



The Ferrington Cares Center will be Closed November 23–27.

The Ferrington Cares Staff will not be monitoring the phones or making appointments during the week of Thanksgiving. All messages left in the general mailbox will be retrieved on Monday, November 30, when the staff is back at work.

Living with Loss Around the Holidays

Thursdays, November 5 and 19, December 3 and 17, 1:00–2:30 pm via Zoom

Living with Loss Around the Holidays is a support group for those who have experienced the loss of a loved one—spouse, parent, child, family member, or friend. “The Holidays,” November through the end of the year, are often painful. This period may be filled with memories of loved ones no longer alive and with us in remembered, happy ways.

Meeting twice in November and twice in December at 1:00 pm on Zoom, this group is hosted by Judyth and John Branson. Residents of Ferrington since 2012, Judyth is a psychotherapist and John is a retired Episcopal priest.

This is a group where we talk about feelings: grief, being alone, emptiness, fear of the future, and doubts about ourselves. We will have a chance to speak of our loved ones and all that is good. There are no expectations; this is simply a chance to meet and talk in the safety of the group where confidentiality is maintained. All are welcome to one or more sessions.

Tips for Navigating Change During the Pandemic

Wednesday, November 11, 2:00 pm via Zoom

Join us for our third session to gain fresh perspective and polish up a trove of down-to-earth tools to help build your resilience and stress-resistance during these challenging times. This hour-long Zoom session is led by Vicki Field as your “guide by the side,” and includes time for brief remarks as Vicki sets the stage with self-reflection, fun exercises, and focused discussion. Handouts will be emailed to participants following each class if requested.

The holidays are bound to look different this year! Explore some practical ways to recharge your holidays with less stress and more meaning. Join for encouragement to review expectations, assess and set priorities, find a balance in old and new traditions, and avoid holiday overload.

Don’t Let Your Eyes Limit Your Lifestyle

Thursday, November 12, 1:30 pm via Zoom

Ferrington Cares Education Committee invites you to join us in a Zoom program focusing on common eye problems that we may face as we age. Dr. Nicole Penke, a specialist in cataract surgery and comprehensive ophthalmology, will be our guest speaker. Dr. Penke is a graduate of the State University of New York at Buffalo School of Medicine and was Chief Resident in Ophthalmology at the Ross Eye Institute. She is certified by the American Board of Ophthalmology and has

practiced ophthalmology in Virginia and Arizona. Dr. Penke recently relocated to Chapel Hill and joined the practice of Carolina Ophthalmology.

Zoom Movement Classes, Support Groups, and Education Programs Links Are on Our Website www.fearringtoncares.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@fearringtoncares.org and we will set that up.

<p>Join Movement Classes via Zoom www.fearringtoncares.org All classes 11:30 am</p> <p>No classes during the week of Thanksgiving, November 23–27.</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, November 4 and 18, 12:30–2:00 pm.</p> <p>Parkinson's Support Group: Wednesday, November 11, 3:30–4:30 pm. (New members can contact Jan Cope-Kasten (jcopekasten@gmail.com) or Karen Metzguer (karen@fearringtoncares.org) for information.)</p> <p>Living with Chronic Conditions: Thursday, November 5 and 19, 11:00 am–12:30 pm (new time).</p> <p>Living with Loss Around the Holidays: Thursday, November 5 and 19, 1:00–2:30 pm.</p>
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Medicare Part D Assistance During Open Enrollment October 15–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.

Ferrington Cares offers appointments with licensed Seniors' Health Insurance Information Program (SHIIP) Counselors, volunteers who live in our community, to help you choose wisely. Due to COVID-19, most appointments will be by phone; when necessary the SHIIP Counselor will meet with you. The procedure will be as follows:

1. Call Ferrington Cares, 919-542-6877, before December 1 to request a consultation with a SHIIP Counselor.
2. Indicate whether you want the pre-appointment form emailed to you or whether you will pick it up from the silver mailbox by the Ferrington Cares front door.
3. Complete the form and email it back to info@fearringtoncares.org or return it in a sealed envelope to the envelope in the silver mailbox by the Ferrington Cares front door.
4. One of our SHIIP Counselors, Judy Fitzgerald or John Sullivan, will contact you to make an appointment after they have reviewed your pre-appointment form.

COVID-19 Information

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