



## **The Ferrington Cares Center Will Be Closed December 21–January 3.**

The Ferrington Cares Staff will not be monitoring the phones or making appointments. All messages left in the general mailbox will be retrieved on January 4, when the staff is back at work. Volunteer drivers will continue to pick up prepaid groceries and prescriptions while we are closed; leave a message **only in the Transportation mailbox** and a volunteer will be in contact with you.

## **Celebrating Pat with Gratitude**

Ferrington Cares is fortunate to have had an extraordinary employee in Pat Skiver and now she is retiring! Selfishly, we are tempted to beg her to stay, claiming we simply can't do without her services! Instead, I ask you to join me in my deep appreciation for the talent, compassion, expertise, and care exhibited by Pat, here at Ferrington Cares and in every corner of the neighborhood. Pat's note to you is as follows:

*In January 2008, just three months after moving to Ferrington, I started working part-time at Ferrington Cares. I didn't know much about the organization then, now 13 years later I am going to retire from employment, but not from volunteering. I know a lot more about Ferrington Cares now, and that is why Tom and I both believe that it is the "heart of Ferrington Village". This job enabled me to meet my neighbors, make new friends, and serve my community. It has truly been a pleasure to work with so many generous, kindhearted people who are willing to give of themselves for their community. I am so pleased to call Ferrington Village home. Thank you all for your support, your commitment to CARING, and your friendship.—Pat*

## **Living with Loss Around the Holidays**

**Thursdays, December 3 and 17, 1:00–2:30 pm via Zoom**

Living with Loss Around the Holidays is a support group for those who have experienced the loss of a loved one—spouse, parent, child, family member, or friend. "The Holidays," November through the end of the year, are often painful. This period may be filled with memories of loved ones no longer alive and with us in remembered, happy ways.

Meeting twice in November and twice in December at 1:00 pm on Zoom, this group is hosted by Judyth and John Branson. Residents of Ferrington since 2012, Judyth is a psychotherapist and John is a retired Episcopal priest.

This is a group where we talk about feelings: grief, being alone, emptiness, fear of the future, and doubts about ourselves. We will have a chance to speak of our loved ones and all that is good. There are no expectations; this is simply a chance to meet and talk in the safety of the group where confidentiality is maintained. All are welcome to one or more sessions.

## **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.

<p><b>Join Movement Classes via Zoom</b>  <a href="http://www.fearringtoncares.org">www.fearringtoncares.org</a>  <b>All classes 11:30 am</b></p> <p><b>No classes after December 18.</b></p> <p><b>Mondays—Chair Yoga</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>  <b>Wednesday, December 2 and 16, 12:30–2:00 pm.</b></p> <p><b>Parkinson's Support Group:</b>  <b>Wednesday, December 9, 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.)</b></p> <p><b>Living with Chronic Conditions:</b>  <b>Thursday, December 3 and 17, 11:00 am–12:30 pm (new time).</b></p> <p><b>Living with Loss Around the Holidays:</b>  <b>Thursday, December 3 and 17, 1:00–2:30 pm.</b></p>
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**A Note from Karen Metzguer, RN, Nurse and Executive Director  
The Heart of Fearrington Village**

We can't and never have been able to do it without **YOU**. The work of Fearrington Cares is funded 100% by Villagers, current and past. Not only are you and your neighbors volunteers for this organization, you have shared your financial resources for 30 years of service to the community. This final appeal for a contribution in 2020 comes with the immense gratitude I feel for the privilege of serving as your Nurse and Executive Director.

You may be surprised to learn the multiple ways we are able to receive financial support in addition to a check or a donation by credit card on our website (<https://fearringtoncares.org/donate/>):E

- ♥ Donation of appreciated stock.
- ♥ Donation of proceeds from a vehicle sale.
- ♥ Matching donation from an employer/previous employer.
- ♥ Donation in honor of a service provided by one of our volunteers.
- ♥ Donation in memory of a friend or family member who has died.
- ♥ Donation of the proceeds of an estate sale.
- ♥ Donation at the time of death through a will.
- ♥ Donation through a trust fund or foundation.

Our programs and services continue to make a difference in this community. We hear regularly from individuals who are incredibly grateful for our education programs and movement classes, and who have been moved by the humor, warmth, and compassion of our volunteers.

We are grateful to each of you who have contributed and ask those of you who have not to consider joining your neighbors who are passionate about Fearrington Cares programs and services. Please make a donation before the end of the year. Fearrington Cares is a 501(c)3 organization.

**Support for Caregivers Workshop**

Do you care for someone with memory loss and live in a rural area? If so, you may be eligible to participate in a free six-week long online workshop offered by researchers at the University of California, San Francisco.

If you are a caregiver living in a rural area, care for someone with memory loss, are 18 years of age or older, and provide care for at least ten hours per week, you may qualify. Participants will receive a small cash stipend for completing four study surveys on their caregiving experiences. The study offers a free online workshop, caregiver handbook, and support from trained staff and other caregivers. Go to <https://caregiverproject.ucsf.edu> or call toll-free 1-833-634-0603 for more information.

## **Remember AmazonSmile When Shopping!**

During this season of gift giving, many of you shop at Amazon. Fearington Cares has registered with **AmazonSmile** so that if you shop at Amazon, you can choose to have AmazonSmile donate 0.5% of your eligible purchases to us at no additional cost to you. Just shop at <https://smile.amazon.com/> and designate Fearington Cares as your charity of choice. When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. Then shop as usual and benefit Fearington Cares at the same time!

## **Covid-19 Information**

Fearington Cares maintains a web site with county, state, and national information about the pandemic and the virus: [fearingtoncares.org/resources/covid-19-coronavirus-current-information/](http://fearingtoncares.org/resources/covid-19-coronavirus-current-information/).