns Hopkins University School of Nursing. This presentation covers what to ask a potential CCRC, geriatric care manager, skilled nursing facility or caregiver in order to evaluate the costs and services provided. What are the financial considerations for a healthy aging in place? What is the financial impact of your future plans? What do the data say about longevity and the actual costs of aging? What action steps can you take now to put together a plan for your future? Come join us and learn the answers to these questions and more.

**Medicare Part D Assistance  
Oct. 16–Dec. 7 at the Ferrington Cares Center**

During open enrollment, Ferrington Cares assists individuals evaluating their options for the Medicare Part D drug program. We are thankful to resident SHIP (Seniors' Health Insurance Information Program) volunteers who will strive to help villagers save money by their choices. A session takes about 30 minutes. Couples should schedule two consecutive sessions or separate half-hour times. Bring your Medicare card, list of medications and any other insurance information. If you were counseled last year, bring the printout you received (if you have it). **Call the Center (919-542-6877) to reserve your session** or for more information. Evening appointments are available for those residents not able to come during the day.

**Fall Appeal Letter**

In early September we sent out a mailing to over 900 residents, appealing for your financial support. We have heard from a few of you that there was a problem: the mail merge apparently did not match the outside envelope addressee with the inside salutation. We apologize, as does our printer, that this error occurred. Ferrington Cares depends on the generosity of Villagers to provide services and programs and we hope

all Villagers will be able to make a financial contribution to our work. We have been fortunate to add programs each year for the last five years and this is directly due to your support. Our 2018 goal is to raise \$110,000 for our operating expenses and to be supported *by at least 600 households*; to date we have deposited \$84,460 from 476 households. Please include Ferrington Cares among your charitable contributions.

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

**No Classes Nov. 6, 16, 22-23, 29**

**Mondays—Chair Yoga**

**Tuesdays/Fridays—Light Cardio**

**Thursdays—Line Dancing**

**Remember AmazonSmile When Shopping!**

During this season of giving, many of you shop at Amazon. Through the AmazonSmile program, Amazon will donate 0.5% of your eligible purchases to your choice of over one million eligible organizations **at no additional cost to you!** Start your Amazon shopping at the [smile.amazon.com](http://smile.amazon.com) portal and use your regular Amazon sign-in information. On your first visit, you will select a charitable organization; please choose Ferrington Cares! Then shop as usual. We have received \$215 this year from Amazon. Shop as needed and benefit Ferrington Cares at the same time! For more details, go to [smile.amazon.com/about](http://smile.amazon.com/about).

**iGive.Com—Another Option to Benefit Ferrington Cares Via Online Shopping**

In addition to AmazonSmile, iGive.com will donate an average of 3.75% of your purchases at over 1,900 different shops (Walmart online!) to Ferrington Cares. Register at [www.igive.com](http://www.igive.com) and select Ferrington Cares as your charity. Then shop through the [www.igive.com](http://www.igive.com) portal or download the mobile app or browser extension. Your regular online shopping will help support Ferrington Cares **at no additional cost to you!** For more details, go to [support.igive.com](http://support.igive.com).

## Thanks for Sharing Magazines

UNC Hospitals is delighted that you are willing to bring magazines to the Fearrington Cares Center; they have been picking them up regularly. **Please do not bring magazines from years prior to 2018.**

## MED-PAL: Medical Note Taking and Return Home Support Program

MED-PAL is a Fearrington Cares program designed to help residents with medical appointments by:

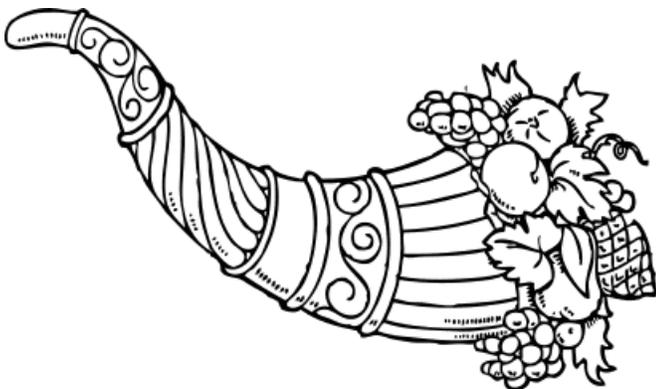
- ♥ Consulting with you to plan for the upcoming appointment.
- ♥ Having a nurse accompany you to the visit.
- ♥ At your request, having the nurse take notes for you. No notes will be kept at Fearrington Cares; they will be left with you for review and planning.

After any hospitalization or rehabilitation, we will work with discharge planners, at your request, to plan the smoothest possible return home.

Ideally, a resident will call Fearrington Cares (919-542-6877) and speak with the nurse before making the medical appointment. If that is not possible, please call with as much notice as possible.

## A Resident's Perspective on MED-PAL

I wish to thank Fearrington Cares for the MED-PAL program. At one time I was the caregiver and took notes during medical visits. These days I face medical visits on my own and worry that I will forget to ask something important or write down instructions correctly. I contacted Fearrington Cares and Karen arranged for a nurse to go with me to a critical doctor visit, notes were taken, questions were asked (and answered) and a form documenting the conversation was completed and left with me. Fearrington Cares does not keep a copy of the form and I have referred to it several times. I highly recommend this confidential program.



## NOVEMBER 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.
- ♥ Movement Classes: Light Cardio, Tues. & Fri., 11:30 a.m.–12:30 p.m. **(No classes Nov. 6, 16, 23.)**
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.–12:30 p.m. **(No classes Nov. 22, 29.)**
- ♥ Medicare Part D Assistance: Oct. 16–Dec. 7, Fearrington Cares Center. (Call 919-542-6877 for an appointment.)
- ♥ Aging and its Financial Implications: Planning for Housing: Nov. 8, 7 p.m.

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

- ♥ RN Office Hours: M–F, 9 a.m.–noon.
- ♥ Blood Pressure Checks: During nursing hours.
- ♥ Foot Clinic: Nov. 15. (Call 919-542-6877 for an appointment.)

**Support Services:** *(All groups meet at the Fearrington Cares Center, unless otherwise noted.)*

- ♥ 'Brainiacs': Thursdays, 10–11 a.m. (Call Karen Metzguer, 919-542-6877, for information.) No meeting Nov. 22.
- ♥ Parkinson's Caregivers and Care Receivers: Nov. 7, 21. 10-11:20 a.m. at The Gathering Place. On Nov. 7, Dr. Sklerov of UNC Movement will speak on non-motor symptoms; all are welcome.
- ♥ Caregivers Support Group: Nov. 7, 12:30-2 p.m. (Contact Fred or Karen Sheckman, momback1@aol.com, karenlsheckman@gmail.com)
- ♥ Living with Chronic Conditions Support Group: Nov. 15, 1 p.m.

### Volunteer Services and Opportunities:

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

**Fearrington Cares information is written and edited by Fearrington Cares personnel. Please direct comments directly to Fearrington Cares at [info@fearringtoncares.org](mailto:info@fearringtoncares.org) or 919-542-6877.**

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