



Physiatry: A Different Approach to Musculoskeletal Pain Management **Thursday, April 8, 7:00 pm via Zoom**

Learn about Physiatry, or the medical specialty of Physical Medicine and Rehabilitation (PM&R), with speaker Dr. Paul Tawney, a physician working with the North Carolina Orthopedic Group in Durham. He will talk about the current directions of the field of PM&R and the interactions with other medical specialties and ancillary care providers. Dr. Tawney's practice focuses on various treatment options for patients with back, neck, and other musculoskeletal disorders. His practice also is the site for the Duke Amputee Performance Clinic. If you are living with chronic pain and interested in relief, come learn about this approach and whether the practice deserves a try!

Can Birding Improve Your Health? **Thursday, April 22, 1:30 pm via Zoom**

It has been a long year, and it *has been an even longer year since last spring*. So, when the red, red robin comes bob, bob, bobbing along, members of the Fearington Cares Education Committee hope that all residents of the Village will be more able to enjoy time outdoors. One sure way to enjoy the natural environment is to become more familiar with the birds of our area. We are delighted to bring you Nathan Swick, a celebrated ornithologist, to educate and engage us with our feathered friends.

Nate Swick is the editor of The American Birding Association (ABA) blog, a frequent contributor to www.10000birds.com, and a member of the North Carolina Bird Records Committee. Nate has been a birder for more than 20 years and helps lead birding excursions for ABA events and the Carolina Bird Club. He has discussed his book, *The Beginners Guide to Birding* (2018), at McIntyre's and he is returning to Fearington (via Zoom) for this special presentation.

Foot Clinic Resumes

Appointments are available for the foot clinic. If you are living with diabetes, neuropathy, or lower leg issues and would like to participate, please call the Center (919-542-6877) to learn more.

Alcoholics Anonymous Meetings Resume

The Alcoholics Anonymous Support Group has resumed in-person meetings in the Center. Please contact Karen Metzguer (karen@fearingtoncares.org) for information.

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

Zoom Movement Classes, Support Groups, and Education Programs links are on our website, www.fearingtoncares.org, and **require one-time registration for events through May, 2021**. Click on the blue Zoom button on our home

page to register for classes and events. Register once for anything that is a series; after you register, save the email you receive and use the provided link for the entire series. 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>Thursdays—Line Dancing is back!</p>	<p>Join Support Groups via Zoom www.fearringtoncares.org</p> <p>Caregiver's Support Group: Wednesday, April 7 and 21, 12:30–2:00 pm.</p> <p>Parkinson's Support Group: Wednesday, April 14, 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, April 1 and 15, 1:00 pm.</p>
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Pet Tips: Staying Safe with Our Pets as We Get Older **Ferrington Cares and Chatham Animal Rescue and Education (CARE)**

We all know how much companionship and comfort our pets give to us, particularly in this time of Covid-19. But as we age, our pets can also create hazards for trips and falls. A few simple precautions will help keep both owner and pet safer and more secure.

1. Exercise is enjoyable for both owner and pet. However, retractable leashes can be dangerous. An excited dog can turn a retractable leash into a lasso that winds around the legs of owner or bystander and topples one or both of them. A dog can take off and be in the middle of the road in the blink of an eye. And the sudden jerk when the lead runs out can injure the dog or owner. It's best to opt for a 6-foot restraint for those expeditions outside. Remember that Ferrington Village covenants require both dogs and cats to be on a leash and under supervision unless they are confined to the owner's premises.
2. Pets require “stuff” and their stuff can get in the way. Be sure that larger pieces of equipment (beds, scratching posts, toy baskets, etc.) are completely removed from traffic patterns. Put food bowls in an out-of-the-way corner or even under a table. Make picking up the day's toys an established part of your bedtime routine.
3. Dogs and cats can both have “accidents” in the house. Turn on lights and check for slippery spots before stepping onto tile or wood floors. Our covenants also require that any droppings by a pet being walked off a resident's lot should be promptly removed by the pet owner.
4. Pets have an uncanny ability to materialize seemingly out of nowhere, especially at feeding time. Dogs with collar tags will usually warn of their approach. A breakaway collar with a bell for your cat can serve the same purpose. Make it a point to move mindfully, particularly in the kitchen, to avoid being surprised by your pet appearing suddenly underfoot.
5. Pets require us to do some bending and stooping, and heavy litter or food bags can strain backs and hips. Consider adjusting the weight of the supplies you purchase.

We hope these few ounces of prevention help you and your furry friends enjoy many happy and healthy years together. CARE is a non-profit animal welfare organization that promotes responsible pet ownership by educating the community, providing targeted spay-neuter programs, and fostering homeless dogs and cats until they are placed in loving, permanent homes. Please visit us at www.chathamanimalrescue.org.

Volunteer Appreciation

Ferrington Cares appreciates the Volunteers who make this organization shine. We see you “work magic” 365 days of the year; your patience, grace, generosity, and humor inspire others. Thank you for serving your community! Many of you are eager to return to the services you provide as volunteers; **we are designing and phasing in services this month!!**