



The *heart* of Ferrington Village

Ferrington Cares material is edited by their staff and volunteers. Direct comments or questions to them at (919) 542-6877 or info@ferringtoncares.org.

Carolyn & John Boyle, editors

Ferrington Cares Will Be Closed November 22 to 26

Driver Training: Volunteers Needed Wednesday, November 17, 1:00 pm at the Ferrington Cares Center

Ferrington Cares can always use more driver and handyperson volunteers. We will have training for drivers on November 17; if you have any interest in, or questions about volunteering, please call the Center (919-542-6877) for more information.

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

The first two sessions 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"). 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 3: Death and Dying: Isn't It Time We Talked? Thursday, November 11, 7:00 pm (via Zoom)

Deb Love, JD, MBA, MA (Bioethics), an Adjunct Assistant Professor in the UNC Department of Social Medicine, and Mara Buchbinder, PhD, a Professor in the UNC Department of Social Medicine and a core faculty Member in the UNC Center for Bioethics, 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 make advance care plans.
- Beginning the conversation with your loved ones.

Session 4: Helping Others Know and Honor Your Wishes Thursday, December 9, 7:00 pm (via Zoom)

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.

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. Two meetings will be held 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</p> <p><u>Mondays</u>—Chair Yoga (Via Zoom; no class November 8, 22.)</p> <p><u>Wednesdays</u>—Otago Fall-Prevention Exercises (Via Zoom; no class November 24.)</p> <p><u>Thursdays</u>—Line Dancing in person, attendees must be fully vaccinated. (At the Ferrington Cares Center; no class November 4, 25.)</p> <p><u>Fridays</u> (beginning November 5)—Rhythm—Without the Blues. (Via Zoom; no class November 26.)</p>	<p style="text-align: center;">Support Groups via Zoom www.fearringtoncares.org</p> <p><u>Caregiver Support Group:</u> Wednesdays, November 3, 17; 1:00 pm.</p> <p><u>Living with Chronic Conditions:</u> Thursdays, November 4, 18; 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><u>Nurse Consultation:</u> Walk-in clinic open for fully vaccinated residents. Appointment required for unvaccinated residents; call 919-542-6877.</p> <p><u>Foot Clinic:</u> Thursday, November 18; appointment required, call 919-542-6877.</p>	<p style="text-align: center;">Support Groups Meeting in Person at the Ferrington Cares Center</p> <p><u>Alcoholics Anonymous:</u> Every Monday, 10:00 am. (No meeting November 22.)</p> <p><u>Brainiacs Memory Café:</u> Every Wednesday, 10:00 am. (No meeting November 24.)</p> <p><u>Parkinson’s Group:</u> Tuesdays, November 2, 16; 1:15-3:30 pm. Everyone is welcome.</p> <p><u>Cancer Support Group:</u> Tuesday, November 9; 1:30-3:00 pm.</p>

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 Ferrington Cares Center (919-542-6877) to reserve your session** or for more information.

Pet Tips: Choosing a Pet as You Grow Older From Chatham Animal Rescue and Education (CARE)

Adding a pet to your household as a senior warrants some particular considerations. Many seniors need animals that can adapt to smaller living areas and are not overly demanding of exercise and energy. Seniors want pets that will not overwhelm their physical endurance, will not exceed their ability to provide care, and will not overtax their financial resources. Here are some things to think about as you make your decision:

There is ample and easily available information recommending specialized breeds of cats and dogs that are most suitable for seniors. Cats and smaller dogs need less space. Smaller dogs are happy with shorter and slower-paced walks. However, the other option is: Don't Shop, Adopt. Adoption offers a much broader range of choices than a single breed. Many rescue animals are mixed-breed and less prone to breed-specific physical and medical vulnerabilities that can affect pure-bred animals. And it can be incredibly gratifying to rescue an animal who might otherwise not find a home.

Be a senior helping a senior. Kittens and puppies are fun and cute, but they are overflowing with energy and require lots of consistent effort to socialize and train. Older animals are less likely to find a forever home, but they are more likely to be fully trained and housebroken, to be more mellow and calm, and to have established personalities. Since all CARE animals are fostered in private homes rather than caged in a facility, they are adapted to household routines and often to other animals. Foster caregivers can provide an accurate and helpful assessment of temperament. CARE also allows you and the pet a trial period before the adoption becomes permanent, and CARE will try to help with rehoming if your circumstances change.

If adoption is not possible, fostering animals pre-adoption gives the joy of animal companionship without the longer-term financial or physical commitment. CARE provides foster caregivers with training and education, an experienced mentor, all medications and medical care, quality food, and pet supplies like beds, crates, leashes and harnesses, litter boxes, and toys.

Some forethought and an honest assessment of the prospective pet's requirements and your own expectations and capabilities can pave the way for a rewarding and satisfying outcome for both you and your new furry friend.

CARE is a non-profit animal welfare organization that promotes responsible pet ownership through 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.

Monoclonal Antibody Treatment for Covid-19

While there has been news about new drug developments for the treatment of Covid-19, those drugs have not yet been approved. Vaccination is our best line of defense. However, Covid happens and we need to be aware of available treatments. Monoclonal antibodies may prevent the need for hospitalization if administered in the early stages of the disease. This treatment is authorized for people who are at high risk of becoming seriously ill with Covid-19 **AND**

- have tested positive for Covid-19 and have had mild to moderate symptoms of the disease for 10 days or less **OR**
- are not fully vaccinated or are vaccinated but immunocompromised **AND**
 - have been exposed to someone who recently tested positive for Covid-19 **OR**
 - are at high risk of exposure due to where they live or work.

If these criteria apply to you, this treatment is accessible at multiple local sites including UNC, Duke, and Chatham Hospital. For more information and specific treatment locations contact your health care provider, go to covid19.ncdhhs.gov/treatment, or call the Combat COVID Monoclonal Antibodies Call Center at 877-332-6585.

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.