



The Fearington Cares Center Will Be Closed September 6 (Labor Day)

Happy New Year from Karen Metzguer

As we continue to monitor state and national guidance related to the pandemic, we are currently providing small-group in-person activities among vaccinated individuals here in the Center. We have upgraded air handling filters and added fresh air intake in the system; both provide additional ventilation safeguards. The vaccine provides powerful protection from serious illness and hospitalization, but it is not a golden shield. I personally recommend masks for everyone in any public places, including the Fearington Cares Center and in The Gathering Place where the vaccine status, or the COVID 19 infection status of vaccinated individuals, is not known.

In some ways, the "Fearington Cares Year" begins in September: new volunteers join the Board of Directors and our Fall semester of programming begins in earnest as summer holiday activities and travel slow down. Furniture for the Center is finally coming together, and we hope to have pictures hung shortly after the building is furnished. Watch for information to visit and celebrate the Center expansion and renovation with us, this fall, if COVID 19 rates permit.

Four-Part Series: Value-based Decisions at End of Life

The first two sessions in this four-part series will explore the ethical and legal context for end-of-life decision-making, from foundational "right to choose" cases that brought bioethics into public awareness in the 1970s, to the present-day landscape related to medical aid in dying (sometimes referred to as "assisted suicide"). Also included will be discussion of the limits of our choice mechanisms and the distress that can occur at the hospital bedside when patient preferences have not been communicated in advance. In the last two sessions of the series, we will build on this background by supporting participants in articulating their values for care at end of life and exploring the range of available options for translating those values into purposeful advance care plans.

Session 1: Evolution and Limits of the Right to Choose; How 'Not to Choose' Is a Choice Thursday, September 9, 7:00 pm Via ZOOM- see our website for the link

Nancy M. P. King, JD, is a Professor in the Department of Social Sciences and Health Policy and in the Wake Forest Institute for Regenerative Medicine at the Wake Forest School of Medicine. She is also Co-Director of the Center for Bioethics, Health, and Society at Wake Forest. Her presentation will cover:

- History of end-of-life decision-making from Karen Ann Quinlan to today.
- Treatment as the standard of care: bedside tales when patient values and preferences are not specified in advance.
- State statutory hierarchy for surrogate decision-making.

Session 2: Medical Aid in Dying (MAID): Lessons Learned from Vermont and Elsewhere Thursday, October 21, 7:00 pm (NOTE: Third Thursday) at The Gathering Place

Mara Buchbinder, PhD, is a Professor in the UNC Department of Social Medicine and a core faculty Member in the UNC Center for Bioethics. Her presentation will cover:

- Current legal landscape of medical aid in dying in the United States.
- Stories from clinicians and patients in Vermont—and how they stray from the dominant public narratives about assisted death.
- Broader takeaway lessons about choice, control, and the privilege of planning.

Session 3: Death and Dying: Isn't It Time We Talked? **Thursday, November 11, 7:00 pm at The Gathering Place**

Deb Love, JD, MBA, MA (Bioethics), an Adjunct Assistant Professor in the UNC Department of Social Medicine, and Mara Buchbinder will provide a joint session covering:

- Personal nature of values and preferences.
- Clarifying your values.
- Considerations in selecting your healthcare agent; understanding the NC statutory hierarchy for decision makers in the event you do not choose.
- Beginning the conversation with your loved ones.

Session 4: Helping Others Know and Honor Your Wishes **Thursday, December 9, 7:00 pm at The Gathering Place**

Deb Love will complete our series by discussing:

- Advance directives and portable medical orders—benefits and limitations.
- Voluntarily Stopping Eating and Drinking (VSED).
- Dementia advance directives.
- Differences between palliative care and hospice.
- End of life doulas.

Is Your Home an “Accessible-Place”?

Tuesday, September 14, 1:00-2:30 pm via ZOOM, see our website for the link

If you are contemplating how well your home will serve you as a supportive environment for aging in community, come learn from your neighbor, Doug Zabor, a Certified Aging-in-Place Specialist (CAPS). Doug has combined the best references and designed an assessment that will benefit any homeowner interested in an accessible home. Recent clients commented, “Thanks for your recent aging-in-place assessment of our home. We appreciated your professionalism and the fact that you went just deep enough into the most important issues without getting us too lost in the details. We thought you asked all the right questions and we found your recommendations very helpful.” From looking carefully at your primary entrance to the placement of stability bars, learning about this comprehensive home assessment will help identify critical areas of focus to support your goals. [Note: This program will be **repeated on October 12 at 7:00 pm.**]

Cancer Care in Older Adults: Walking in the Shoes of a Cancer Patient and Their Caregiver **Thursday, September 23, 1:30 pm via ZOOM, see our website for the link**

Someone you love has cancer. What do you need to know and how do you best assist them? Cancer in senior citizens is something many residents have experienced, are experiencing, or will be experiencing as they assist friends and family members with this malady. Please join our expert speakers and Fearington neighbors, Dr. Hyman Muss and his wife Loretta Muss, RN, both health professionals at the UNC Lineberger Comprehensive Cancer Center, who will share their expertise. Dr. Muss, the Mary Jones Hudson Distinguished Professor of Geriatric Oncology and Director of Geriatric Oncology, will discuss changes in oncology treatments and caring for senior patients who may have additional health issues in conjunction with their cancer diagnosis. Mrs. Muss, Coordinator of Patient and Family Advisory Council and the Patient and Family Centered Care, will share her expertise on the needs of the cancer patient and the critical role of the caregiver and friends.

New Movement and Support Group Schedules

The **Parkinson's support group** will change its meeting day to the **first and third Tuesdays** of the month from **1:30-3:00 pm**, starting in September, to coordinate with the Chapel Hill support group. We hope to be meeting in person at the Fearington Cares Center, and we will be following the Fearington Cares guidelines (www.fearingtoncares.org) for in-person meetings. Email updates with further details will be sent to individuals on our mailing list. If you are not already on our email list and would like to be, please contact Jan Cope-Kasten (jcopekasten@gmail.com).

The **Brainiacs Memory Café** will change its meeting day to **Wednesday at 10:00 am** in the Center and the **Living with Loss support group** will reconvene beginning **Friday, October 1, at 1:00 pm** in the Center.

<p style="text-align: center;">Movement Classes All classes 11:30 am and in the Center except as noted. Attendees must be fully vaccinated.</p> <p>Mondays—Chair Yoga VIA ZOOM www.fearringtoncares.org (No class September 6.)</p> <p>Wednesdays—Otago Fall-Prevention Exercises VIA ZOOM</p> <p>Thursdays—Line Dancing</p> <p>Fridays (beginning October 1)—Rhythm Without the Blues</p> <p>Fridays (September 24 – November 12)—Tai Chi with Louise VIA ZOOM AT 1:00 PM; this class has a fee and requires registration under Workshops at www.louisetaichi.com/my-services.</p>	<p style="text-align: center;">Support Groups via Zoom www.fearringtoncares.org</p> <p>Caregivers Support Group: Wednesdays, September 1 & 15, 1:00 p.m.</p> <p>Living with Chronic Conditions: Thursdays, September 2 & 16; 1:00 pm</p>
<p style="text-align: center;">Health Services Offered at the Fearrington Cares Center (9:00 am—12:00 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, September 9; appointment required, call 919-542-6877.</p>	<p style="text-align: center;">Support Groups Meeting in Person at the Fearrington Cares Center</p> <p>Alcoholics Anonymous: Mondays 10:00 am; no meeting September 6.</p> <p>Parkinson’s Group: Tuesdays, September 7, 21; 1:30 pm.</p> <p>Brainiacs Memory Café: Wednesdays, 10:00 am.</p>

Fall Prevention Screening

Fearrington Cares, together with Mobile Rehab, offers a free balance and fall prevention screening to help you find ways of reducing your risk of experiencing a fall. If you have fallen in the past year, feel unsteady when walking, or have become fearful of walking, it is important to take steps now to improve your safety and remain independent. For more information or to schedule a free screening, contact Karen at Fearrington Cares at 919-542-6877 or karen@fearringtoncares.org.

Living with Loss: Fall Series October 1—November 19, 1:00-2:30 pm in the Center

Living with Loss is a support group for those who have experienced the loss of a loved one—spouse, parent, child, family member, or friend. Meeting weekly, this group is hosted by Judyth and John Branson, residents of Fearrington since 2012. Judyth is a psychotherapist and John is a retired Episcopal priest.

This is a group where we talk about both practical issues and feelings. 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. Please call and let us know you are coming so we can plan. All are welcome to one or more sessions.

Ferrington Cares and 501 Pharmacy to Provide a Drive By-Flu Shot Clinic Tuesday, October 5th at the Ferrington Cares Center

Pharmacist Han Hu will provide a flu shot clinic at Ferrington Cares on Tuesday, October 5th. Participation requires pre-registration by calling Ferrington Cares, 919-542-6877. We need to collect the demographic and insurance information you regularly provide in order for Han to determine whether your insurance will cover the administration of the 2021 flu Vaccine and in order for him to bill your insurance.

Registration closes at noon on Wednesday, September 15th.

(The cost out of pocket is \$65 and must be paid by check prior to receiving the vaccine if insurance is declined)

We know everyone who uses email gets overwhelmed by so much communication, and we know a large number of residents don't use email at all. Please spread the word in your neighborhood and with your friends in Ferrington. Ferrington Cares is making a valiant effort to help everyone receive a flu shot this year in a safe way.

In-Home Vaccination Hotline for People with Limited Mobility

North Carolina has set up an at-home vaccination hotline for people with limited mobility. The North Carolina Department of Health and Human Services has partnered with the Piedmont Triad Regional Council Area Agency on Aging to provide free COVID-19 vaccinations to people who cannot leave their homes. Caregivers, providers, and individuals across North Carolina can schedule an in-home vaccination by calling 866-303-0026.