



Ferrington Cares Center Closed May 27

Bada Bing, Bada Boom!

May 23, 5:30 p.m. at Galloway Ridge Auditorium

Ferrington Cares together with The Temple Theater invites you to our first "building campaign" fundraiser: ***Bada Bing, Bada Boom!*** Please join us for an evening of theater packed with mystery, intrigue and laughs. Dinner will be provided by Chef David in the Galloway Ridge Auditorium, while the Temple Theater Company and Staff play out the mystery. It seems that while trying to change his will to exclude his wife Dottie, notorious mob boss Two-Ton Teddy creates quite a kerfuffle and shots are fired! Who dun it?? Gather friends and family for an evening of frivolity for a good cause! Tickets, \$50/person, are on sale at Ferrington Cares weekdays from 9 a.m.-1 p.m. until May 16.

Total Joint Replacement: Is It for You?

May 9, 7:00 p.m. at The Gathering Place

As life expectancy increases, joints can be affected in several ways. Our bones lose mass and become more brittle and prone to fracture. The fluid content diminishes and the cartilage can wear away. Mineral deposits can develop around joints, restricting movement and causing pain.

However, studies show that eight out of ten people who have hip or knee replacement are pain-free within a year. A new joint may allow return to pastimes like walking, swimming, gardening and even some low-impact sports.

Dr. Christopher Olcott, Clinical Associate Professor in the Department of Orthopedic Surgery, UNC School of Medicine, will talk about issues with our knees and hips and about his approach to joint replacement.

Hemp or Cannabis Based Products: Are They for You?

May 23, 1:30p.m. at The Gathering Place

Although cannabis has a long history in the alternative medicine community, Cannabidiol (CBD) has exploded onto the scene recently. What is CBD? Is CBD a drug? Is it legal? Can it interact with my current medications? What are its potential health benefits? What are its

side effects? Han Su, PharmD, of 501 Pharmacy, will share information, answer questions and address your concerns about CBD. His presentation will give you context for talking with your primary health care provider about CBD and how it might fit into your personal health and wellness plan.

Movement Classes at The Gathering Place

All classes 11:30 a.m.-12:30 p.m

Mondays—Chair Yoga (No Class May 27)

Tuesdays—Tai Chi (NEW CLASS!)

Wednesdays/Fridays—Light Cardio

Thursdays—Line Dancing

Ferrington Cares Activities Day!

May 20

#1 Free Swim Party

10 a.m.-4 p.m. at the Swim and Croquet Club

Ferrington Cares is collaborating with the Swim and Croquet Club to have a Ferrington Cares Day at the pool! Club membership is not necessary on this day! Put on your sunscreen and splash with your neighbors! Floating "noodles" are available for use while at the pool and a hot tub and toddler pool are also available. You can also play croquet, ping pong, horseshoes, shuffleboard and cornhole. Bring your towel for the pool and please do not bring glass into the pool area.

#2 Free Medication Consultation

10 a.m.-noon at the Ferrington Cares Center

Have you ever wanted to discuss a medication or medication interactions with a pharmacist? Han Su, Chief Pharmacist at 501 Pharmacy in Chapel Hill, will be available for FREE curbside consultations. Please bring a complete list of all your medications; alternately, you can bring your bag of medicines.

#3 Free Skin Cancer Screening

2-4 p.m. at the Ferrington Cares Center

The Dermatology and Laser Center of Chapel Hill is providing FREE skin cancer screenings by a

dermatology-trained Physician Assistant, Leighanne McGill. If you have moles or spots that you are concerned about, this screening is for you!

Computer Support Services

Ferrington Cares Computer Support volunteers have experience and expertise in both Mac and PC computers, tablets and smartphones. They can help with problem diagnosis, software or hardware installation, peripheral connections (wired and wireless) and other hardware, software and networking issues. To request a volunteer, call the Center (919-542-6877); if no one answers, leave a message in the Computer Support voice mailbox. Include your name, phone number, type of computer and a brief description of the problem. A volunteer will contact you within two or three days to set up an appointment.

Please note that while volunteers may be able to assist you with specific tasks in various computer applications, they do not provide general instruction in basic computer knowledge or application software such as word processing, Skype or spreadsheets. Those needing general software instruction or who wish to augment their basic computer knowledge are advised to seek that training by other means. Personal computer and personal technology classes are offered at the Seymour Technology Center in Chapel Hill and at the Chatham County Public Libraries.

Additionally, this mighty team is always looking for new computer-savvy helpers; please come to the Center for more information about volunteering.

Parkinson's Support Group Welcomes All! May 1, 10 a.m. at The Gathering Place

Ferrington resident Victoria Chall, Play Therapist, MEd, Counselor, will present a program on the healing effects of music. She will lead the group in singing and discuss how music heals, strengthens the body, oxygenates the brain and how the vibrations created release serotonin.

Living with Chronic Conditions Support Group

Resources can often be identified to address chronic pain but few resources are found to help with the emotional roller coaster one experiences when living with a chronic condition or illness. If you are a resident living with a chronic illness or condition, consider attending this group to find support and inspiration. We will discuss the effects of chronic illness on identity and self-concept, communicating with others in ways that are healthy, as well as fears and aspirations for the future. This facilitated group meets the third Thursday of each month.

MAY 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.; no class May 27.
- ♥ Movement Classes: Tai Chi (New Class), 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.
- ♥ Total Joint Replacement: Is It for You? May 9, 7 p.m.
- ♥ Free Swim Party: May 20, 10 a.m.-4 p.m. at the Swim and Croquet Club.
- ♥ Free Medication Consultation: May 20, 10 a.m.-noon at the Ferrington Cares Center.
- ♥ Free Skin Cancer Screening: May 20, 2-4 p.m at the Ferrington Cares Center.
- ♥ Hemp or Cannabis Based Products: Are They for You? May 23, 1:30 p.m.
- ♥ *Bada Bing, Bada Boom!* May 23, 5:30 p.m. at Galloway Ridge Auditorium.

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: May 16 (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: May 1, 15; 10 a.m. On May 1, Victoria Chall, Play Therapist, will speak; May 15 is our usual breakout session.
- ♥ Caregivers Support Group: May 1, 15, 12:30-2 p.m. (Contact Fred or Karen Sheckman, momback1@aol.com, karenlsheckman@gmail.com)
- ♥ Living with Chronic Conditions Support Group: May 16, 1 p.m.

Volunteer Services and Opportunities:

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

Thanks for Sharing Magazines!

UNC Hospitals is delighted that you are willing to bring magazines less than a year old to our Center; they have been picking them up regularly. Please do not bring magazines from years prior to 2018.