



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

Carolyn & John Boyle, editors

February 2022

Crossroads Conversations

Wednesday, February 9, 1:30–3:00 pm

At the Fearington Cares Center

Registration required by February 7

“China is a huge laboratory of innovation,” says retail expert Angela Wang, “and in this lab, everything takes place on people’s phones. Five hundred million Chinese consumers—the equivalent of the combined populations of the US, UK, and Germany—regularly make purchases via mobile platforms, even in brick-and-mortar stores. What will this transformation mean for the future of shopping? Learn more about the new business-as-usual, where everything is ultra-convenient, ultra-flexible, and ultra-social.”

Join us for this Crossroads Conversation. These will be monthly chats on second Wednesdays. Conversation topics will vary each month. We will be wearing masks, and everyone must be fully vaccinated. Group size is limited to 18. Call 919-542-6877.

Busy Hands Together

Tuesday, February 15, 9:30–11:00 am

At the Fearington Cares Center

Registration required by February 11

Do you enjoy handwork or have a button that needs reattaching? Would you enjoy crafting with others? If you crochet, knit, make cards, scrapbook, do needlepoint, or practice any other craft, bring your project and join us for a monthly get-together on third Tuesdays. This is an opportunity to get to know your neighbors and make progress on your favorite craft. We will be wearing masks, and the group size is limited to 15 vaccinated folks. To register, call Fearington Cares at 919-542-6877.

Heart Rhythm Disorders: Diagnosis, Treatment Options, and New Research

Thursday, February 10, 7:00 pm

[Click here for Zoom link](#)

Dr. Anil Gehi will be returning to Fearington (at least virtually). He is a Distinguished Professor at the UNC School of Medicine and Director of Clinical Cardiac Electrophysiology Services in the Department of Cardiology. He will present a program designed to promote better understanding of the variety of heart rhythm disorders, their current treatment options, and promising new approaches to the diagnosis and care of these disorders. He will also help us to learn the best questions to ask our physicians if we are confronted with this diagnosis.

Join this program by clicking the Zoom link above. Please join the program 10 minutes before it starts, and remember to mute your audio.

The Rumble & the Respite

Friday, February 11, 10:00 am–2:00 pm

At the Fearington Cares Center

Registration required

As you might imagine in a neighborhood of more than 2,000 individuals and with an average age of 72, there are a number of caregivers in Fearington Village. Once a month, we'll host a pilot program, "The Rumble & the Respite," designed to add fun and comradery to the lives of individuals who need assistance with activities of daily living, while affording their caregivers the opportunity to take a break from their daily, continuous caregiving responsibilities. For our program, the term "caregiver" will be used to describe an unpaid family member, most often a spouse, who provides direct care for activities of daily living for a loved one. Participation in this program will benefit both the caregiver and the care recipient.

"The Rumble & the Respite" will provide a safe and enjoyable space, along with activities, for care recipients while giving their caregivers a break from their daily caregiving responsibilities. We currently provides a regular monthly Caregiver Support Group, but for many caregivers it is impossible to attend unless care is available for the care recipient. This new program will allow Fearington Cares to provide respite by hosting an educational and entertaining session, including lunch, for care recipients. So long as it is okay with the care recipients, we invite their caregivers to leave and do something by themselves! We invite caregivers to contact Karen (919-542-6877 or karen@fearingtoncares.org) for details and to register.

Personal Emergency Preparedness

Thursday, February 24, 1:30 pm

[Click here for Zoom link](#)

Are you prepared for a natural emergency should one come our way? What are some of those emergencies we might face? Steve Krasnow, a resident of Fearington Village and certified member of the Chatham County Emergency Preparedness Team, will discuss emergency preparations. He will describe items that need to be in your home kits and how one needs to be prepared.

Join this program by clicking on the Zoom link above. Please join the program 10 minutes before the program starts. Remember to mute your audio.

New Movement Class in March:

Posture, Balance, and Cardio (PB&C)

Beginning March 11

Fridays, 11:30 am–12:30 pm at the Fearington Cares Center

Bring your smile and love for catchy tunes to a new fitness class. We will move, lift some light weights, and get our heart rates up safely. Most importantly, we will laugh and have a good time! This class may be done sitting or standing and will not require you to get down on the floor. If you wish, bring your own light weights (1–2 lb); water bottles or soup cans can also be used. Please join Fearington resident Betty Robie, the “new kid on the block,” for a weekly energizer; become a “regular” participant and don’t be surprised if you’re walking taller by May! Preregistration is required (919-542-6877).

Did You Know?

Movement classes are the single biggest program cost we have at Fearington Cares. A donation of \$2/class is much appreciated to help pay our instructors whether you take a class in person or participate online.

If you choose to write a check, please make it payable to Fearington Cares and drop it at the Center, which is located just behind The Gathering Place. Our mailing address is 2020 Fearington Post, Pittsboro NC 27312.



**February Movement Classes
& Support Groups**

To register, call 919-542-6877
Print this page for easy reference

Movement Classes at the Ferrington Cares Center (unless otherwise noted)	Support Groups Meeting at the Ferrington Cares Center (unless otherwise noted)
Mondays, 11:30 am Chair Yoga via Zoom	Alcoholics Anonymous Mondays at 10:00 am
Wednesdays, 11:30 am Otago Fall Prevention Registration required	Parkinson's Support Group Tuesday, February 1 and 15 1:30–3:30 pm
Thursdays, 10:00 am Chair Tap Dancing Registration required	Brainiacs Memory Care Wednesdays at 10:00 am
Thursdays, 11:30 am Line Dancing Registration required	Caregivers Support Group Wednesday, February 2 and 16 1:00 pm via Zoom
Thursdays, 2:00 pm Yoga for Every Body Registration required	Living with Chronic Conditions Thursday, February 3 and 17 1:00 pm via Zoom
Fridays, 11:30 am Posture, Balance, and Cardio Starting in March Registration required	NEW! The Rumble & the Respite Friday, February 11 10:00 am–2:00 pm Registration required

February Health Services

Nurse Consultation: Walk-in clinic for fully vaccinated residents. Appointments required for non-vaccinated residents. Call us at 919-542-6877.

Foot Clinic: Thursday, February 17. Appointment required by calling 919-524-6877.

Invitation and Highlight: Brainiacs Memory Café, Wednesdays, 10:00 am

Dr. Bere Miesen, a Dutch psychiatrist, introduced the Memory Café concept in 1997 as a way to break through the stigma associated with various forms of dementia. Our Memory Café is a safe and comfortable space where individuals living with one of a variety of memory disorders can socialize, listen to music, or enjoy other appropriate activities. Activities/discussions are planned by the group but often focus on topics that are apt to cause one to reminisce about times gone by. That "connection" to the past can be as comforting as it is medically beneficial. Emphasis is often placed on activities in which humor can be a central part of the enjoyment.

If you or a loved one is living with a memory disorder, come to our group for support and to exchange information while enjoying the company of those with things in common. Please let us know you are coming by calling the Center at 919-542-6877 to register.

Get Informed: Women and Heart Health

It's a long-held belief that heart disease is a "man's disease." But that's just not true.

- Heart disease is the #1 cause of death among women in the United States.
- At least 1 in 3 deaths among women each year is caused by heart disease. (This includes heart diseases and strokes.) Compare that with breast cancer, which is responsible for about 1 in 30 deaths in women each year.
- Heart disease kills more women each year than cancer, lung disease, Alzheimer's disease, and accidents—combined.
- According to the American Heart Association, about 18% of men over 45 years of age who survive a heart attack die within a year. *For women, the figure is significantly higher—23%.*

The key to surviving a heart attack is knowing the signs and then acting quickly. Women often fail to recognize that they're having a heart attack, and they are less likely than men to seek emergency treatment.

What are the signs of a heart attack?

It's not always like the dramatic scenes from movies where people grab their chest and collapse. Symptoms for women can be different from symptoms for men. Although chest pain or discomfort is still a common symptom, women can have other heart attack symptoms, such as:

- Pain or discomfort in other areas of the upper body (including the arms, left shoulder, back, neck, jaw, or stomach)
- Shortness of breath
- Breaking out in a cold sweat
- Nausea, vomiting, or a heartburn sensation or
- Severe fatigue.

Know your body and listen to it. If you think you might be having a heart attack, call 911 immediately. Don't wait for someone to drive you to the hospital. Emergency workers can start treatment right away if you need it. Since heart attack in women is sometimes misdiagnosed, make sure to tell the doctors at the hospital that you think you're having a heart attack.

Donate Your Magazines to UNC Health Care

UNC Hospitals is delighted to restart their magazine sharing program. Please help by donating magazines that are 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 our Center between 9:00 am and 1:00 pm any weekday.

Children's Equipment for Loan

Ferrington Cares would like to be an "information center" for children's equipment you are willing to share when neighbors' grandchildren visit Ferrington. Please call and let us know if you have such things as strollers, highchairs, or portable cribs available to share. Ferrington Cares will maintain a list so that if another resident has visiting family with those needs, we can put them in touch with you.

Notes of Thanks!

Medicare open enrollment seems a long time ago, but choosing the "best plan" provides benefits throughout the year! Ferrington Cares is fortunate to have two stellar Senior Health Insurance Information Program (SHIIP) Counselors who have volunteered. In 2021 John Sullivan and Judy Fitzgerald had 99 appointments, many of them with couples, and we thank them for the support and peace of mind they provided by reviewing plans this year. Ferrington Cares volunteers make us shine!

Ferrington residents also make us proud! The spirit of giving is alive and well here. You gave generously to the Ferrington Cares Angel donations drive to benefit Chatham County Department of Social Services (DSS) clients. Jennie Kristiansen, the DSS director, and her staff give you warm thanks! You provided the following:

- 484 pairs of socks of all sizes and colors
- 413 pairs of underwear
- 123 pajamas from infant to adult sizes
- 8 pairs of slippers
- 16 pairs of gloves
- 157 hats, some hand knit and crocheted
- 5 baby blankets, hand knit and crocheted
- 4 scarves
- 3 winter coats