



Gratitude in Challenging Times: A Note from Karen Metzguer, RN, Nurse and Executive Director

One of my favorite authors, Parker Palmer, writes that people with hope acknowledge the tension created by seeing both “what is” and “what could and should be,” and do something each day to narrow the gap between the two. I believe this is what each of us is being asked to do as we paddle our small boats into uncharted waters. For several months I have encouraged you to create quarantine care circles: just a few individuals you see regularly, at a safe distance, and speak with often. It’s great to speak with lots of folks if you can, but we all need a few individuals we can open up to and lean on when we’re weary and the going gets tough.

In addition to friends, there are three resources I can recommend that are just a phone call away. Both the Disaster Distress Helpline (800-985-6990) and Hope4NC (855-581-3463) are open 24 hours a day and you can speak with trained volunteers and professionals about coping and anxiety. I am also happy to return your call if you reach out to me; just leave a message in my voice mailbox (919-542-6877).

Ferrington Cares is actively providing virtual programs, movement classes, support groups, grocery and pharmacy home delivery, equipment loans, outdoor handyman assistance, health consultations, and information and referrals by phone. We are offering a series of programs this fall; join us and polish up some of your tried and true resilience tools for dealing with the unknown. Let me know if you’d enjoy a “video date” to catch up with someone you haven’t seen in several months. I’ve set those up for a couple of villagers and they were delighted and surprised with how much fun it can be.

I’m grateful for the flowers and the wildlife, for friendships, for books to get lost in, and for each of you! Ferrington residents are supporting this organization financially and are generous volunteers. Although 100% of our temporarily-suspended services put a volunteer within six feet of a resident and almost all of the residents with needs and our volunteers are over 65, I am working with our volunteer Board of Directors (virtually) to plan new ways that we can be of service.

Please explore the website (www.ferringtoncares.org) to join our programs and to see updated health information about COVID-19 and other news articles.

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

Join Movement Classes via Zoom

www.ferringtoncares.org

All classes 11:30 am

Mondays—Chair Yoga (including Labor Day)

Wednesdays—Otago Exercises

Thursdays—Line Dancing

Join Support Groups via Zoom

www.ferringtoncares.org

Caregiver's Support Group:

**Wednesday, September 2, and every other
Wednesday, 12:30 to 2:00 pm.**

Parkinson's Support Group:

Check the website for current meeting times.

Living with Chronic Conditions:

**Thursday, September 3 and 17, and every first
and third Thursday, 1:00 to 2:30 pm.**

Five Ways to Rejuvenate Your Resilience
Wednesday, September 9, and the second
Wednesday of October and November, 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 September, we will define and discuss resilience and explore ways to increase it by building “stress hardiness,” squelching worry, rediscovering old strengths, finding inspiration, and practicing “productive floundering.” (Trust us—productive floundering is a real thing!)

Should I Stay or Should I Go?
Thursday, September 10, 7:00 pm via Zoom

We’ve all heard the term “aging in place” but what does that mean for you? What makes us worry about NOT being able to live where and how we want in our retirement years? What are some of the trends in long-term care? What are the general and local options for creating the type of living arrangement that we desire? How much do specific kinds of care cost and who pays (or doesn’t pay) for them? How can we go about putting things in place to be prepared for eventual changes?

Alan Millikan, RN, MHA, has over 35 years of experience in the local health care arena and helps operate Aegis, a local home care and geriatric care management company. The Clinical Director of Aegis, Kimberly Morton, RN, MSN, has over 25 years of experience as a provider and leader in acute and long-term care facilities. They will share national statistics and trends that will help shape the conversation and will provide a picture of the local long-term care landscape and its resources.



What’s Up With COVID-19? A Chatham
County Perspective
Thursday, September 24, 1:30 pm via Zoom

Join the Fearington Cares Education Committee in a Zoom presentation to learn from one of Fearington’s own public health experts. Dr Steve Stewart has spent 45 years in the fields of epidemiology and public health teaching to health sciences students, consulting in Florida and Oklahoma, and serving as Associate Dean of External Affairs at James Madison University. During this latter period he was a consultant to the United Nations, the US State Department, and the US Departments of Defense and of Homeland Security. As a retiree in Fearington Village, he served on the Fearington Cares Board, including three years as its President. He is presently a member of the Chatham County Health Department Scientific Advisory Committee, which is currently working with UNC on a COVID-19 vaccine testing protocol.

Winter Is Coming and So Is Flu Season!

“Game of Thrones” may be over (at last!), but the flu will always be with us. COVID-19 obviously has our attention right now, but influenza will definitely be making its annual appearance. You can protect yourself from this one virus by getting a flu shot. They should be available from the usual sources and should protect you for the entire season. There will be a variety of flu vaccines and your choice may vary due to factors such as allergy to eggs. However, be aware that for those of us 65 and over (chronologically gifted!), high dose vaccines are available to bolster our potentially diminished immune response. Medicare Part B covers one flu shot per flu season.

A nasty aspect of the flu is that it can sometimes lead to pneumonia, especially among the elderly or those with certain chronic health conditions. Fortunately, there are two different vaccines that aid in protection from several bacterial causes of pneumonia. The CDC recommends pneumococcal vaccination for all adults 65 years or older and all children younger than 2 years old. CDC also recommends vaccination for people with certain medical conditions and adults of any age who smoke cigarettes. Medicare Part B covers the first shot at any time and a different, second shot if it's given at least one year after the first shot.

As always, talk to your doctor or other health care provider about the flu shot and to see whether you need one or both pneumonia shots.