



Fearington Cares material is edited by staff and volunteers. Send comments or questions to 919-542-6877 or info@fearingtoncares.org.

Carolyn & John Boyle, editors

January 2022

Fearington Cares will be closed Monday, January 17 for Martin Luther King, Jr. Day. There will be no movement classes or support group meetings that day.

Welcome to 2022 from the Fearington Cares Board and staff! As we begin another year continuing to learn to live in a pandemic, I hope you are reassured to know that the Fearington Cares Center is one of the safest indoor public places you can find.

Our building was designated "excellent" when we participated in a UNC air-quality study last year. We have both fresh air intake and MERV 13 filters in our air handlers. (We have been told most home systems have MERV 8 filters.) We continue to require that all who enter wear a mask and show documentation of vaccination.

We ask your cooperation in registering for groups and classes you wish to attend in the building so that we can avoid overcrowding. We are working hard to provide a safe gathering space for small-group programs. This newsletter contains information about new programs and opportunities for you.

--Karen Metzguer

New This Year: Two Small-Group "Get-Together" Opportunities

Two new programs will be offered monthly at the Center. The purpose is to provide a forum to engage in friendly conversations with your neighbors. **For the first few months, we ask you to preregister.** This will allow us to create a safe environment with proper physical distancing for mask-wearing, vaccinated individuals. Eventually, these will be drop-in opportunities.

**Crossroads Conversations:
Second Wednesday of each month beginning January 12,
1:30-3 pm**

Have you read articles about “precision medicine” and initiatives which aim to understand how a person’s genetics, environment, and lifestyle can help determine the best approach to prevent or treat disease? In our first Crossroads Conversations, we will watch a short presentation and then break into groups of four to five to reflect and discuss the information.

Topics will vary each month. If this appeals to you, we invite you to join us at Ferrington Cares on the second Wednesday of each month. We will be wearing masks, and the group will be limited to 18 vaccinated participants.

Register before January 10 by calling Ferrington Cares at 919-542-6877.

**Busy Hands Together:
Third Tuesday of each month beginning January 18,
9:30-11 am**

Do you enjoy handwork or have a button that needs re-attaching? Would you enjoy crafting with others? If you crochet, knit, make cards, scrapbook, needlepoint, or do any craft that appeals to you, we invite you to bring your project and join us at Ferrington Cares for a monthly get-together every third Tuesday morning.

This is an opportunity to get to know your neighbors and get some work done on your favorite craft. It’s a time for crafting, conversation, and fellowship. We will be wearing masks, and the group will be limited to 15 vaccinated participants.

Register before January 15 by calling Ferrington Cares at 919-542-6877.

Two New Education Programs

The “Perils” of the Aging Eye

Thursday, January 13, 7 pm

[Click here for Zoom link](#)

Have you ever wondered whether eating dark chocolate can improve vision in people with glaucoma, whether dry eyes are a predictable part of the natural aging process, or why environmental allergies cause eye problems? Whether your interest in eye health is general or specific, join this program presented by Dr. David Fleischman, MD, Assistant Professor at the University of North Carolina.

Dr. Fleischman is the Perioperative Medical Director of the UNC Hillsborough Hospital, the Fellowship Director of the Glaucoma Division, and the Director of Ocular Trauma. His presentation will cover macular degeneration and glaucoma, as well as provide tips to improve your quality of life if you suffer with dry eyes or “allergy eyes.” Dr. Fleischman performs over 500 cataract surgeries per year as well as glaucoma surgeries and ocular trauma repair.

Building Healthy Routines with Occupational Therapy As We Normally Age

Thursday, January 27, 1:30 pm

[Click here for the Zoom link](#)

Please join us for this informative presentation designed to enhance the way you move through the world with ease! Experienced in a variety of healthcare settings, Lindsay Vorhees, a registered and licensed occupational therapist, has worked at Duke, UNC Health, WakeMed Rehab, and community-based programs integrating movement and mindfulness practices which address emotional, mental and physical well-being. Her work has been with both acute and chronic conditions, such as spinal cord injuries and Parkinson's disease. Her community-based therapy has included the innovative use of dance and yoga.

Ms. Vorhees is passionate about her vision for community and home-based practice to promote functional independence and lifelong wellness through creative and collaborative approaches. Her presentation will include methods and techniques to use at home to promote well-being among the normal aging population.

Blood Drive: Response to the Critical Blood Shortage **Monday, January 31, 9 am—1:30 pm**

The need for blood is serious; at least one Ferrington resident was unable to get it recently due to the shortage. Fitch Creations, Ferrington Cares, and 501 Pharmacy are co-sponsoring a blood drive in January. If you are able, please call 800-733-2767 to schedule your appointment or go to redcrossblood.org and enter sponsor code "Ferrington" to self-schedule. We are part of a friendly challenge between Ferrington Village and Briar Chapel with a sweet ending: Donors from the neighborhood that has the most donors will be served pie by the other neighborhood in February!

UNC Healthcare Requests Magazines

UNC Hospitals is delighted to restart their magazine-sharing program. Please help by donating magazines less than a year old. These magazines are distributed in waiting rooms and "provide wonderful distraction/reading pleasure for patients," reports a hospital representative. Please black out or cut off your mailing label and drop off your magazines at the Center between 9 am and 1 pm any weekday when the Center reopens on January 3.

Ferrington Cares Movement Classes

Otago Fall Prevention classes will return to the Ferrington Cares Center on Wednesdays from 11:30 am to 12:30 pm, starting in January.

New Class: Chair Tap Dance, Thursdays, 10 am

Participants in our new tap-dancing class will be seated while they make music with their feet! (Don't worry about having tap shoes to get started.) Tap dancing consists of learning rhythm patterns. Learning and memorizing patterns is a great workout for your brain. And we all know that mental exercise promotes healthy brain activity and can help ward off disorders such as dementia or cognitive decline. So let's get tapping! Call Ferrington Cares at 919-542-6877 to register.

New Class: Yoga for EVERY Body, Thursdays, 2 pm

Our yoga sessions will combine classic postures designed to cultivate flexibility, balance and strength—with modifications so each participant can proceed at their own pace. In yoga practice, body, mind and spirit are joined together in movement and stillness, creating a natural unity that supports the healing process on every level. Class begins with meditative breath work, then a sequential series of postures, and ends with a guided healing visualization—all geared to enhance energy, vitality, and deep relaxation. Call the Center at 919-542-6877 to register. The Center reopens January 3.

<p style="text-align: center;">Movement Classes at the Ferrington Cares Center (unless otherwise noted)</p> <p><u>Mondays, 11:30 am</u>—Chair Yoga (via Zoom; no class January 17)</p> <p><u>Wednesdays, 11:30 am</u>—Otago Fall-Prevention Exercises</p> <p><u>Thursdays, 10:00 am</u>—NEW Chair Tap Dance (Call 919-542-6877 to register.)</p> <p><u>Thursdays, 11:30 am</u>—Line Dancing</p> <p><u>Thursdays, 2:00 pm</u>—NEW Yoga for EVERY Body (Call 919-542-6877 to register.)</p> <p><u>Fridays</u> —NEW Light Cardio class starting in March!</p>	<p style="text-align: center;">Support Groups Meeting in Person at the Ferrington Cares Center</p> <p><u>Alcoholics Anonymous:</u> Mondays, 10:00 am. (No meeting January 17.)</p> <p><u>Brainiacs Memory Café:</u> Wednesdays, 10:00 am.</p> <p><u>Parkinson’s Group:</u> Tuesdays, January 4, 18; 1:15-3:00 pm.</p> <p><u>Cancer Support Group:</u> Tuesdays, January 11, 25; 1:30-3:00 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, January 20; appointment required; call 919-542-6877.</p>	<p style="text-align: center;">Support Groups via Zoom www.ferringtoncares.org</p> <p><u>Caregiver Support Group:</u> Wednesdays, January 5, 12; 1:00 pm.</p> <p><u>Living with Chronic Conditions:</u> Thursdays, January 6, 20; 1:00 pm.</p>

Will Your Cell Phone Stop Working on December 31?

Cell phone carriers will soon be **shutting down their 3G networks** in order to concentrate on their upgrade to 5G. This will affect you if you have old versions of cell phones (e.g., any iPhone older than an iPhone 6), medical alert devices, home security systems, smart watches, and other network-linked devices that use 3G. If you are keeping an older cell phone just for 911 emergencies, that will also stop working if it uses 3G. The Lifeline program for discount phone service will also be affected if the phones are using 3G.

Your cell phone provider may have already contacted you about this imminent service change. Verizon plans to completely shut down their 3G by December 31, 2021, and AT&T by February 2022. The T-Mobile changeover will be completed by the summer of

2022. Note that smaller carriers such as Cricket, Boost, and Straight Talk use the networks of the larger companies and will also be affected.

You can get more detailed information about this change (including information on assistance for low-income customers) from the FCC web site (www.fcc.gov/consumers/guides/plan-ahead-phase-out-3g-cellular-networks-and-service).

AT&T customers can see a complete list of wireless devices that will continue to work on that network after the changeover at www.att.com/idpassets/images/support/wireless/Devices-Working-on-ATT-Network.pdf.

Those devices should also continue to work on the Verizon and T-Mobile networks. The individual Verizon (www.verizon.com/support/knowledge-base-218813/) and T-Mobile (www.t-mobile.com/support/coverage/t-mobile-network-evolution) websites do not provide a complete list of supported devices, but are still informative.