



Ferrington Cares Center will be closed on Martin Luther King Day, Monday, Jan. 21.

Sleep Apnea: A Significant Health Issue? Jan. 10, 7 p.m. at The Gathering Place

In 2016, approximately 42 million American adults suffered from sleep-disordered breathing. A large number of people with this disorder go undiagnosed. Untreated, your chances of having a stroke are four times greater than someone without sleep apnea.

Kathe G. Henke, PhD, clinical staff member of Feeling Great Sleep Medical Center, will answer such questions as: how do you know if you are one of the undiagnosed, how dangerous is undiagnosed sleep apnea, where can you go for diagnosis and treatment, what does Medicare cover, are children and young adults now being treated for sleep apnea?

Ageless Dentistry and Your Health Jan. 24, 1:30 p.m. at The Gathering Place

How can you prevent dental disease? How does your oral/dental health affect your general health? Dr. Allen Samuelson, Professor and Director of the Geriatric Dental Clinic at the UNC School of Dentistry, will share helpful knowledge and advice to preserve your teeth and reduce the risk of other health problems. This presentation is guaranteed to help you SMILE!

Learn Bystander CPR Feb. 1 and 14, 9 a.m.–12 p.m. or 1–4 p.m.; Feb. 2, 1–4 p.m. at The Gathering Place

When a person experiences cardiac arrest outside of a hospital, the minutes before the paramedics arrive can mean life or death. People who witness the event can help but bystander CPR is done less than half the time. Impressively, bystander CPR can double the survival rates of those who have sudden cardiac arrest.

We will be sponsoring five bystander CPR training classes in February. Each 2.5-hour class can accommodate six people. **Registration is required; please call the Ferrington Cares Center (919-542-6877) for more information or to register for a class.** The American Heart Association charges \$45 per person, which is payable at the class.

Join Our Movement Classes in January!

Regular movement and stretches help keep you healthy. We provide classes for you every weekday from 11:30 a.m.–12:30 p.m. **Classes begin again on Jan. 7.** Come welcome our new chair yoga teacher, Tim Keim, a long time instructor from Pittsboro.

Qi Gong: Easy Movements to Reduce Stress and Increase Vitality Tuesdays, 11:30-12:30 p.m. Six week pilot: Jan. 8–Feb. 12

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. It can be supportive for a variety of conditions. Research has shown it can help increase 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.

Participants will learn a seated version of Qi Gong designed for beginners. There will be plenty of time during the class for questions. Come learn a new activity in a relaxed and light-hearted environment!

<p>Movement Classes at The Gathering Place 11:30 a.m.–12:30 p.m.</p> <p>Mondays—Chair Yoga (No class Jan. 21)</p> <p>Tuesdays—Qi Gong</p> <p>Wednesdays/Fridays—Light Cardio</p> <p>Thursdays—Line Dancing</p>

Calling Caregivers and Care Partners

“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have,” said Margaret Mead. What a fitting quote for a family caregiver! Without question, we can say that a human touch has an impact on those who receive care. Family caregivers are on the front lines providing this care every day. Caregiving is beautiful but it can be challenging and isolating.

Ferrington Cares volunteers will be delivering dinner once a month to resident family caregivers and their partners in February, March and April. Please call the Center (919-542-6877) to be added to the roster of "All-Star Caregivers" living in Ferrington. If you have a neighbor who might not read about this program, please encourage them to call. Delivery dates will be shared when you sign up.

Parkinson's Support Group Welcomes All! Jan. 2, 10 a.m. at The Gathering Place

All residents are invited to the next meeting of the Ferrington Parkinson's Support Group on Jan. 2 at 10 a.m. at The Gathering Place. Doug Zabor will be speaking on "Caregiving" and reporting on a recent national Parkinson's Caregiving Conference.

A Shout Out to Our Medicare Part D Volunteers

A big "Thank You" to John Sullivan, Bobbi Foster and Judy Fitzgerald who once again volunteered to assist residents with their Medicare Part D selections. More than 70 residents were helped to make choices about their prescription coverage and those residents will potentially save more than \$104,000!

Donate Over-The-Counter and Prescription Meds

The Chatham Cares Community Pharmacy (CCCP) in Siler City is a great place to donate medical items you no longer want or need. CCCP is a non-profit local organization providing quality pharmacy services to uninsured and underinsured residents of the county. They accept new and gently used medical equipment and supplies of all kinds, anything you can buy at a drugstore or medical supply store and personal care items (soap, shampoo, lotion, deodorant).

The CCCP accepts unopened OTC (over-the-counter) medications of all kinds. If only a tiny bit of the tube has been used or if most of the pills are still in the blister pack, they accept those too. And they also accept ALL CURRENT prescription medications (except controlled substances), even if they have been opened! Their licensed pharmacists will take your leftovers and add them to others to make a supply for our less-fortunate neighbors in Chatham County. Instead of turning these (sometimes very expensive) items in to a pharmacy or the police for destruction, please take them to the CCCP. For office hours and location, go to www.chathamcares.com/1.html or call 919-663-0177. Elizabeth Krijgsman can also address your questions at elizabethk0002@me.com or 919-542-2660.

JANUARY HAPPENINGS CENTER WILL BE CLOSED JAN. 21

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. (No class Jan. 21.)
- ♥ Movement Classes: Qi Gong, Tues., 11:30 a.m.-12:30 p.m.
- ♥ Movement Classes: Light Cardio, Wed. & Fri., 11:30 a.m.-12:30 p.m.
- ♥ Movement Classes: Line Dancing, Thurs., 11:30 a.m.-12:30 p.m.
- ♥ Sleep Apnea: A Significant Health Issue? Jan. 10, 7 p.m.
- ♥ Ageless Dentistry and Your Health: Jan. 24, 1:30 p.m.
- ♥ Learn Bystander CPR: Feb. 1, 14, 9 a.m.-12 p.m. or 1-4 p.m.; Feb. 2, 1-4 p.m. Registration is required.

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: Jan. 17. (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: Jan. 2, 16. All residents are invited to the Jan. 2 meeting. Doug Zabor will be speaking on "Caregiving" and reporting on a recent national Parkinson's Caregiving Conference.
- ♥ Caregivers Support Group: Jan. 2, 16, 12:30-2 p.m. (Contact Fred or Karen Shectman, momback1@aol.com, karenshectman@gmail.com)
- ♥ Living with Chronic Conditions Support Group: Jan. 17, 1 p.m.

Volunteer Services and Opportunities:

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