



What's New in the Field of Arthritis Treatment **Thursday, October 8, 2020, 7:00 pm via Zoom**

Osteoarthritis is the number one cause of disability in the US and tends to occur more frequently as people age. Dr. Lauren Porras is a Clinical Assistant Professor of Sports Medicine in the Department of Orthopedics and the Department of Family Medicine at the University of North Carolina. She specializes in non-operative treatment of joint arthritis, particularly of the knees, hips, shoulders, and hands. This presentation will discuss different treatments for arthritis including bracing, medications, cortisone injections, and hyaluronic acid injections. Dr. Porras will also discuss new regenerative approaches for osteoarthritis including platelet-rich plasma (PRP), amnion-derived fluid, and various stem cell treatments.

Five Ways to Create and Nurture Friendships—Even at a Distance **Wednesday, October 14, 2:00 pm via Zoom**

Need a booster shot of well-being and connection? Join us each month this fall to gain fresh perspective and polish up a trove of down-to-earth tools to help build stress-resistance during these challenging times. Each hour-long Zoom session is led by Vicki Field as your “guide by the side,” and includes time for a brief lecture, self-reflection, fun exercises, and focused discussion. Handouts will be emailed to participants after each class.

In part two of our program, we will identify the five circles of friendship, explore what friendship means to you, and learn to weed, seed, and feed your friendships.

Life in the Time of Corona at a CCRC **Thursday, October 22, 1:30 pm via Zoom**

In the last six months, we have all heard the phrase, “unprecedented times” more than we can count; indeed, they have been. For even the best planners among us, the COVID-19 crisis has proven that we cannot plan for everything. Continuing Care Retirement Communities (CCRCs) exist for people who meticulously plan for themselves, their futures, and their loved ones. So how does a CCRC serve those people during this unplanned circumstance? How has community leadership balanced resident safety with resident happiness? How have they continued to provide the exceptional service and security that residents have been promised? How are managers and staff protecting and supporting each other in this new and changing landscape? Alia Granger, Sales Counselor at The Forest at Duke, discusses some of the particular challenges of the CCRC during this time.

Zoom Movement Classes, Support Groups, and Education Programs Links Are on Our Website www.fearingtoncares.org

Occasionally Zoom program IDs and passwords will change; if you have saved a link it may eventually become inactive. Use the links on our website for a quick, current connection to all Zoom programs.

If you would like to practice a Zoom connection and meeting, email info@fearingtoncares.org and we will set that up.

<p>Join Movement Classes via Zoom www.fearringtoncares.org All classes 11:30 am</p> <p>Mondays—Chair Yoga</p> <p>Wednesdays—Otago Fall-Prevention Exercises</p> <p>Thursdays—Line Dancing</p>	<p>Join Support Groups via Zoom www.fearringtoncares.org</p> <p>Caregiver's Support Group: Wednesday, October 7 and 21, 12:30 to 2:00 pm.</p> <p>Parkinson's Support Group: Wednesday, October 14 and 28, 3:30 to 4:30 pm.</p> <p>Living with Chronic Conditions: Thursday, October 1 and 15, 1:00 to 2:30 pm.</p>
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**Open Enrollment for Medicare Part D Drug Plans
October 15 to December 7**

If you're a Medicare recipient with a Part D Drug Plan, Medicare recommends that you check available Part D plans yearly to choose the best one for your current medications. Plans and prices change every year and if you choose the right plan, savings can be substantial.

Open Enrollment only lasts from October 15 to December 7 and your new plan will take effect Jan 1, 2021. Changes to Part D Drug Plans are generally not allowed after Open Enrollment ends.

Another option offered to Medicare recipients is a Medicare Advantage Plan in the same open Enrollment period: October 15 to December 7. A Seniors' Health Insurance Information Program (SHIIP) counselor can provide information to help you decide if you want to choose a Medicare Advantage Plan or to switch from Medicare A, B and D to a Medicare Advantage Plan. If you currently have a Part D plan or a Medicare Advantage Plan and do not make a change, you will automatically be re-enrolled in the same plan for 2021. If you're new to Medicare, you can enroll in any plan at the same time that you enroll in Medicare, regardless of dates. All information including available plans and pricing information is available online at www.medicare.gov.

Ferrington Cares offers appointments with licensed SHIIP volunteers who live in our community to help you choose wisely. Due to COVID-19, most appointments will be by phone. You will need to provide your counselor with a list of your drugs and preferred pharmacies so recommendations can be tailored to you and the particular drugs you take. In rare cases, there will be an opportunity to meet with your SHIIP volunteer at Ferrington Cares following CDC-advised practices.

Call Ferrington Cares, 919-542-6877 before December 1 to request a conversation to review your plans; you then will be contacted by a licensed SHIIP Counselor.

A Reminder: We Are Still Checking Messages! Don't Hesitate to Phone 919-542-6877!

While the Ferrington Cares Center continues to be closed until it is safe again to reopen, as long as we have volunteer drivers available, Ferrington Cares will pick up groceries that you order (and pay for) online. We will not go to a resident's home, pick up cash or credit cards and shop for residents—the service is limited to picking up prepaid orders from Harris Teeter, Lowe's, or Walmart. Request this service using the transportation extension on our voicemail after you have information about a pickup time (no same-day or next-day delivery service.)

Please call the Center if you wish to speak with Karen Metzguer, our Executive Director and Nurse. If you would like to borrow a piece of equipment, call the Center and make an appointment to pick it up.

If you have borrowed equipment from Ferrington Cares and are no longer using it, Ferrington Cares would like it to be returned. Please call to make an appointment to return the item(s) you borrowed. Alternatively, you can leave the equipment on the front porch of our building, Monday—Friday, 9 am—12:00 pm. Please leave a note on it, telling us the name of the person who borrowed it so we can record the return.

COVID-19 Information

Ferrington Cares maintains a web site with county, state, and national information about the pandemic and the virus:
ferringtoncares.org/resources/covid-19-coronavirus-current-information/.