



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

Edited this month by Carolyn & John Boyle

June 2022

From the Director

On the hardest days, I think “maybe I am not making a difference.” I don’t often have those days, but if I do, I am reminded by Jim Shultz that there are no ways to know what impact we actually have and no guarantees that what we do will make a difference.

Jim says, “So we guess, and there are two different ways we can guess wrong. The first is to overestimate our power to change what’s coming and to give people ... ‘false hope’ The second is to underestimate what is possible, to believe that we are less powerful than we actually are, and to do less than we can. That’s the wrong guess that worries me more.” In the end, I agree with Jim, “Faced with a choice between disappointment or failing to do all that is possible, I don’t find the decision a hard one to make.”

Fearington Cares volunteers and programs absolutely make a difference and, while we may overestimate our power to change what’s coming, I think the effort is worth it. In the first quarter of 2022, we piloted six new programs and will continue to make new programs available across the coming months.

If you have not yet considered participation in new or longstanding programs, I hope you find a program that piques your interest in June! If you are looking for volunteer opportunities, we are looking for your help on our caregiving support team, our handyperson team, our driving team, and/or as an ambassador for Fearington Cares on your street. Please join in our programming and in our volunteer opportunities; contact me with questions and ideas.

—Karen Metzguer, karen@fearingtoncares.org, 919-542-6877

The Rumble and the Respite

**Friday, June 10, 10:00 am—2:00 pm at the Fearington Cares Center
Registration required by June 3**

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 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 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.

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. 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. Our new pilot 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 the caregivers to leave and do something by themselves! Caregivers can contact Karen at 919-542-6877 or karen@fearingtoncares.org for details. Register before June 3.

If you know a caregiver who may not be getting to read email as often as they might, please share this information and encourage them to call.

Busy Hands Together

Tuesdays, June 7 and 21, 9:30-11:00 am at the Fearington Cares Center

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 practice any other craft, we invite you to bring your project and join us at Fearington 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.

Crossroads Conversations

Wednesday, June 8, 1:30-3:00 pm at the Fearington Cares Center

Registration required

What determines what we remember and what we forget? Come for an illuminating presentation and leave after conversation and laughter with other Villagers about our amazing brains! Have you ever misplaced something you were just holding? Completely blanked on a famous actor's name? Walked into a room and immediately forgot why? Neuroscientist Lisa Genova digs into two types of memory failures that we regularly experience—and reassures us that forgetting can be totally normal. Let us you're planning on attending by calling us at 919-542-6877.

Herbs to Optimize Your Health and Support Healthy Aging

Thursday, June 9, 1:30 pm at The Gathering Place

Bill Rawls, MD, has a wealth of knowledge about the potent healing properties of herbs. He will discuss herbal remedies and natural protocols that may be useful for a variety of health and age-related issues. His presentation of the anti-inflammatory, antioxidant, and anti-microbial qualities of natural products will highlight the management of stressors that contribute to the aging process. He will also offer suggestions on how to integrate herbs into your diet through culinary herbs, tinctures, and supplements.

Dr. Rawls is a licensed medical doctor in North Carolina and a leading expert in integrative health. He has extensive training in alternative therapies, which he personally used to overcome his Lyme disease and fibromyalgia. He is the author of *Unlocking Lyme: Myths, Truths, and Practical Solutions for Chronic Lyme Disease* and has a forthcoming book on managing health issues with herbal remedies. He is co-founder and Medical Director of Vital Plan, a holistic health and herbal supplement company based in Cary.

New Care Circle for Women

Thursdays, July 14, 21, and 28, 2:00 pm at the Fearington Cares Center

If your spouse or partner has died in the last three years, it has probably been difficult to get the support you need for this life-changing transition. Fearington Cares invites you to come to the Center in July to meet other women on this path and design our newest support group. If you are interested but unable to participate on those days, please call Karen at 919-542-6877.

Blood Drive

Monday, July 11, 9:00 am to 1:30 pm at The Barn

After the great success of our January blood drive, Fearrington Cares and Fitch Creations are giving you another chance to bleed without the benefit of leeches. Call 1-800-733-2767 to schedule your life-saving appointment or visit www.redcrossblood.org and then enter Fearrington in the white box on the home page. Appointments are available from 9 am – 1:30 pm.

Help Save the Planet AND Little Kids!

Through minimal effort on your part, you can magically turn used aluminum cans into car seats for needy kids. Actually, no magic is needed. The good guys at North Chatham Volunteer Fire Department Station No.1 (just across US 15-501 from our Village) are collecting empty aluminum cans. They use the proceeds to buy car seats for families who need them.

There is a large collection cage on top of a trailer just behind their building. You can depart with your beloved cans there and feel good about it! Please note that this is just for aluminum cans.

Volunteer Handypersons Needed!

The talented pool of handypersons that serve Fearrington Village through Fearrington Cares is looking to expand. If you have handy skills (or are just enthusiastic about helping), please visit the Fearrington Cares Center for our [online volunteer form](#). We promise to never overuse our volunteers, and you'll get to meet fascinating denizens of the Village.



The *heart* of Ferrington Village

June Movement Classes & Support Groups

To register, call 919-542-6877
 Print this page for easy reference
www.fearringtoncares.org

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| <p style="text-align: center;">Movement Classes at the Ferrington Cares Center (exceptions noted)</p> <p>Suggested donation of \$2.00 per class. Cash or check payable to Ferrington Cares.</p> <p>Mondays, 11:30 am Chair Yoga The Gathering Place</p> <p>Wednesdays, 11:30 am Otago Fall Prevention Exercises The Gathering Place on June 1, 8, 22, & 29; Ferrington Cares on June 15</p> <p>Thursdays, 10 am Chair Tap Dance</p> <p>Thursdays, 11:30 am Line Dancing</p> <p style="text-align: center;">Heath Services at the Ferrington Cares Center</p> <p>Nurse Consultation Walk-in clinic open for fully vaccinated residents. Appointment required for unvaccinated residents.</p> <p>Foot Clinic, Thursday, June 16 Appointment required.</p> | <p style="text-align: center;">Support Groups Meeting In-Person at the Ferrington Cares Center</p> <p>Mondays, 10 am Alcoholics Anonymous</p> <p>Tuesday, June 7 & 21, 1:30-3:30 pm Parkinson's Group</p> <p>Wednesdays, 10 am Braniacs Memory Café</p> <p>Friday, June 10, 10 am – 2 pm The Rumble & The Respite</p> <p style="text-align: center;">Support Groups Meeting On Zoom</p> <p>Wednesdays, June 1 & 15, 1 pm Caregiver Support Group</p> <p>Thursdays, June 2 & 16, 1 pm Living with Chronic Conditions</p> |
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