



**THE FEARRINGTON CARES CENTER  
WILL BE CLOSED DECEMBER 17-JANUARY 1**

The Center may be closed for the holidays but our volunteers will be busy providing transportation and handy-person services. If you need assistance with either of these areas of service, call the center at 919-542-6877 and leave a voice mail message in the appropriate mail box; a volunteer will be in touch with you. All computer help requests will be handled when the center re-opens in January but you may also leave a voice mail message in the appropriate mail box so the request can be handled when we re-open. Any requests for the Fearington Friends program will also be handled when the center re-opens in January. Messages regarding this program can be left in the general mail box or in Karen Metzguer's mail box.

**What is Reflexology?  
Thursday, December 13, 7 p.m. at The Gathering Place**

Reflexology views the body as an entity with innate wisdom which when activated, creates beneficial responses in the neurological, electrical and chemical systems. Often referred to as a "scientific art" reflexology is based on research of stress and pain reduction, healthy blood pressure, support system for cancer treatment and post-operative recovery, and mitigation of neuro-physical and auto-immune disorders. Reflexology allows the body to relax by releasing tension and increasing blood flow; allowing the body to adjust to its own healthy balance.

This program will include an introduction to the ancient mathematical history and origins of reflexology, exploring maps of the ears, hands, and feet. Experience a simple and practical way to address health challenges and feel great with self-care techniques that you can integrate into your daily life.

Edie Stuber has been teaching massage and yoga, and practicing bodywork for more than two decades. Her sessions offer pain and stress relief in the body and mind to create an experience of optimal health and wellbeing.

**Flash Collection: Donate Toiletries to Help Others- Now through December 13**

Fearington Cares will receive donations of toiletries for Chatham residents who lack basic necessities such as soap, shampoo, toothpaste. If you would like to help by donating new toiletry items, please drop them off at the Fearington Cares Center from 9 a.m-1 p.m., Monday-Friday.

**New Volunteer Driver Orientation  
Wednesday, December 5, 10:0 a.m. at the Fearington Care Center**

On occasion, one of your neighbors will find themselves in need of a ride, most often to a medical appointment. Please join our Volunteer Drivers who can help make this happen. You will be scheduled as a team member for **only two weeks in the year** and collaborate with them to provide the pre-arranged rides. If you are available, please come to the Center for a 30-minute orientation at 10 a.m. on Dec. 5; otherwise please drop in and complete a volunteer form to join our fabulous team of drivers.

**December Movement Classes  
11:30-12:30 p.m.  
The Gathering Place**

**Mondays- Chair Yoga  
Tuesdays- Light Cardio, No class Dec 4  
Thursdays- Line Dancing  
Fridays- Light Cardio, No class Dec 7**

**No Classes after December 14.**  
Please make and keep a commitment to moving every day; you will return to class strong, toned and ready for regular group activities with some new friends!

**Note from Karen, The Executive Director**

During this season of gratitude and joy, I would like to send a special note of thanks to our Fearington Cares volunteers for a terrific year of service. I hear frequently from Villagers that you are generous and gracious in their time of need. Thank you for making this organization shine! I am also grateful to all the volunteers who gave generously in service during our successful hurricane relief drive; it is a privilege to be completing my 6<sup>th</sup> year with you!

## Enhanced Caregiver Support

"It is in the shelter of each other that the people live" is a wonderful poem fragment from Padraig O'Tuama; I think of this when I consider the exceptional caregivers, or, care partners, living in Ferrington. In the coming year we will take a "deep dive" studying and thinking about the ways we can support you. If you are a caregiver, if you assist or provide activities of daily living for another, please contact Karen by email ([karen@ferringtoncares.org](mailto:karen@ferringtoncares.org)) or phone (919-542-6877) with suggestions or thoughts about this exploration. **Even if you don't have suggestions at this time, please contact the Center and let us know you are a caregiver.**

### 2019 Movement Classes

The Gathering Place

11:30 a.m.–12:30 p.m.

### Classes Resume January 7 New Line Up

#### Mondays—New Class Coming

#### Tuesdays—Qi Gong: Easy Movements to Reduce Stress and Increase Vitality

Qi Gong, similar to Tai Chi, is a form of gentle meditation composed of simple movements that are repeated a number of times in a slow and relaxed way. Research has shown it can be helpful for increasing circulation of blood, lymph, and synovial fluid. It can be helpful in a variety of conditions: stress, anxiety, depression, falls/balance disorders, bone density concerns, fibromyalgia, arthritis, hypertension, and other types of cardiovascular conditions. Participants will learn a seated version of Qi Gong that is designed for beginners. Come learn a new activity in a relaxed and light-hearted environment!

#### Wednesdays/Fridays- Light Cardio

Ferrington Cares is delighted to offer this strengthening program with personal coach Vinnie. Consider adding this to your 2019 routine; you will be amazed at your results after only 6 weeks!

#### Thursdays—Line Dancing

You are missing out if you have not danced with Bruce and his merry band of movers. Come learn a new activity, among friends, in a relaxed and light-hearted environment!

## DECEMBER 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 Dec 4,7)**
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.–12:30 p.m.
- ♥ Medicare Part D Assistance: Through Dec. 7, Ferrington Cares Center. (Call 919-542-6877 for an appointment.)
- ♥ What is Reflexology, Dec. 13, 7:00 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: Dec 13. (Call 919-542-6877 for an appointment.)

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

- ♥ 'Brainiacs': Thursdays, Dec. 6, 13, 10–11 a.m. (Call Karen Metzguer, 919-542-6877, for information.)
- ♥ Parkinson's Caregivers and Care Receivers: Wed. Dec. 5th, 10-11:20 am at The Gathering Place, will be a relaxation/health event with presenters offering hands-on massage, yoga, meditation, reiki massage, physical therapy, etc. Come join the fun. Due to the busy holidays there will be only one PD program in December."
- ♥ Caregivers Support Group: Dec. 5, 12:30-2 p.m. (Contact Fred or Karen Shectman, [momback1@aol.com](mailto:momback1@aol.com), [karenlshectman@gmail.com](mailto:karenlshectman@gmail.com))

#### 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](mailto:info@ferringtoncares.org) or 919-542-6877.**

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