



Fearington Cares Center Is Closed July 5–9

The Center may be closed for the holiday but our volunteers will be busy providing medical transportation and handyperson services. If you need assistance with either of these areas of service, call the center at 919- 542-6877 and leave a message in the appropriate voicemail mailbox; a volunteer will be in touch with you.

Re-opening Fearington Cares—Phase 2

"Risk of SARS-CoV-2 infection is minimal for fully vaccinated people. The risk of SARS-CoV-2 transmission from fully vaccinated people to unvaccinated people is also reduced. Therefore, fully vaccinated people can resume activities without wearing a mask or physically distancing, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance." (CDC 28 May 2021)

Using available guidance from the CDC and NCDHHS, Fearington Cares is joining Chatham Council on Aging and other county agencies in opening in-person services. Please review our website (www.fearingtoncares.org) for a description of Phase 2 activities and guidelines. **Note that some of our Movement Classes and Support Groups will be meeting in person!**

Fearington Cares Board of Directors

Committee work is not *the most exciting volunteer opportunity* around here but we sure do need and appreciate individuals who are able to serve in this way. Directors serve two years, beginning in September, and can choose to continue for one or two more terms. Please thank these individuals if you see them out and about.

Continuing Directors:

Barbara Hummel-Rossi
Linda Patterson
Mark Asman
Carol Kurtz
Janine Griffin
JoAnn Pitz
Cathy Somer
Anne Henkels

Retiring Directors:

Cindy Kahler
Kay White
Mike Hancock

New Directors:

Mickey Kesselman
Terry Lucas
Carl Angel
Gillian Rogers

Zoom Movement Classes, Support Groups, & Education Programs Links Are on Our Website, www.fearingtoncares.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@fearingtoncares.org and we will set that up. **Note that some of our Movement Classes and Support Groups will be meeting in person!**

<p style="text-align: center;">Movement Classes All classes 11:30 am In-person attendees must be fully vaccinated.</p> <p>Mondays—Chair Yoga (Zoom only July and August; no class July 5.)</p> <p>Wednesdays—Otago Fall-Prevention Exercises (Zoom in July; Center in August; no class July 7, 14.)</p> <p>Thursdays—Line Dancing (No class July 8; classes begin in Center on July 15.)</p>	<p style="text-align: center;">Support Groups via Zoom www.ferringtoncares.org</p> <p>Living with Chronic Conditions: Thursdays, July 1, 15 and August 5, 19; 1:00 pm</p> <p>Parkinson's Support Group: No July or August meeting.</p>
<p style="text-align: center;">Health Services Offered at the Ferrington Cares Center (9:00 am—1:00 pm, Monday—Friday)</p> <p>Nurse Consultation: Walk-in clinic open for fully vaccinated residents. Appointment required for unvaccinated residents; call 919-542-6877.</p> <p>Foot Clinic: Thursday, July 15, August 19; appointment required, call 919-542-6877.</p>	<p style="text-align: center;">Support Groups Meeting in Person at the Ferrington Cares Center</p> <p>Alcoholics Anonymous: Mondays 10:00 am; no meeting July 5.</p> <p>Caregivers Support Group: Wednesdays, July 21, August 18; 12:30—2:00 pm. No meeting July 7 or August 4.</p>

These People Bled for Ferrington Cares!

The big white bus, plastered with red crosses and Picasso-style human figures painted on its side, sat in the nearly deserted Gathering Place parking lot. The loud hum of a generator broke the quiet as a lone masked figure entered the rear door. At the age of 86 Carol Goettman had walked over a mile from Galloway Ridge with a single mission, to give a pint of blood so others might live.

Ferrington Cares sponsored the American Red Cross bloodmobile on Thursday, May 13. From shortly after 9:00 am until 3:00 pm, workers retrieved pint after pint of blood desperately needed during the current shortage. On that day, the Red Cross collected enough blood product from 20 donors to impact up to 48 patient lives; three people had the chance to donate for the first time.

"I usually give blood about twice-a-year, when it is convenient," said Goettman, sitting on a couch at the front of the bus drinking bottled water to replenish her fluids. "This was a very good process with no problems. I am amazed they still want my blood, it is tired blood for sure." Goettman's O+ blood is drastically needed by hospitals across the state. For more than a year the pandemic has resulted in a severe blood shortage, not just in North Carolina but across the USA. Ferrington resident Dan Lewandowski had a great blood giving experience. "It was a little close quarters, but the chair was very comfortable and the staff was great." Lewandowski, a former Detroit resident with A+ blood, gives regularly every eight-weeks. He admits he has not upgraded to the Red Cross phone app to schedule his appointments. "I'm old school I guess," he said.

"As a volunteer Blood Donor Ambassador at the Red Cross' Durham Blood Center I've watched the number of donors drop significantly over the past year," said Ferrington resident Jackie Walters. "Where three donors were scheduled every 15-minutes, we now have one or none. Keeping the blood supply current is critical for hospitals as the pandemic amply demonstrated. I'm a Donor Ambassador and a blood donor." Walters reiterated the importance that neighbors, like those

in Ferrington, give blood regularly to "Give Life." "I think everyone should volunteer to give blood if they can," said Goettman. "Anytime you have an opportunity to do something nice and useful, especially at this age, you have to take advantage of it. The only downside of the bus was I miss the good cookies you get afterwards in larger venues."

Help Your Neighbors by Driving for Ferrington Cares! Upcoming Training Session Wednesday, July 14, 1:00 pm at the Ferrington Cares Center

Ferrington Cares can always use more driver, handyperson, and computer support volunteers. We will have training for drivers on July 14. Our drivers provide transportation for residents to medical appointments, other health related appointments, and grocery shopping. Requests must be within a 25 mile radius of Ferrington Village. Our volunteers work in a team of three drivers and are assigned to cover one week at a time, two weeks per year. Good driving skills, a current driver license, and insurance are required. Drivers use their own vehicle. If you have any interest in or questions about volunteering, please call the Center (919-542-6877) for more information.

Enriching Your Retirement Years with Pets

Retirement and golden years beckon with the promise of less stress and fewer demands. However, we may find that even happily-anticipated changes also feel somewhat disruptive and unsettling. Our pets can be one way to buffer the transition and enrich this chapter of life.

1. Pets require an established routine around which we can structure daily life. Maintaining a consistent schedule, especially for eating and sleeping, can be a boon to brain and body health.
2. Walking your pet, playing fetch with your dog, or dragging a string or ribbon around the house as "prey" for your cat to "catch" are good sources of exercise. Keeping physically active equals healthy aging.
3. Our pets are totally dependent on us for their care, safety, and their very lives. That can give us a sense of responsibility and purpose.
4. Pets provide companionship, a wonderful antidote to loneliness and isolation. Their unconditional affection and acceptance remind us that we are loved and lovable.

Pet ownership is not the right choice for everyone; however, incorporating these four points can enhance anyone's days! For more information on caring for your pets, check out the Chatham Animal and Rescue Education website at www.chathamanimalrescue.org. CARE is a non-profit animal welfare organization that promotes responsible pet ownership through educating the community, providing targeted spay-neuter programs, and fostering homeless dogs and cats until they are placed in loving, permanent homes.