



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

Edited this month by Carolyn & John Boyle

May 2022

Please remember that Ferrington Cares Center will be closed for Memorial Day on May 30.

Busy Hands Together

Tuesdays, May 3 and 17, 9:30–11:00 am at the Ferrington Cares Center

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 twice-monthly get-together on the first and 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.

Living with Chronic Pain: Focus on Non-Pharmacologic Strategies

Thursday, May 12, 7:00 pm at The Gathering Place (Zoom ONLY as backup)

Chronic pain affects over 50 million people in the United States—approximately 20% of the population. The experience of pain interferes with all aspects of an individual's life, limiting involvement in activities of daily living and adversely impacting quality of life. This talk will focus on ways that people can cope better with their chronic pain so that they can continue to do what they need and want to do in their everyday lives.

The presenter is one of our Ferrington Village residents and a member of the Ferrington Cares Education Committee, Donna Costa. Ms. Costa is a fellow of the American Occupational Therapy Association and currently an Associate Professor in Occupational Therapy at the University of Nevada, Las Vegas. The program will be based on Ms. Costa's occupational health experience assisting those with chronic pain and mental health concerns. It will focus on strategies other than medication and surgery that people can learn to increase their coping

skills while living with chronic pain. This program will be presented in person at The Gathering Place unless increasing COVID infection rates dictate that we change to the Zoom format.

The Rumble and the Respite

Fridays, May 13 and June 10, 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 with an average age of 72, there are a number of caregivers in Fearington Village. Fearington Cares is hosting a new 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 a few hours of respite from their daily and continuous caregiving responsibilities. For our program, the term "caregiver" is 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 provides a safe and enjoyable space, along with educational and entertaining activities, including lunch, for care recipients, while giving their caregivers a break from their daily caregiving tasks. (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.) 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 (919-542-6877 or karen@fearingtoncares.org) for details and **to register before May 6.**

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

Crossroads Conversations

Wednesday, May 18, 1:30–3:00 pm at the Fearington Cares Center

Registration required.

Change is all around us. Join us to learn about the stages of change and how to navigate your way through each stage. Our program format combines information with time for self-reflection, guided discussion, and connecting with other Fearington residents.

Our presenter is Fearington resident Vicki Field, who brings expertise from 30 years of helping organizations and individuals master change and move forward with professional and personal development. She has designed and led programs in over 300 organizations as Director of Training and Development, as an organizational consultant, and as a coach. Please call Fearington Cares at 919-542-6877 **to register by May 13.**

Marvel at the Wonders of Nature in Chatham County **Thursday, May 26, 1:30 pm in Camden Park**

Join naturalist Andy Upshaw as he shares his favorite local sites for birding, spotting wildlife, hiking, communing with trees, and identifying plants. This presentation offers highlights from Andy's popular Central Carolina Community College (CCCC) course "Plants, Birds, Rocks & Things," in which he leads weekly field trips to explore and offer insights on local botany, ornithology, geology, and archaeology. Discover the best places to visit, when to go, and what to look for—eagles feeding, osprey nests, migrating birds, invasive mistletoe, a mink with her kits, and more!

This education program will aptly be presented outdoors at Camden (aka Jenny's) Park near the sheep sculptures. Please bring a lawn chair, a pen to take notes on the map provided, and any questions you may have about plants, birds, rocks, and things. In case of inclement weather, this program will be held at The Gathering Place.

Andy Upshaw is a North Carolina native and has been a Chatham County resident since 1980. He is an Army veteran and has degrees from UNC in business and from Sandhills Community College in horticulture. As a JC Raulston Fellow, he taught plant identification at NC State University and conducted plant research at the JC Raulston Arboretum. He operated a nursery and landscape business for 20 years and was manager at Niche Gardens in Chapel Hill. He has been teaching horticulture and nature classes at CCCC Pittsboro since 2001 and has directed their youth enrichment summer day camp. He has participated in Audubon bird counts for 40 years. Andy lives in rural Chatham with his wife, a professor at the Gillings School of Public Health at UNC.

Movement Class News!

Starting in May, several classes are moving to The Gathering Place. **Chair Yoga** will be held at The Gathering Place every Monday at 11:30 am starting May 2. Two **Otago** classes have been meeting every Wednesday in the Center, but beginning on May 18 there will be **only one** Otago class per week and it will meet every Wednesday at 11:30 am at The Gathering Place. The last two Otago classes in the Center will be held at 11:30 am and 12:45 pm on May 4; there will be no classes on May 11. The **Posture, Balance, and Cardio** classes will be held at The Gathering Place every Friday at 12:45 pm during May.

We are also offering a new outdoor movement class called Walking Meditations **from 9:30–10:45 am on the following Mondays: May 9, 16, and 23**. This outdoor mindfulness practice will integrate meditation and mindful movement with nature appreciation on the beautiful trails in Fearington Village. We will explore three trails that offer the opportunity to connect us to ourselves, nature, and each other. The typical walking distance is 1.25 miles on varying terrain with gravel and dirt surfaces within Fearington. This class is designed for a small group of four participants who are able to commit to attending all three sessions. **Register by May 6**; for more information contact Karen (919-542-6877).

Ferrington Cares
May Movement & Support Groups
Call Ferrington Cares at 919-542-6788 to register

Movement Classes at FC

(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
At The Gathering Place

Wednesday: Otago Fall Prevention
May 4: At the FC Center; 11:30 am and 12:45 pm (two classes)
May 11: No class
May 18 and May 25: At The Gathering Place at 11:30 am (one class only)

Thursday: Chair Tap Dance, 10 am
No class May 19

Thursday: Line Dancing, 11:30 am
No class May 19

Thursday: Yoga for Every Body, 2 pm

Friday: Posture, Balance, and Cardio (PB&C), 12:45 pm
At The Gathering Place

Health Services at FC

Nurse Consultation:

Walk-in clinic for fully vaccinated residents; appointment required for nonvaccinated residents.

Foot Clinic:

Thursday, May 12
Call 919-542-6877

Support Groups at FC

Alcoholics Anonymous:

Mondays at 10 am
No meeting May 30

Parkinson's Group:

Tuesdays at 1:30 pm
May 3 and May 17

Brainiacs Memory Café:

Wednesdays at 10 am

The Rumble & the Respite:

Friday, May 13, 10 am–2 pm
Friday, June 10, 10 am–2 pm

Support Groups via Zoom

Caregivers Support Group: 1 pm, Wednesday, May 4 and May 18
Email [Karen Shectman](mailto:karen.shectman@ferringtoncares.org) to join and for Zoom information.

Living with Chronic Conditions:

1 pm, Thursday, May 5 and May 19

Click on this [Zoom link](#) to join.

Invitation and Highlight: Living with Chronic Conditions and Pain

In addition to participating in our upcoming education program, "Living with Chronic Pain: Focus on Non-Pharmacologic Strategies," on May 12, you might consider whether a regular group discussion is just the support you need. There are a number of resources that address chronic pain, but few help with the emotional roller coaster of living with a chronic condition or illness. Our Fearrington Cares group will help you develop a support network and provide inspiration. Discussion topics have included, but have not been limited to, the effects of chronic illness on identity and self-concept, how to communicate with others in ways that are healthy, and fears and aspirations for the future. Find the Zoom link on the Fearrington Cares website for this group, which meets twice a month on Thursdays.

Protect Yourself with Smoke and CO Detectors

Installing and properly maintaining smoke and carbon monoxide (CO) detectors in your home can save your life. CO detectors are needed even in all-electric homes because CO can seep into the house from an attached garage or a backup generator that is used during a power outage.

Everyone knows that the backup batteries in smoke and CO detectors need to be replaced at least annually. However, many homeowners are not aware that both types of detectors have a limited lifetime. Smoke alarms should be replaced every 10 years; even if the test button on the alarm sounds when pressed, the sensors inside may no longer be able to detect smoke. CO detectors have an even shorter lifespan: they should be replaced every five years. For more information on smoke detectors and CO detectors, consult the Consumer Reports [buying guide](#).

When It's Time to Get Out of Dodge!

We all know our house will never catch fire; it's always someone else that has that problem. But just in case, it's always a good idea to plan for that event that will never happen. Two minutes invested in thought now can save your life later! Make a plan for home evacuation.

- Learn two ways out of every room in case one exit is blocked or dangerous to use. A second way out can include an escape ladder for rooms on an upper level.
- Practice getting low and moving to your exits in case of smoke.
- Choose a safe meeting place a safe distance from your home.
- Have a home fire drill at least twice a year.

More detailed suggestions, including what to do with children in the planning, can be found at www.ready.gov/home-fire-escape-plan.