



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

December 2021

Ferrington Cares Center Will Be Closed at End of Business on December 17 and Reopen on January 3.

The Center may be closed for the holidays, but our volunteers will be busy providing transportation and handyman services. If you need assistance with either of these areas of service, call the Center at 919-542-6877 and leave a message in the appropriate mailbox; a volunteer will be in touch. The general mailbox WILL NOT BE MONITORED; all messages left there will be retrieved when we reopen on Monday, January 3.

Anticipating 2022

As the Director of Ferrington Cares, I have the privilege of working with a stellar staff and more than 200 generous volunteers. I see our staff and volunteers give 110% with open hearts and ready hands in service. This past year has been particularly difficult as we provided mostly virtual services. It is our sincere hope that 2022 will give us the opportunity to return to our normal efforts and to better them.

There are signs of hope that, in 2022, we will be able to gather a bit more freely in public places. For sure COVID will be in our midst, but with more vaccinations (including boosters) and continued vigilance, we hope to see a drop in positive tests and a decline in hospitalizations. In the new year, Ferrington Cares plans to provide additional movement classes and additional small group seminars. We will also be piloting new ways to support caregivers among us. We are grateful for your continued support as we adjust our sails for the winds that may come.

Please remember Ferrington Cares when you plan your end-of-year giving this Holiday Season. We exist to help all Ferrington residents enjoy better, less stressful lives. To do this we primarily depend on your generous (and tax deductible) contributions. We know that you have many important causes to choose from during this philanthropic season. Visit [Ferrington Cares](http://ferringtoncares.org) and learn how your donations are put to work supporting programs to help villagers thrive in Ferrington. Any donations at this time of year will help position us for a terrific year of continued service in 2022. For those who have contributed this year, you have our deep appreciation. Best wishes to all for happy and safe holiday celebrations and hopes for a great 2022.

--Karen Metzguer

Gift Wrapping Fun! Noon- 2 pm, December 15, Ferrington Cares Center

Would you enjoy some company while getting your holiday gifts wrapped this year? Bring **ALL OF THEM** and any paper you have and our Ferrington Cares elves will help you create masterpieces to share. Fully vaccinated individuals, please join us for a bit of holiday cheer!

A Chance To Be an Angel

Ferrington Cares is collecting new socks, underwear, warm hats, and children's pajamas until December 15 at noon. Items for all ages, and especially children and teens, are welcome and will be used to help the agencies in Chatham County respond to immediate needs as winter approaches! Bring items to the Ferrington Cares Center and place in the box outside the door if the Center is closed. Not everyone reads the newsletter so please spread the word in your neighborhood and social groups.

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. In November, we used this background and encouraged participants to clarify and articulate their values about care at end of life. In this final session we will explore the range of available options for translating those values into purposeful advance care plans.

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

Deb Love, JD, MBA, MA (Bioethics), an Adjunct Assistant Professor in the UNC Department of Social Medicine 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.

Remember AmazonSmile When Shopping!

During this season of gift giving, many of you shop at Amazon. Fearrington Cares has registered with **AmazonSmile** so that if you shop there, you can choose to have AmazonSmile donate 0.5% of your eligible purchases to us at no additional cost to you. Just shop at smile.amazon.com and you will be prompted to select a charitable organization from almost one million eligible groups. Please choose Fearrington Cares as your charity of choice! Then shop as usual. Whenever you return to [AmazonSmile](https://smile.amazon.com), Fearrington Cares will automatically be your charity. We have received \$472 this year from Amazon! Shop as needed and benefit Fearrington Cares at the same time!

<p style="text-align: center;">Movement Classes</p> <p><u>Mondays</u>—Chair Yoga (Via Zoom; no class December 20, 27.)</p> <p><u>Wednesdays</u>—Otago Fall-Prevention Exercises (Via Zoom; no class December 22, 29.)</p> <p><u>Thursdays</u>—Line Dancing in person, attendees must be fully vaccinated. (At the Fearrington Cares Center; no class December 23, 30.)</p> <p><u>Fridays</u> —Rhythm Without the Blues. (Via Zoom; no class December 24, 31.)</p>	<p style="text-align: center;">Support Groups Meeting in Person at the Fearrington Cares Center</p> <p><u>Alcoholics Anonymous:</u> Every Monday, 10:00 am. (No meeting December 20, 27.)</p> <p><u>Brainiacs Memory Café:</u> Every Wednesday, 10:00 am. (No meeting December 22, 29.)</p> <p><u>Parkinson’s Group:</u> Tuesday, December 7; 1:30-3:00 pm.</p> <p><u>Cancer Support Group:</u> Tuesday, December 14; 1:30-3:00 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><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, December 9; appointment required, call 919-542-6877.</p>	<p style="text-align: center;">Support Groups via Zoom www.fearringtoncares.org</p> <p><u>Caregiver Support Group:</u> Wednesdays, December 1, 15; 1:00 pm.</p> <p><u>Living with Chronic Conditions:</u> Thursdays, December 2, 16; 1:00 pm.</p>