



The News You've All Been Waiting For!

Not that winning lottery number! **But Fearington Cares has a newly revamped [website](#).** The site is now much easier to navigate, contains many more photos, and has streamlined text. Check out the education programs, support groups, movement classes, our helpful vendor list, and a new feature called Fearington Faces. Hover your cursor over each of the words in the black bar under the logo on the homepage to reveal what is included. When you hover over "Services" for example, you see programs, classes and more. If you select one of those programs, "Education" for example, the fall programming is displayed. If the program or class is offered on Zoom, simply click the red word "Zoom" (located under the date and time) 10 minutes before start time. Use the "Talk with Us" link to send comments, questions and suggestions.

Continuing Series: Ethical Decision-Making at the End of Life

The first session in this four-part series explored 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 was a 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. Session 2 continues those topics. 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 2: Medical Aid in Dying (MAID): Lessons Learned from Vermont and Elsewhere Thursday, October 21, 7:00 pm (NOTE: Third Thursday) via Zoom

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 (Zoom or in person to be determined.)

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 (Zoom or in person to be determined.)

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, October 12, 7:00 pm via Zoom**

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 is a repeat of the program presented on September 14.**

Hospital at Home...Would You Be a Candidate? **Thursday, October 28, 1:00 pm via Zoom**

UNC Health Care program leaders, Dr. Meera Udayakumar and Ila Mapp, RN, MSN, will present a new program that will be offered at the UNC Medical Center and Hillsborough Hospital. The program, which is in partnership with the Boston-based Medically Home Group, will identify patients needing acute care level of service that can be provided by UNC staff in the patient’s home. Patients who qualify may have Covid-19, heart failure, COPD, pneumonia, some infections that require some monitoring, or require other services currently available only in an inpatient setting. Please join us to learn more about this aspect of care that UNC Health will provide.

New at Ferrington Cares: Cancer Support Group

Ferrington Cares will offer a new support group this Fall designed to help people cope with a cancer diagnosis by providing a safe environment to share experiences and learn together while supporting each other. Three meetings are planned. In addition to our October 26 session, we will also meet on November 9 and December 14. Attendees will help design future meetings. If you or a loved one are living with a cancer diagnosis and are interested in attending, we welcome you to join us. Questions? Call Karen at 919-542-6877.

| | |
|--|--|
| <p style="text-align: center;">Movement Classes at the Ferrington Cares Center</p> <p>Mondays—Chair Yoga (via Zoom)</p> <p>Wednesdays—Otago Fall-Prevention Exercises (via Zoom) (No class October 13.)</p> <p>Thursdays—Line Dancing in person, attendees must be fully vaccinated. (No class October 7.)</p> | <p style="text-align: center;">Support Groups via Zoom www.fearringtoncares.org</p> <p>Caregiver Support Group: Wednesdays, October 6, 20; 1:00 pm.</p> <p>Living with Chronic Conditions: Thursdays, October 7, 21; 1:00 pm</p> |
| <p style="text-align: center;">Health Services Offered at the Ferrington 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, October 21; 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.</p> <p>Brainiacs Memory Café: Every Wednesday, 10:00 am.</p> <p>Parkinson’s Group: Tuesdays, October 5, 19; 1:30 pm.</p> <p>Cancer Support Group Tuesday, October 26; 1:30-3:00 pm.</p> |

Bricks for the Patio 2021 orders by October 15

As an ongoing fundraiser, Fearington Cares is offering 4"x 8" engraved personalized bricks; these will be placed in our patio every November. A brick can include your own name or be in memory or honor of another individual. You choose your own text, up to 3 lines, 20 characters per line. To order a brick, pick up an order form at the Fearington Cares Center or download it from fearingtoncares.org/wp-content/uploads/2019/11/fearington-order-form-1.pdf. Complete the form, attach a check for \$125.00 made out to Fearington Cares, and either (1) mail it to Fearington Cares, 2020 Fearington Post, Pittsboro, NC 27312, (2) bring it to the Center, or (3) drop it off in our Fearington Cares box at the Swim and Croquet mail kiosk. **The last order date for 2021 is October 15; all orders MUST BE PREPAID.**

Knox HomeBox

Emergency Responders have access to your home in an emergency if you install a Knox Box. To view and order the product, visit knoxbox.com/home. Call the Center, 919-542-6877, for more information.

Medicare Open Enrollment October 15 to December 7

Open enrollment is a great time to evaluate your Medicare coverage and make sure it's still the best choice for your needs. You can use the Medicare open enrollment window to make changes to your Medicare plan including:

- enrolling in Medicare Advantage.
- enrolling in a Medicare Part D plan.
- switching back to original Medicare from Medicare Advantage.

Our SHIIP (Senior Health Insurance Information Program) volunteers are available again this year **by appointment** to help you review your plan. A session takes about 30 minutes; couples should schedule two consecutive sessions or separate half-hour times. **Call the Fearington Cares Center (919-542-6877) to reserve your session** or for more information.

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.