



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

Edited this month by Emily Henderson

**April 2022**

## **Letter from the Director**

### **Let This Darkness Be a Bell Tower**

by Rainer Maria Rilke

(From *Sonnets to Orpheus II*, translation by Joanna Macy and Anita Barrows)

*Quiet friend who has come so far,  
feel how your breathing makes more space around you.  
Let this darkness be a bell tower  
and you the bell. As you ring,  
what batters you becomes your strength.  
Move back and forth into the change.  
What is it like, such intensity of pain?  
If the drink is bitter, turn yourself into wine.  
In this uncontainable night,  
be the mystery at the crossroads of your senses,  
the meaning discovered there.  
And if the world has ceased to hear you,  
say to the silent earth: I flow.  
To the rushing water, speak: I am.*

As I reflect on COVID-19 while preparing this newsletter for distribution 2 weeks from now, I recognize in myself feelings I had 2 years ago. "I don't know enough," "How shall we plan things?" and "Can we agree on supporting each other?" I hope you have self-soothing activities that have been your balm while this pandemic unfolded its darkness across our nation and our hearts. Reading poetry is one such activity I recommend.

We are 10 days into new guidance about risk mitigation strategies to avoid COVID infections. According to the Centers for Disease Control's COVID-19 county-level check

tool, <https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html>, Chatham County's level has moved from "High" to "Medium." And if the trajectory continues, before this newsletter is published, Fearington Cares will have updated the risk mitigation strategies required to be in the Center. At-home COVID testing will be valuable during the transition; every home is eligible to order two sets of four free tests. Call 800-232-0233 or order online at <https://www.covidtests.gov/>

As "this uncontrollable night..." of living for more than 2 years in a pandemic is now intensified by war in the world, I encourage you as I did 2 years ago:

Do not isolate yourself; form a small group that you meet with regularly. Try to spend time outdoors every day. Pay attention to the ever-changing beauty of the North Carolina Piedmont; beauty, like poetry, can be an antidote to grief, loss, and hard transitions. Stay curious. Plan new ways to share your particular gifts with others, either formally volunteering with an organization or in your day-to-day interactions. Call me if you want to talk about it; I welcome your thoughts.

*--Karen Metzguer*

## **The Rumble and the Respite**

**Friday, April 8, 10:00 am–2:00 pm**

**Fearington 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 Fearington Village. Fearington Cares is hosting a pilot program, "The Rumble and the Respite," once a month that is 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 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.

Fearington 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. The Rumble and the Respite provides a safe and enjoyable space, along with educational and entertaining activities, including lunch, for care recipients, while giving their caregivers respite from this daily responsibility. So long as it is okay with the care recipients, we invite their caregivers to leave and do something by themselves! Caregivers can contact Karen at 919-542-6877 or <mailto:karen@fearingtoncares.org> for details and **to register before April 4.**

If you know any caregivers who may not be checking their email regularly, please share this information

## **New Volunteer Driver Orientation**

**Tuesday, April 12, 1:00 pm at the Fearington Cares Center**

Occasionally, some Fearington residents may find themselves in need of a ride, most often to and from a medical appointment. Please join our Volunteer Drivers, who drive residents in need of this service. You will be scheduled as a team member for only 2 weeks during the year and will collaborate with the team to provide the prearranged rides. If you are available, please come to the Center for a 1-hour orientation at 1:00 pm on April 12; otherwise, please drop in and complete a volunteer form to join our fabulous team of drivers.

## **Crossroads Conversations**

**Wednesday, April 13, 1:30–3:00 pm at the Fearington Cares Center**

**Registration required**

Have you heard someone say, “It can’t be done!” or thought to yourself, “It’s too complicated!” Or have you signed up for an impossible challenge or know someone else who did? How did it work out? Were the pundits right? Or did perseverance prevail? Was it worth it?

To get our conversation started, let’s hear how one woman approached her personal quest to read a book from every country in the world. How would you start? Join neighbors and enjoy hearing their stories and sharing yours. We can’t wait to see you there! Group size is limited to 16 vaccinated folks. Call Fearington Cares at 919-542-6877 **to register before April 10.**

## **How Healthy Is the Air *Inside* Your Home?**

**Thursday, April 14, 7:00 pm via Zoom**

Much attention has been paid to air pollution in the environment; somewhat less has been paid to the air quality inside our homes. Join Richard Cravener, Jr., as he reviews different factors that can affect the air quality in your home environment. The presentation will include information about heating and air conditioning and its maintenance, monitors for CO<sub>2</sub> and CO, gas/wood fireplaces and cooktops, and air purifiers, plus some interesting information about your windows.

Rich Cravener is the owner of Cravener Consulting Solutions and has more than 30 years of experience in the Triangle in providing health and safety support and education in the life sciences industry and university settings. [Click here for Zoom link](#) or visit [fearingtoncares.org/services/education](http://fearingtoncares.org/services/education) programs. Join 10 minutes in advance.

## **Busy Hands Together**

**Tuesday, April 19, 9:30–11:00 am at the Fearington 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 Fearington Cares for a 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 Fearington Cares at 919-542-6877 **to register by April 16.**

## **Staying Safer from Ticks and the Diseases They Carry in Chatham County**

**Thursday, April 28, 1:30 pm via Zoom**

Summer is coming, and that means an increased risk of tick bites and tick-borne diseases in our community. For up-to-date information and advice on prevention, diagnosis, and treatment; a history of deer, ticks, and diseases in Chatham County; and personal impact quotes, join this program presented by Dr. Marcia Herman-Giddens, PA, MPH, DrPH, adjunct professor in the Gillings School of Global Public Health at UNC.

Dr. Herman-Giddens worked in the field of child health and maltreatment for over 25 years as a medical provider, advocate, researcher, and teacher. She became interested in tick-borne infections many years ago while practicing pediatrics at Duke University Medical Center. Her interest was further piqued when she moved to Chatham County 14 years ago and witnessed the changing environment and increase in tick disease rates in this area.

[Click here for Zoom link](#) or visit [fearingtoncares.org/services/education](https://fearingtoncares.org/services/education) programs. Join the Zoom call 10 minutes before the program starts, and please make sure your sound is muted.



The *heart* of Fearington Village

**April Movement Classes  
& Support Groups**

To register, call 919-542-6877

Print this page for easy reference

[www.fearingtoncares.org](http://www.fearingtoncares.org)

**Movement Classes at FC Center**

(unless otherwise noted)

Registration required for in-person classes:  
\$2/class suggested donation in cash or check  
payable to FC

**Monday:** Chair Yoga, 11:30 am

Click on [Zoom](#) to join or visit  
[FearingtonCares.org/Services/Movement  
Classes](http://FearingtonCares.org/Services/MovementClasses)

**Wednesday:** Otago Fall Prevention  
Two classes, 11:30 am and 12:45 pm  
No 12:45 class on April 13

**Thursday:** Chair Tap Dance, 10 am  
No class on April 21

**Thursday:** Line Dancing, 11:30 am  
No class on April 21

**Thursday:** Yoga for Every Body, 2 pm

**Friday:** Posture, Balance, and Cardio  
(PB&C)  
Two classes, 11:30 am and 12:45 pm  
No class on April 8

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**Health Services at FC**

**Nurse Consultation:** Walk-in clinic for fully  
vaccinated residents; appointment required  
for non-vaccinated residents. Please call 919-  
542-6877.

**Free Foot Clinic:** Thursday, April 14.  
Appointment required; call 919-542-6877.

**Support Groups at FC**

**Alcoholics Anonymous:** Mondays at 10 am

**Brainiacs Memory Café:** Wednesdays at  
10 am

**Parkinson's Group:** Tuesdays at 1:30 pm  
April 5 and April 19

**The Rumble & The Respite:** Friday, April 8  
from 10 am – 2 pm

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**Support Groups via Zoom**

**Caregivers Support Group:** 1 pm  
Wednesday, April 6 and April 20  
Email [Karen Shectman](#) to join and for Zoom  
information.

**Living with Chronic Conditions,** 1 pm  
April 7 and April 21  
Click on this [Zoom link](#) to join

Or visit  
[www.fearingtoncares.org/services/support  
groups](http://www.fearingtoncares.org/services/supportgroups)