



**Dermatology for the Ages**  
Feb. 14, 7 p.m. at The Gathering Place

Aging skin presents unique challenges. Dr. Julie Mervak, a UNC dermatologist, will consider topics such as the physiology of aging skin, treatment of the itchy elderly patient, common skin infections and geriatric principles applied to the field of dermatology. She will offer the medical basis for skin aging and the solutions that a physician can offer.

Dr. Mervak earned a BA in nursing and her MD at the University of Michigan, where she also took her residency. She came to UNC as a Clinical Assistant Professor in the Department of Dermatology in August 2017. She is also part of the cosmetic dermatology teaching team at UNC.

**Myths About Grief**  
Feb. 28, 1:30 p.m. at The Gathering Place

Misconceptions can interfere with the healing of broken hearts after loss. Research, experience of mourners, clinical observation and study of the stories of death loss have all contributed to our knowledge about how mistaken beliefs can impede or interfere with our ability to reconcile death loss. Cheryl Pharr, a grief counselor who volunteers with Fearington Cares, will explore several of these conclusions about mourning.

She will also share some truths that may encourage bereaved persons, and those who love them, to live with joy and purpose as they walk in the shadow of loss. She believes that bereaved persons can **choose** to take an active role in mourning, rather than being passive bystanders, waiting for time to pass, so that grief might end.

Cheryl has an M.Ed. in Counseling from the College of William and Mary. She has worked in the field of death and loss for past 20 years, serving as a grief counselor for several organizations in the Williamsburg, VA, area. Cheryl holds a Certification in Thanatology (the study of death, dying and bereavement) from The Association for Death Education and Counseling. She is a frequent speaker and consultant on death loss. Cheryl and her husband moved to Fearington in April of 2018 to be closer to their family.

**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 an individual 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 CPR training classes in February. Each 2.5-hour class can accommodate six people. **Registration is required; please call the Fearington 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.

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

**Mondays—Chair Yoga**

**Tuesdays—Qi Gong**

**Wednesdays/Fridays—Light Cardio**

**Thursdays—Line Dancing**

**A Helpful Watch and a Digital Photo Frame**  
Feb. 19, 1–2:30 p.m. at The Gathering Place

Fearington Edge provides occasional “case-based” presentations by residents to review readily-available technologies meant to serve, entertain and support you in your home. In the February presentation, resident Carl Angel will review a watch that will call first responders or notify family or friends when you need help. It is simple to operate and made for two things: keeping time and keeping you safe. Sorry, it won’t order pizza or give you the latest football scores!

Ed Neely will explain how his extended family uses a digital picture frame to share their lives with each other despite the continent that separates them. Easily set up, it doesn’t require an engineering degree to operate (even though Ed has one).

Finally, as a bonus, the Apple watch and its health monitoring capabilities will be reviewed by Rhoda and Art Lituchy.

### **Ferrington Blood Drive March 12, at Chapin Auditorium, Galloway Ridge**

Did you know a single donation of blood can save up to three lives? Visit [redcrossblood.org](http://redcrossblood.org) and use sponsor code 'Galloway' to secure your spot in the Galloway Ridge Blood Drive on March 12. Alternatively, contact Steven Harrison ([sharrison@gallowayridge.com](mailto:sharrison@gallowayridge.com)) for assistance in signing up or with eligibility questions. Time slots are available from 10 a.m.-2:30 p.m. Please follow signage on the day of the event for parking.

### **Potential New Support Group**

Ferrington Cares aims to provide support groups where residents commit to regular participation along with a facilitator, if one can be identified. Members of a support group often have similar feelings, worries, everyday problems, treatment decisions or treatment side effects. Participating in a group provides you with an opportunity to be with people who are likely to have a common purpose and likely to understand one another.

Currently, we are prepared to begin an **Alcoholics Anonymous (AA)** group. Any individuals interested in participating in a weekly group here in Ferrington should call the Center (919-542-6877, no name required) so we can determine our next steps. It is our policy that none of our support groups record attendee's names.

### **Remember That Flu Shot!**

Flu season is in full swing and it's not too late to get a flu shot; many local options are available, including pharmacies and grocery stores. If you or someone you know is homebound due to medical or physical disabilities and would like to receive the vaccine, please contact Bonnie Dukeman, RN, at the Chatham County Public Health Department (919-742-5641).

### **Volunteers Always Needed and Welcome!**

Ferrington Cares can always use more volunteer drivers, handy people, computer jocks and Ferrington Friends. If you have any interest in or questions about volunteering, please call the Center (919-542-6877) for more information.

## **FEBRUARY 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: 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.
- ♥ 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.
- ♥ Dermatology for the Ages: Feb. 14, 7 p.m.
- ♥ A Helpful Watch and a Digital Photo Frame: Feb. 19, 1-2:30 p.m.
- ♥ Myths About Grief: Feb. 28, 1:30 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: Feb. 21 (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: Feb. 6, 20; 10-11:20 a.m. Dr. Jeffrey Cooney from Duke's Neurology Department will speak on living with Parkinson's on Wed. Feb. 6.
- ♥ Caregivers Support Group: no Feb. meetings.
- ♥ Living with Chronic Conditions Support Group: Feb. 21, 1 p.m.

**Volunteer Services and Opportunities:**

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

