



Fearington Cares Phase 1 Re-Opening

We are delighted to begin re-opening many of the services offered by Fearington Cares; details of our re-opening are found on our website [fearingtoncares.org/reopening-fearington-cares-center-phase-1-march-and-april-2021/](https://www.fearingtoncares.org/reopening-fearington-cares-center-phase-1-march-and-april-2021/). The safety of our Volunteers and of the villagers they serve remains a top priority and has required temporary modifications of our usual services. We hope you will consider joining one of our volunteer teams and invite you to read about Handypersons, Ambassadors, and Transportation on our website [fearingtoncares.org/volunteer](https://www.fearingtoncares.org/volunteer). We have scheduled a new driver training at **1:00 pm on May 20** here at the Center; please complete a volunteer form found on our website or call us with questions about new opportunities.

Gut Health

Thursday, May 13, 7:00 pm via Zoom

Dr. Seth Crockett, a practicing gastroenterologist and endoscopist at UNC, as well as an Associate Professor in the School of Medicine at UNC, will provide an overview of gut health and aging. As part of this program he will also discuss colorectal cancer screening options, including colonoscopy. Dr. Crockett has been on the UNC faculty since 2012. His research relates to cancer epidemiology of the gastrointestinal tract, screening and prevention of colorectal cancer, and colonoscopy quality. Please bring to the session any of your questions about GI conditions.

Know Your Emergency Response Team

Thursday, May 27, 1:30 pm via Zoom

Plan to attend this informative discussion about the way you will be taken care of when you call 911. We all count on these helpers in an emergency; you will learn what you can do to have the best experience possible. The roles of the dispatcher, the fire department, and FirstHealth ambulance service will be outlined by FirstHealth Chatham County Director Tim Simmons. Primary focus will be the explanation of various actions taken once EMS is on scene. A Q&A session will conclude the discussion.

Found a Yellow Envelope in the Mail?

If you discovered this brightly colored missive in the mail, you will find that it was our annual spring request for support. Daffodils are not the only important yellow things in the Spring! Many thanks to our residents who have already responded to this Annual Appeal by sending a check or making a donation online. In response to your suggestions, this year we will send an email acknowledgment of your generosity if we have a valid address. If we have no email for you, an acknowledgment will be sent in the mail.

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

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www.fearringtoncares.org. Click on the blue Zoom button on our home page and scroll to the correct program/class/support group. If you would like to practice a Zoom connection and meeting, email info@fearringtoncares.org and we will set that up.

<p align="center">Join Movement Classes via Zoom www.fearringtoncares.org All classes 11:30 am</p> <p>Mondays—Chair Yoga (No class May 31.)</p> <p>Wednesdays—Otago Fall-Prevention Exercises</p> <p>Thursdays—Line Dancing</p> <p>Fridays—Rhythm Without the Blues (Last class May 14.)</p>	<p align="center">Join Support Groups via Zoom www.fearringtoncares.org</p> <p>Caregiver's Support Group: Wednesdays, May 5 and 19, 12:30–2:00 pm</p> <p>Living with Chronic Conditions: Thursday, May 6; Tuesday, May 18, 1:00 pm (Note one-time change of day.)</p> <p>Parkinson's Support Group: Wednesday, May 12, from 3:30-4:30 pm (Note that this group will also be meeting in person, see below.)</p>
<p align="center">Health Services Offered at the Fearrington Cares Center</p> <p>Nurse Consultation: Appointment required, call 919-542-6877.</p> <p>Foot Clinic: Thursday, May 6, Appointment required, call 919-542-6877.</p>	<p align="center">Support Groups Meeting in Person</p> <p>Alcoholics Anonymous: Mondays 10 am, Fearrington Cares Center (No meeting May 31.)</p> <p>Parkinson's Support Group: Everyone interested is invited to join the Parkinson's Support Group on Wednesday, May 12, from 3:30-4:30 pm. We will meet at the Roost (weather permitting) in the Fearrington Village Center for a socially-distanced discussion on various topics.</p>

Be a Hero: Donate Blood

Thursday, May 13, 9:00 am—3:00 pm, The Fearrington Cares Center

Make your appointment to donate using this link: www.redcrossblood.org/give.html/drive-results?zipSponsor=Fearrington. You can also make an appointment by calling 1-800-RED-CROSS and using Sponsor Code "Fearrington." (You may need to tell them that you want to schedule here in Fearrington on May 13.) All donors will be asked to wear a mask.

Spotlight on Support Groups: Living with Chronic Conditions

The goal of the Chronic Conditions Support Group is to foster mutual support with others, who by virtue of their similar experiences are good listeners and have helpful resources to share. Please join us on the **first and third Thursdays of the month from 1:00- 2:30 pm** via the Zoom button on the Fearrington Cares website to give this caring group a try. [Please note that the meeting in the third week of May will be on Tuesday instead of Thursday.] These are some reflections of current members:

"The Chronic Conditions group has been a meaningful part of my life for the last five years. It's a safe and confidential place to talk about our individual conditions, to exchange resources, compare experiences, and give and receive support. Group members understand one another in ways others can't, and we don't wear out friends talking about our chronic health conditions."—Group member for five years.

"This group has been there for me through a major surgery as well as offering support and new insights with health issues that have been with me for many years. I value their opinions, thoughtful ideas, and friendship."—Group member

for four years.

"We recently moved to Ferrington Village and I found the Chronic Conditions Support Group. Even though my chronic conditions are in the mild range presently, I've found great support, information, aliveness, and value in my attendance at these meetings."—New member.

"I value the input from other group members who can understand living with life-altering issues. I come away better equipped to cope with not only the physical difficulties, but also the psychological effects of long term conditions that have plagued me, some for a relatively short time and others that have been with me for years."—Group member for five years.

The Marines Only Wanted a Few Good Men

But Ferrington Cares is happy to take more than a few good men and women volunteers for our Handyperson service. We are running out of capable hands to do the simple things that some of our neighbors cannot do. If you can change a battery in a smoke detector, replace a light bulb, fix a leaky faucet, or turn a screw driver, you can be a big help to someone who can't. You don't have to be an expert at anything—you just need a sense of adventure and willingness to try to fix things. And if you don't succeed, at least you tried to help. Please contact the Ferrington Cares Center (919-542-6877, info@ferringtoncares.org, or ferringtoncares.org/volunteer) to volunteer or for more information.