



## **The Ferrington Cares Center Will Be Closed January 18.**

Ferrington Cares Center will be closed for appointments and the staff will be off on Monday, January 18, for a national day of service honoring the life of Martin Luther King.

## **Zoom Movement Classes, Support Groups, and Education Programs Links Are on Our Website [www.ferringtoncares.org](http://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](mailto:info@ferringtoncares.org) and we will set that up.

### **Oh, My Aching Shoulder!**

**Thursday, January 14, 7:00 pm via Zoom**

You may never be Tommy John or even get that reference (according to Casey Stengel, you could look it up). Of course these days you could Google Tommy John and Casey Stengel. In any case, arms and shoulders can be sources of aches and pains for athletes and pseudo-athletes. The Zoom Education Committee is happy to host a presentation by Dr. Louis Almekinders, an orthopedic surgeon who specializes in shoulder disorders. This program will cover common issues such as rotator cuff and biceps tendon problems, shoulder arthritis, and frozen shoulder. Dr. Almekinders will include common symptoms and basic initial treatment as well as some discussion of surgical treatment.

Dr. Almekinders is a native of the Netherlands who completed a residency in Orthopaedic Surgery and a research fellowship at Duke University Medical Center. In 1989 he joined the faculty of the Department of Orthopaedic Surgery of the University of North Carolina at Chapel Hill. In the ensuing 14 years, he worked as a team physician for the varsity athletic teams and became a tenured, full professor. In 2003 he moved back to Duke University to start the North Carolina Orthopaedic Clinic and is currently a professor in the Department of Orthopaedic Surgery.

### **Introduction to Breath Meditation**

**Thursday, January 28, 1:30 pm via Zoom**

This program will introduce SKY (Sudarshan Kriya Yoga) Breath Meditation, a set of breathing techniques that can help foster serenity. Every emotion has a specific breathing pattern, so learning to focus on and control the breath can help us manage our mind and emotions. The rhythmic breathing patterns of SKY Breath Meditation can lead the practitioner toward a state of deep meditative relaxation; reducing anxiety, anger, insomnia, and depression.

Lee Farrow, based in Mountain View, CA, and the daughter of a Ferrington resident, will lead the program. She will offer demonstration and coaching as well as findings from scientific research related to the technique's effectiveness. Lee became a certified instructor for The Art of Living Foundation in 1997. She currently supports caregivers, military families, and her local community by teaching meditation and SKY Breathing for Kaiser Permanente and Project Welcome Home Troops.

## Sparking Possibilities for Your New Year Ahead

**Fridays, January 29, February 5 and 12, 1:30 pm via Zoom**

Next year promises to be filled with dips, bumps, and curves! It will certainly be different from 2020! You may find yourself feeling a bit muddled, disconnected, or even stuck, as you face the new year ahead.

Join us for this three-week Zoom series to explore, clarify, and spark possibilities on your path forward in 2021. Over the course of three one-hour sessions, you'll have the opportunity to rekindle your personal set of strengths and apply down-to-earth tips and tools for living your best life going forward. Mark your calendar for all three sessions: Fridays 1:30-2:30 pm, January 29, February 5, and February 12.

Each individual lively session combines a "lecturette" with time for guided self-reflection, fun exercises, and focused discussion. This course is taught by Vicki Field who has designed and led a wide range of workshops in her professional life and as a resident here at Ferrington Village over the past seven years.

<p><b>Join Movement Classes via Zoom</b> <a href="http://www.fearringtoncares.org">www.fearringtoncares.org</a> All classes 11:30 am</p> <p><b>Mondays—Chair Yoga (No class January 18.)</b></p> <p><b>Wednesdays—Otago Fall-Prevention Exercises</b></p>	<p><b>Join Support Groups via Zoom</b> <a href="http://www.fearringtoncares.org">www.fearringtoncares.org</a></p> <p><b>Caregiver's Support Group:</b> Wednesday, January 6 and 20, 12:30–2:00 pm.</p> <p><b>Parkinson's Support Group:</b> Wednesday, January 13, 3:30–4:30 pm. (New members can contact Jan Cope-Kasten (<a href="mailto:jcopekasten@gmail.com">jcopekasten@gmail.com</a>) or Karen Metzguer (<a href="mailto:karen@fearringtoncares.org">karen@fearringtoncares.org</a>) for information.)</p> <p><b>Living with Chronic Conditions:</b> Thursday, January 7 and 21, 1:00 pm.</p>
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## A Shout Out to Our Medicare Part D Volunteers!

A big "Thank You" to John Sullivan and Judy Fitzgerald who this year volunteered over 84 hours to assist residents with their Medicare Part D selections. While we know not everyone reviews their drug program during open enrollment, we celebrate the thousands of dollars this important annual review saves every year for residents who participate. Together, Judy and John provided 68 plan reviews, and collectively, those Villagers will save over \$36,000 on Medicare Part D plans in 2021! If you have Plan D coverage, it's hard to think of a good reason not to review it every year when open enrollment comes around.

## Medical Equipment Loans (and More!)

Ferrington Cares has medical equipment on loan for short-term use. You may need equipment temporarily following surgery or during rehabilitation. You may also just want to "try out" a walker or cane to see if is helpful before making a purchase. You may need a wheelchair when someone is visiting for a week or weekend or to take a friend out to dinner, to a museum, or to a ballgame. (Eventually, we will be doing all those things again!) We have the following to loan:

- ♥ Commodes
- ♥ Crutches/canes
- ♥ Shower benches
- ♥ Walkers
- ♥ Wheelchairs

We also have a short list of equipment that residents have in their homes and are willing to lend to fellow residents. This includes equipment for young ones such as booster seats, Pack 'n Plays, toys, and the like that can be lent on a short term basis.

## **And We Need Equipment!**

Our equipment stash exists due to the generosity of Ferringtonians. If you have something that is no longer needed but might be of assistance to others, please donate it to Ferrington Cares. Also, if you have equipment that you are willing to lend on a temporary basis, please notify us (919-542-6877) and we will add your listing. People are always searching for things like blow-up mattresses and necessities for young visitors (we're not old but honestly most of us will not fit into a Pack 'n Play). As always, we're just neighbors helping neighbors!

## **Covid-19 Information**

Ferrington Cares maintains a web site with easy access to county, state, and national information about the pandemic and the virus: [ferringtoncares.org/resources/covid-19-coronavirus-current-information/](https://ferringtoncares.org/resources/covid-19-coronavirus-current-information/).