



Ferrington Cares material is edited by their staff and volunteers. Direct comments or questions to them at 919-542-6877 or send an email to them at [info@ferringtoncares.org](mailto:info@ferringtoncares.org) or by [clicking here](#).

Edited this month by Carolyn & John Boyle

**March 2022**

## **NEW This Year: Two Small Group “Get-Together” Opportunities**

Two new programs are being offered monthly in 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 call 919-542-6877 and 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**

**Wednesday, March 9, 1:30–3:00 pm at the Ferrington Cares Center**  
**Registration required**

They say money cannot buy true happiness; but artificial happiness can't be bad! Not so fast! In fact, a study by Dr. Robert Waldinger that has followed individuals for over 75 years has shown that having social connections is crucial for health and well-being. In this Crossroads Conversations, we will watch a short presentation by Dr. Waldinger as he shares lessons learned from this landmark research. After that, we will break into groups of four to five to reflect on and discuss the information. Topics in this series 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 size is limited to 16 vaccinated folks. **Call Ferrington Cares at 919-542-6877 to register before March 7.**

### **Busy Hands Together**

**Tuesday, March 15, 9:30–11:00 am at the Ferrington Cares Center**  
**Registration required**

Do you enjoy handwork or have a button that needs reattaching? Would you enjoy crafting with others? If you crochet, knit, make cards, scrapbook, needlepoint, or practice any other craft, we invite you to bring your project and join us at Ferrington Cares for a monthly get-together on the third Tuesday of each month. This is an opportunity to get to know your neighbors and make progress on your favorite craft. If this sounds like something you would like to participate in, then let's get together for crafting, conversation, and fellowship. We will be wearing masks, and the group size is limited to 12 vaccinated folks. **Call Ferrington Cares at 919-542-6877 to register by March 11.**

## **The Rumble and the Respite**

**Friday, March 11, 10:00 am–2:00 pm at the Farrington Cares Center  
Registration required**

As you might imagine in a neighborhood of more than 2,000 individuals with an average age of 72, there are a number of caregivers in Farrington Village. Farrington Cares will host a pilot program, "The Rumble and the Respite," once a month that is designed to add fun and comradery to the lives of those who need assistance with activities of daily living, while affording their caregivers the opportunity to take a break from their daily and 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 and the Respite is designed to provide a safe and enjoyable space, along with activities, for care recipients, while giving their caregivers a break from this daily responsibility. Farrington Cares 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.

Our new pilot program will allow Farrington 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 the caregivers to leave and do something by themselves! Caregivers can contact Karen Metzger (919-542-6877 or karen@farringtoncares.org) for details and **to register before March 4.**

If you know of caregivers who may not be reading their email regularly, please share this information with them and encourage them to call.

## **Revitalizing Your Friendships:**

**An Upbeat Two-Part Program for Expanding & Nourishing Friendships—at Any Age!  
Tuesdays, March 15 and 29, 6:30–8:00 pm via Zoom**

With so much time spent in isolation lately, you may find yourself experiencing a "friendship gap." What a great time to revitalize your social connections and bonds of friendship! Research shows that friendships play a significant role in our physical and emotional well-being. So don't let your friendships fizzle! Join presenter Vicki Field to learn ways to revitalize your circle of friends.

Vicki Field is a resident of Farrington Village and co-author of "Building the Bonds of Friendship at Midlife and Beyond." She has led workshops on this topic with a wide range of audiences for over 10 years.

[Click here for Zoom link](#) or visit [farringtoncares.org](https://farringtoncares.org) > [Services](#) > [Education Programs](#). Join 10 minutes before the program starts, and please make sure your sound is muted.

## Readiness for Potential Emergencies

**Thursday, March 24, 7:00 pm via Zoom**

Our March Education presentation is a continuation of the February program on emergency preparedness by Fearington resident Steve Krasnow, a volunteer with the Chatham Emergency Response Team (CERT). In this discussion, Steve will be joined by one of the leaders of CERT. Together they will present an overview of likely emergencies for our region and how, as residents of Fearington Village, we can become involved in emergency preparedness for the Village and our county.

[Click here for Zoom link](#) or visit [fearingtoncares.org](http://fearingtoncares.org) > [Services](#) > [Education Programs](#). Click on the Zoom link 10 minutes before the program starts and please make sure your sound is muted.

## NEW Movement Class Beginning March 11: Posture, Balance, and Cardio (PB&C)

**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 lbs); 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).**

## Invitation and Highlight: Caregiver Support Group

Caring for a tired or frustrated person who is living with advancing disease or decline can be as tiring and frustrating for the caregiver as it is for the “patient.” The demands of your loved one’s health can overshadow your own well-being, which isn’t good for either of you. Caregivers are welcome to join our virtual Caregiver Support meeting via Zoom twice a month to equip you with the necessary skills and the support you need. This group offers participants an opportunity to share experiences, vent, find support and comfort, and learn about additional resources in Fearington Village and the larger community. The group is co-facilitated by Karen and Fred Shectman. Email [karenlshectman@gmail.com](mailto:karenlshectman@gmail.com) to join and for Zoom information.

## Blood Drive Success!

The Red Cross tells us that our blood drive at the end of January went beyond their expectations. They collected 50 units of blood product from 42 individuals, potentially helping 150 people! Furthermore, 18 of you were first-time donors! As you know, there is a historic shortage of blood, and the success of our drive will help in many ways. The generosity of the Fearington Villagers is never in doubt!



**March Movement Classes  
& Support Groups**

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

<p style="text-align: center;"><b>Movement Classes at the Ferrington Cares Center</b></p> <ul style="list-style-type: none"> <li>• <i>Registration required for in-person classes (919-542-6877).</i></li> <li>• <i>Suggested donation of \$2/class session (cash or check to Ferrington Cares).</i></li> </ul> <p><b><u>Mondays, 11:30 am</u></b>—Chair Yoga (via Zoom; Click on <a href="#">this Zoom link</a> to join)</p> <p><b><u>Wednesdays, 11:30 am</u></b>—Otago Fall-Prevention Exercises</p> <p><b><u>Thursdays, 10:00 am</u></b>—Chair Tap Dance</p> <p><b><u>Thursdays, 11:30 am</u></b>—Line Dancing</p> <p><b><u>Thursdays, 2:00 pm</u></b>—Yoga for EVERY Body</p> <p><b><u>Fridays, 11:30 am</u></b>—Posture, Balance, and Cardio (first class March 11)</p>	<p style="text-align: center;"><b>Support Groups Meeting in Person at the Ferrington Cares Center</b></p> <p><b><u>Alcoholics Anonymous:</u></b> Mondays, 10:00 am</p> <p><b><u>Brainiacs Memory Café:</u></b> Wednesdays, 10:00 am</p> <p><b><u>Parkinson’s Group:</u></b> Tuesdays, March 1, 15; 1:30–3:30 pm</p> <p><b><u>Rumble and Respite:</u></b> Friday, March 11, 10:00 am–2:00 pm</p>
<p style="text-align: center;"><b>Health Services Offered at the Ferrington Cares Center (9:00 am–12:00 pm, Monday–Friday)</b></p> <p><b><u>Nurse Consultation:</u></b> Walk-in clinic open for fully vaccinated residents. Appointment required for unvaccinated residents; call 919-542-6877.</p> <p><b><u>Foot Clinic:</u></b> Thursday, March 17; appointment required; call 919-542-6877.</p>	<p style="text-align: center;"><b>Support Groups via Zoom</b></p> <p><b><u>Caregiver Support Group:</u></b> Wednesdays, March 2, 16; 1:00 pm. <b><u>Email Karen Sheckman</u></b> to join and for the Zoom link.</p> <p><b><u>Living with Chronic Conditions:</u></b> Thursdays, March 3, 17; 1:00 pm. Click on <a href="#">this Zoom link</a> to join.</p>

## Free COVID-19 Tests! Well, Maybe...

COVID-19 will be with us for a while and testing will remain an important tool for living with this disease. **Testing is crucial** if you are having symptoms like coughing, fever, sore throat, or loss of taste or smell. It is also important if you have come into close contact with someone who has COVID-19 or if you will be gathering in a group, especially with vulnerable people.

However, there is considerable confusion surrounding what kind of testing is available. Here's a summary of the main options:

- **Every US residential address** is eligible to receive four free FDA-approved at-home rapid COVID-19 test kits. Order kits online from [www.covidtests.gov](http://www.covidtests.gov). If you need help placing an order, call 1-800-232-0233 (TTY 1-888-720-7489).
- **Every NC resident** can request a free at-home COVID-19 test kit online [here](#).
- **Everyone in the US** is eligible for low- or no-cost lab-based COVID-19 tests at community-based testing sites. A table of testing sites in Chatham County may be found [here](#). Information about testing locations throughout North Carolina may be found [here](#).
- **Persons covered by private medical insurance:** As of January 15, a federal government mandate has required private insurers to reimburse individuals who purchase up to eight at-home FDA-approved COVID-19 test kits. Lab-based tests may also be covered; check with your insurer to confirm what it covers.
- **Persons enrolled in a Medicare Advantage plan:** You may be able to be reimbursed for COVID-19 test kits that you purchase; lab-based tests may also be covered. Plans vary; check with your plan to confirm what it covers.
- **Persons enrolled in original Medicare:** Current statutory limitations **prevent you from being reimbursed** for COVID-19 test kits that you purchase. However, **Medicare expects to be able to process claims and provide reimbursement by "early this spring,"** so stay tuned ([Free COVID-19 Test FAQ](#)) for further details. Medicare will currently pay for a COVID-19 test performed by a laboratory when the test is ordered by a physician, nonphysician practitioner, or pharmacist. Medicare participants can also have one free laboratory test per year without such an order.

For more information and links about all things COVID-19, consult the Ferrington Cares [dedicated COVID web page](#). Call Ferrington Cares at 919-542-6877 if we can assist you with ordering your free at-home tests or in finding a free community testing site.