



Ferrington Cares Building Campaign

Next year Ferrington Cares celebrates its 30th year serving Ferrington residents. As the Village has grown, so has Ferrington Cares. We are continually expanding our services as we respond to residents’ needs, while keeping the anchor of long-established services, including transportation, home repairs, equipment loans and nursing assistance. In response to residents’ requests, we recently added computer help, movement classes and support groups.

Our current building is stretched to the limit for staff, equipment and services. It restricts our ability to serve well and serve efficiently. Over the past several years, the Board and staff have been studying our program needs and planning an addition to and renovation of our existing Ferrington Cares building. **This work is finally bearing fruit and we hope to break ground at the end of May or the beginning of June.**

The plans call for the following:

- ♥ adding a multipurpose room and two offices,
- ♥ increasing the size of the clinic, storage, and reception areas, and
- ♥ adding bathrooms compliant with the Americans with Disabilities Act requirements.

We are very excited about this construction as the additional room will allow us to expand our programs and services to the Ferrington community.

This construction is made possible by generous bequests and donations from current and previous residents. We need additional funds to complete the construction, landscape the property and furnish the building; therefore, we are initiating a **Building Campaign**. This is a rare request and is separate from the Annual Appeal for operating expenses.

Please consider making a generous financial donation to our Building Campaign. Contributions can be made on our website (ferringtoncares.org/donate/); mailed to Ferrington Cares, 2020 Ferrington Post, Pittsboro, NC 27312; dropped off at the Center between 9 a.m. and 1 p.m.; or put in the mailbox beside our door anytime. Please write “**Building Campaign**” in the memo/notes section; your support makes things happen!

**Generators and Batteries
June 4, 1 p.m. at The Gathering Place**

Ferrington Edge presents another kitchen table discussion about practical considerations when choosing technology. This month we will discuss generators and batteries and their role in providing back-up power when our electricity grid fails. You will hear discussion points and considerations from Ferrington residents who have made decisions about whether to install back up power systems or to rely on simpler solutions when the lights go out.

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

Mondays—Chair Yoga

Tuesdays—Tai Chi (NEW CLASS!)

Wednesdays/Fridays—Light Cardio

Thursdays—Line Dancing (No class June 20.)

**Is it love, or could it be AFib?
June 13, 7 p.m. at The Gathering Place**

Atrial Fibrillation (AFib) is an irregular heartbeat that can lead to stroke, blood clots and heart failure. It affects at least 2.7 million Americans according to the American Heart Association. Although some patients may have no symptoms, others may feel debilitated, with nausea, weakness and unusual heartbeats.

What causes Afib? Who is at risk? What are the warning signs? Is it dangerous? Can it be treated and/ or cured? Dr. Anil Gehi, Director of Cardiac Electrophysiology and Director of the Clinical Cardiac Electrophysiology Fellowship Program at UNC, will present an introduction and overview of AFib.

Dr. Gehi specializes in pacemaker and defibrillator implantation and extraction, catheter ablation and atrial fibrillation. He often holds information sessions for his patients who find his presentations easy to understand, informative and very helpful.

Tick Bite Study at UNC

Have you been bitten by a tick and have a rash that is 2 inches or more across? You may be eligible for a study providing up to \$400 in compensation. Help researchers learn more about the diseases associated with tick bites in Central North Carolina. Researchers at UNC are recruiting adults who have such circular rashes following a tick bite to obtain samples that will be sent to the CDC.

Participation involves two visits with two small skin biopsies, blood and urine samples and an interview about your bite and rash. Earn \$200 per study visit. You do not need the tick to participate; if you have saved it, please bring it to your first visit. Contact the study at tickstudy@unc.edu or (984) 999-0680.

Amazon Smile WORKS!

If you designate Fearington Cares as your charity on the Amazon web site, each time you order they donate a portion to us! In the last quarter of 2018, we received a donation of \$191.94 thanks to your shopping! To date Fearington Cares has received over \$1200 from this program. Thanks to all who designate Fearington Cares as their charity on Amazon. Keep up the good shopping!

New Volunteer Driver Orientation June 5, 11:30 a.m. at the Fearington Cares Center

On occasion, one of your neighbors will find him or herself 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 will collaborate with the team to provide the pre-arranged rides. If you are available, please come to the Center for a 45-minute orientation at 11:30 a.m. on June 5; otherwise please drop in and complete a volunteer form to join our fabulous team of drivers.

Time for a New Shingles Vaccine

Shingles and its side effects are caused by the same virus that causes chickenpox. Shingles can be extremely unpleasant and the only way to prevent it is by vaccination. There is a relatively new vaccine available, Shingrix, that is more effective than the older Zostavax vaccine. The CDC recommends that healthy adults over 50 get two doses of Shingrix separated by two to six months. Protection stays above 85% for at least the first four years after the vaccination. The new vaccine is recommended even if you've had shingles or received Zostavax. Shingrix is available locally but it is very popular, and you need to call ahead to make sure that it is available. If you have questions about Shingrix, talk with your healthcare provider.

JUNE 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: 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. (No class June 20.)
- ♥ Generators and Batteries: June 4, 1 p.m.
- ♥ New Volunteer Driver Orientation: June 5, 11:30 a.m. at the Fearington Cares Center
- ♥ Is it love, or could it be A Fib? June 13, 7 p.m.

Health Services: *(Services are offered at the Fearington Cares Center, unless otherwise noted.)*

- ♥ RN Office Hours: M–F, 9 a.m.–noon.
- ♥ Blood Pressure Checks: During nursing hours.
- ♥ Foot Clinic: June 20 (Call 919-542-6877 for an appointment.)

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

- ♥ 'Brainiacs': Thursdays, 10–11 a.m. (Call Karen Metzger, 919-542-6877, for information.)
- ♥ Parkinson's Caregivers and Care Receivers: June 5, 19; 10 a.m.–11:20 a.m. at The Gathering Place.
- ♥ Caregivers Support Group: June 5, 19, 12:30–2 p.m. (Contact Fred or Karen Sheckman, momback1@aol.com, karensheckman@gmail.com)
- ♥ Living with Chronic Conditions Support Group: June 20, 1 p.m.
- ♥ Alcoholics Anonymous—Closed Meeting: Wednesdays, 10 a.m.

Volunteer Services and Opportunities:

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

Alcoholics Anonymous—Closed Meeting Wednesdays, 10 a.m. at the Fearington Cares Center

Fearington Cares sponsors a closed AA meeting each Wednesday that the Center is open. Alcoholics Anonymous (commonly referred to as AA) is perhaps the most widely known program related to overcoming an addiction or chemical dependency. For decades, AA meetings have helped countless men and women overcome their dependence upon alcohol and begin (or continue) their pursuit of lifelong recovery. Please come if this type of support may be helpful to you.