



Sparking Possibilities for Your New Year Ahead **Fridays, February 5 and 12, 1:30 pm via Zoom**

The new year promises to be filled with dips, bumps, and curves! You may find yourself feeling a bit muddled, disconnected, or even stuck, as you face the new year ahead.

Join us for the last two sessions of this three-part Zoom series to explore, clarify, and spark possibilities on your path forward in 2021. Over the course of these 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 forward. Come to one or both!

Each individual lively session combines "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 Fearington Village over the past seven years.

Foot Health and Common Foot Conditions **Thursday, February 11, 7:00 pm via Zoom**

Pain and uncomfortable feet aren't a natural part of growing old or something to "put up with." A lot can be done to improve comfort, relieve pain, and maintain mobility. Most Americans will have walked 75,000 miles by the time they turn 50 (about 115,000 in a lifetime.) Many of us are walking more than ever during the pandemic. Dr. Katherine Williams, DPM, a podiatrist with the Chapel Hill office of Foot and Ankle Specialists of the Mid-Atlantic, will discuss a variety of foot problems and treatments. She will give tips to keep your aging feet healthy, including knowing how to select proper fitting footwear.

"Hear Ye...Hear Ye" **Thursday, February 25, 1:30 pm via Zoom**

Dr. Stephanie Sjoblad, an audiologist with the UNC Medical Center's Audiology Department, will speak on various aspects of auditory health and communication. She will discuss how best to communicate while wearing a mask, highlight resources that may be used with online communication, and cover other tips for communicating as one ages and loses hearing. There will be ample time for questions.

Dr. Sjoblad has provided hearing care services at Carolina Meadows for almost 20 years. She understands hearing loss in a unique way, having grown up as one of three siblings with congenital hearing loss. She has worn hearing aids since the age of six and received a cochlear implant in 2009. She now has bimodal hearing (one hearing aid and one cochlear implant). Dr. Sjoblad has been a member of the faculty at UNC-Chapel Hill since 1999 and the Clinic Director for the UNC Hearing and Communication Center since 2001. Her practice incorporates the most current research in audiology/communication.

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@fearringtoncares.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>Join Support Groups via Zoom www.fearringtoncares.org</p> <p>Caregiver's Support Group: Wednesday, February 3 and 17, 12:30–2:00 pm.</p> <p>Parkinson's Support Group: Wednesday, February 10, 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, February 4 and 8, 1:00 pm.</p>
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Like to Socialize? Become a Fearrington Cares Ambassador!

Have you already broken some of your New Year's resolutions? Here's one well worth making and keeping: Resolve to help your neighbors by becoming a Fearrington Cares Ambassador; no diplomatic experience necessary.

Launched as a pilot project in 2016, the Fearrington Cares Ambassadors Program trained a group of volunteer residents to represent Fearrington Cares. When opportunities arose, the Ambassadors explained the various services and educational, health-related, and social programs offered by Fearrington Cares or referred Villagers with questions to the staff. The need for this program is even greater now because it can help Villagers cope with the various limitations on their lives imposed by the pandemic.

One of the many goals of the Fearrington Cares Board is to revitalize and expand the Ambassadors Program in 2021. To find out more about this program or to explore the possibility of becoming an Ambassador yourself, please contact Karen Metzguer, RN, Executive Director of Fearrington Cares, at 919-542-6877 (weekdays, 9:00 am to 1:00 pm) or at www.fearringtoncares.org.

You Can Be an Immediate Responder

Social psychologists have identified something called the “bystander effect.” When encountering an emergency situation, people who are alone will more likely take action than if they are in a group. This idea is still somewhat controversial, but what is not controversial is that if you identify someone who needs help, try to help them. You can be an **Immediate Responder** when our First Responders are minutes or longer away.

Fearrington Cares normally offers CPR classes at this time of year to help people be First Responders. Clearly, this is not a good option this year! However, you can still prepare yourself beforehand in order to help someone while 911 assistance is on the way. This is the true meaning of **FIRST** Aid. The Red Cross has a web site that describes necessary steps in providing this aid <https://www.redcross.org/take-a-class/first-aid/performing-first-aid/first-aid-steps>. Please review the five steps outlined. Some of the links to CPR videos don't work (a common web issue!), but there are detailed instructions linked here: <https://www.redcross.org/take-a-class/cpr/performing-cpr/cpr-steps>. While obviously not as good as hands-on experience, this information can provide an introduction to you and a refresher if you've already had a CPR course. And when life finally returns to normal, watch for Fearrington Cares CPR classes!

Protect Yourself with Smoke and CO Detectors

Installing and properly maintaining smoke and carbon monoxide (CO) detectors in your home can save your life. CO detectors are needed even in all-electric homes because CO can seep into the house from an attached garage or a backup generator that is used during a power outage.

Everyone knows that the backup batteries in smoke and CO detectors need to be replaced at least annually. However, many homeowners are not aware that both types of detectors have a limited lifetime. Smoke alarms should be replaced every 10 years; even if the test button on the alarm sounds when pressed, the sensors inside may no longer be able to detect smoke. CO detectors have an even shorter lifespan: they should be replaced every five years.

For more information on smoke detectors and CO detectors, consult the Consumer Reports buying guide (<https://www.consumerreports.org/cro/smoke-carbon-monoxide-detectors/buying-guide/index.htm>).

Covid-19 and Vaccine 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/. Vaccine information is changing frequently, so check the links on the website for the most current information.

Details on the COVID-19 vaccine rollout in Chatham County are online at <https://www.chathamnc.org/services/health/coronavirus/coronavirus-vaccine>. To be notified when it is your turn to receive a vaccination, click on the "COVID-19 V.I.T." tool in the center of the page. After filling out the survey, you can choose to be placed on an email list to receive these notifications.

Open Part-Time Position at Ferrington Cares

Are you qualified and available to join a small, dynamic, mission-driven team and to work 20 hours/week? Ferrington Cares is hiring an Administrative Coordinator responsible for a portfolio that includes bookkeeping, database management, and communication functions for Ferrington Cares. The Administrative Coordinator maintains all financial records and documentation required for grants, ensures that revenues and expenditures are properly recorded and documented in a manner consistent with adopted fiscal policies, and supports the Board Treasurer. Additionally, the Administrative Coordinator coordinates Ferrington Cares communication and helps manage the facility. Download the complete job description from https://ferringtoncares.org/wp-content/uploads/2020/05/Ferrington-Cares-_ADMIN-COORD_final.pdf