



The *heart* of Fearrington Village

**Annual Meeting and Volunteer Celebration  
April 8, 1 p.m. at The Gathering Place**

Each year the Board meets formally with the community to share details about our services, our finances and our ideas for future programming. This year we invite the community to join us in celebrating our fabulous Volunteers during our Annual Meeting. After a short program, you will have the chance to comment on the work we are doing and our plans. Refreshments will be served. If you are unable to join us, drop by the Center to converse with our director, Karen Metzguer, about the work of Fearrington Cares.

**Ouch! My Aching Feet—Foot Health and Care  
March 28, 1:30 p.m. at The Gathering Place**

"To him whose feet hurt, everything hurts."—Socrates  
Pain and uncomfortable feet aren't a natural part of growing old or something to "put up with." A lot can be done to improve comfort, relieve pain and maintain mobility. Most Americans will have walked 75,000 miles by the time they turn 50 (about 115,000 in a lifetime.) Dr. Katherine Williams, DPM, a podiatrist with InStride Chapel Hill Foot and Ankle, will discuss a variety of foot problems and treatments. She will give tips to keep your aging feet healthy, including knowing how to select proper fitting footwear.

**Community Supper  
March 15, 5:30 p.m. at The Gathering Place**

Join us for a Community Supper to enjoy dinner in the company of your neighbors! Fearrington Cares will provide corned beef, cabbage and potatoes (let us know if you prefer a vegetable entree); participants are requested to bring a fruit salad, finger dessert, bread or a plate of raw veggies. Victoria Chall will be singing some favorite Irish tunes; this is a sing-a-long not to be missed! Reservations are required so we know how much to prepare. Call the Center (919-542-6877) to RSVP before March 8.

**Free Hearing Screening  
March 19, 1-3:45 p.m. at the Fearrington Cares Center**

The UNC Hearing and Communication Center offers a wide range of hearing and balance services including complete diagnostic evaluations, aural rehabilitation and a variety of amplification and assistive listening devices. The Center will sponsor hearing screenings for

Villagers who want to learn whether they would benefit from a full hearing evaluation. Dr. Patricia Johnson will be on site for the hearing screenings and one-on-one counseling. Please call the Center (919-542-6877) to schedule a free 10-minute appointment.

**Movement Classes at The Gathering Place**

**Mondays—Chair Yoga (11:30 a.m.–12:30 p.m.)**

**Tuesdays—Qi Gong (10 – 11 a.m.; note new time!)**

**Wednesdays/Fridays—Light Cardio (11:30 a.m.–12:30 p.m.)**

**Thursdays—Line Dancing (11:30 a.m.–12:30 p.m.; no class March 28.)**

**New Volunteer Driver Orientation  
March 6, 10 a.m. at the Fearrington Cares 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 the team 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 March 6; otherwise, please drop in and complete a volunteer form to join our fabulous team of drivers.

**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! Family caregivers are on the front lines providing this care every day. Fearrington Cares volunteers will be delivering dinner once a month to resident family caregivers and their partners in March and April. Please call the Center (919-542-6877) to be added to the roster of "All-Star Caregivers" living in Fearrington. If you have any neighbors who might not read about this program, please encourage them to call. Delivery dates will be shared when you sign up.

## Potential Support Group Forming—LGBTQ Allies

There are many issues facing the LGBTQ community, especially right here in North Carolina. Would you like to learn more about topics relevant to persons identifying as LGBTQ in a supportive environment? If a number of individuals are interested, Fearrington Cares will provide a regular opportunity to meet. For more information, email Vicky (bc0717nck@yahoo.com) or Rhoda (rhodalit@yahoo.com).

### DID YOU KNOW

Here are a few commonsense recommendations to make your home safer:

**1) Emergency Contact List:** Post an emergency contact list on your refrigerator. Fearrington Cares has a handy red magnetic pouch called "File of Life" that is meant for this purpose. Pick one up at the Center, fill out your data and place it on your refrigerator. In an emergency, firemen, EMTs and police know to look on the fridge for this vital information. Also, be sure your "FHA Voluntary Emergency Contact Information Registration Form" found in your welcome packet (or available at the FHA Office) is on file with the FHA.

**2) Door Key:** It is recommended that you tell a trusted neighbor and/or your Block Contact the name of the person who holds a key to your house and how to contact him/her in case of an emergency. It is good to have a Knox HomeBox ([www.knoxhomebox.com](http://www.knoxhomebox.com)) containing a house key near your front door as well.

**3) Lint Trap:** Clean your dryer exhaust line (the flexible tube between the dryer and the external vent) every two years—more frequently if you run your dryer a lot. Excessive lint build-up will increase your fuel bill and presents a serious fire hazard.

**4) Smoke Detectors:** FEMA recommends: a) Test the alarm monthly. b) Replace the 9-volt backup battery at least once annually. An occasion such as the first day of Spring might be a handy way to remember this task. c) Replace the entire smoke alarm every 10 years; the manufacture date is located on the back of the unit. **Even if the test button on the alarm sounds when pressed, the sensors inside may no longer be able to detect smoke.**

To replace your expired smoke alarms, consider ones with a 10-year lithium battery backup; when it reaches the end of its life, you simply replace the whole unit.

### VENDOR LIST

Looking for up-to-date service vendor listings? Check the **Fearrington Cares Vendor List** on our website ([fearringtoncares.org/directory/](http://fearringtoncares.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 Fearrington Village Resident." Please send your recommendations and comments to [vendorlist@fearringtoncares.org](mailto:vendorlist@fearringtoncares.org).

### MARCH 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., 10–11 a.m.; note new time!

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.; no class March 28.

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**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: March 21 (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.)

Parkinson's Caregivers and Care Receivers: March 6, 20, 10 a.m. On March 6, Dr. Nina Browner of the UNC Neurology Department will be back by popular demand; on March 20 our usual breakout session.

Caregivers Support Group: March 6, 20, 12:30–2 p.m.

Living with Chronic Conditions Support Group: March 21, 1 p.m.

**Volunteer Services and Opportunities:**

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