



## **Dealing With the Risks of Phone and Computer Fraud, Spam, and Phishing Attacks** **Thursday, March 25, 1:30 pm, via Zoom**

Playing and working in the expanding fast lanes of the Internet highways and byways have created many challenges and risks for such travelers and visitors in recent years. Online digital realms offer an enormous range of benefits for those who use computers, cell phones, and Internet-based (VoIP) phones. Along with these benefits, using the Internet has produced an increasing exposure to ever-more sophisticated hidden risks of threats and thefts of personal information, passwords, financial records, bank account contents, etc. We'll consider some key tips to defend yourself from such high-risk digital threats.

Jon Darling, Emeritus Professor of Sociology and former Acting Vice-President for Academic Affairs at the University of Pittsburgh, Johnstown, will help us prepare our digital defenses. Jon's specialties include social psychology, sociology of family, and sociology of community, and he has focused on digital community networking since 1997. After retiring, Jon became a designated Maryland Legacy Leader on Public Policy and worked as a full-time legislative aide for constituent and policy matters in the Maryland General Assembly before moving to Fearington in 2010. Jon has served the community in many capacities and is currently the Fearington Cares webmaster.

## **Dealing with Mental Health**

May is Mental Health Month, but we can always use a little early assistance either with or without a pandemic.

### **Hope4NC Helpline (855-587-3463)**

Hope4NC connects North Carolinians to mental health resources that help them cope and build resilience during times of crisis. The helpline is staffed 24/7 and provides free and confidential emotional support, counseling referrals, and community resources. As part of the state's recent hurricane recovery efforts, it served over 4,400 people in the most impacted counties; now it is being made available to everyone in North Carolina's 100 counties during the COVID-19 crisis. For more information, go to [www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/hope4nc](http://www.ncdhhs.gov/divisions/mental-health-developmental-disabilities-and-substance-abuse/hope4nc).

### **NCBAM Hope Line for Older Adults (866-578-4673 or 866-578-HOPE)**

The North Carolina Baptist Aging Ministry's toll-free statewide Hope Line was established for older adults experiencing isolation. Trained staff and volunteers receive calls daily from 9:00 am to 9:00 pm to encourage callers with a friendly voice and a listening ear. For more information, go to [ncbam.org/ministry-outreaches.html](http://ncbam.org/ministry-outreaches.html).

### **Cardinal Innovations Mental Health Crisis Line (800-939-5911)**

Licensed clinicians are available on the Crisis Line 24/7 for anyone looking for services for mental health, substance use, or intellectual and developmental disabilities ([www.cardinalinnovations.org/Mental-Health-Crisis-Line](http://www.cardinalinnovations.org/Mental-Health-Crisis-Line)). Cardinal Innovations also provides a free and anonymous online mental health screening for anyone to complete. Find it on their

website at [www.cardinalinnovations.org/Resources/Mental-Health-Screening](http://www.cardinalinnovations.org/Resources/Mental-Health-Screening).

## **Rhythm—Without the Blues: A New ONLINE Movement Class for a Healthy Body Friday, March 12, 19, and 26, 11:30 am—12:15 pm via Zoom**

This ONLINE series is designed to help you move with greater ease and less pain. Anyone can join and learn within the safety of his or her own home. Veteran teacher Glenna Batson will guide you through simple, rhythmic movement sequences that you can do sitting or standing—whatever best fits your needs and abilities. Glenna will show how these movements relate to everyday activities, so you can keep a rhythmic liveliness going throughout your day.

The class builds on sound principles for range of motion, weight shifting, and balance. So, whether your goal is to ‘get moving’, find freedom of movement, or simply enjoy yourself, you’ll uncover the FUNDamentals of maintaining healthy muscles and joints.

Glenna Batson, PT, ScD, MA is a former physical therapy professor and dance educator. She believes in the expressive power of mindful movement as a way of keeping the bloom of life going at any age and stage of life. She has lived in Ferrington since 2007.

## **Zoom Movement Classes, Support Groups, and Education Programs Links Are on Our Website [www.fearringtoncares.org](http://www.fearringtoncares.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](mailto:info@fearringtoncares.org) and we will set that up. Please note: **One-time registration is now required for participation in Classes and Support Groups through May, 2021.**

<b>Join Movement Classes via Zoom</b> <a href="http://www.fearringtoncares.org">www.fearringtoncares.org</a> All classes 11:30 am	<b>Join Support Groups via Zoom</b> <a href="http://www.fearringtoncares.org">www.fearringtoncares.org</a>
<b>Mondays—Chair Yoga</b>	<b>Caregiver's Support Group:</b> Wednesday, March 3 and 17, 12:30–2:00 pm.
<b>Wednesdays—Otago Fall-Prevention Exercises</b>	<b>Parkinson's Support Group:</b> Wednesday, March 10, 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>Thursdays—Line Dancing is back!</b>	<b>Living with Chronic Conditions:</b> Thursday, March 4 and 18, 1:00 pm.
<b>Fridays—Rhythm—Without the Blues (March 12, 19, 26)</b>	

## **Alcoholics Anonymous Meetings Resume**

The Alcoholics Anonymous Support Group has resumed in-person meetings. Please contact Karen Metzguer ([karen@fearringtoncares.org](mailto:karen@fearringtoncares.org)) for information.

## **Donate Over-The-Counter and Prescription Meds**

The Chatham Cares Community Pharmacy (CCCP) in Siler City is a great place to donate medical items you no longer want or need. CCCP is a non-profit local organization providing quality pharmacy services to uninsured and underinsured residents of the county. They accept new and gently used medical equipment and supplies of all kinds (anything you can buy at a drugstore or medical supply store) and personal care items (soap, shampoo, lotion, deodorant, waterproof or disposable bed pads, adult underwear, urinals, disposable gloves, compression socks, bed risers, etc.).

The CCCP accepts unopened OTC (over-the-counter) medications of all kinds. If only a tiny bit of the tube has been used or if most of the pills are still in the blister pack, they accept those too. And they also accept ALL CURRENT prescription medications (except controlled substances), even if they have been opened! Their licensed pharmacists will take your leftovers and add them to others to make a supply for our less-fortunate neighbors in Chatham County. Instead of turning these (sometimes very expensive) items in to a pharmacy or the police for destruction, please take them to the CCCP. For office hours and location, go to [www.chathamcares.com/1.html](http://www.chathamcares.com/1.html) or call 919-663-0177. Elizabeth Krijgsman can also address your questions at [elizabethk0002@me.com](mailto:elizabethk0002@me.com) or 919-542-2660.

## **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/](http://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.

Information on finding an appointment to receive the Covid-19 vaccine can be found at [ferringtoncares.org/about-finding-an-appointment-for-the-covid-vaccine](http://ferringtoncares.org/about-finding-an-appointment-for-the-covid-vaccine). Our site includes phone numbers and weblinks for several health care providers. Once you are added to their waiting lists, you will be contacted to schedule an appointment as they become available.

Specific details on the Chatham County Public Health Department (CCPHD) vaccine roll out are online at [www.chathamnc.org/services/health/coronavirus/coronavirus-vaccine](http://www.chathamnc.org/services/health/coronavirus/coronavirus-vaccine). You can join CCPHD's waitlist by clicking on the "Covid-19 Vaccine Interest Tool" in the center of the page. In addition, there is information on free transportation to vaccine appointments, which is provided by Chatham Transit ([chathamtransit.org/category/news/](http://chathamtransit.org/category/news/)).