



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 Emily Henderson

July/August 2022

Fearington Cares Center Is Closed July 4–8

The Center may be closed for the holiday, but our volunteers will be busy providing medical transportation and handyperson services. If you need assistance with either of these areas of service, call the center at 919-542-6877 and leave a message in the appropriate voicemail mailbox; a volunteer will be in touch with you.

Fearington Cares Board of Directors

Below is an alphabetical list of the board members for the year beginning September 1, 2022. Please join us in offering a warm welcome to the newly elected directors who have so kindly volunteered their expertise. Additionally, a hearty “thank you” to the 2021–2022 directors, both continuing and retiring, for giving so generously of your time and leadership. We appreciate you!

Continuing Directors:

Carl Angel
Mark Asman
Carol Kurtz
Terry Lucas
Linda Patterson
JoAnn Pitz
Gillian Rogers

Retiring Directors:

Janine Griffin
Anne Henkels
Barbara Hummel-Rossi
Cathy Somer

New Directors:

Jodi Allen
Jamie Burnett
Kathy Sandefur

Blood Drive

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

After the great success of our January blood drive, Ferrington 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 the [American Red Cross](#) and enter this sponsor code: Ferrington. The need continues to be critical, so please donate if you are able.

New Care Circle for Women

Thursdays, July 14, 21, and 28, 2:00 pm
Ferrington Cares Center

If your spouse or partner has died within the last three years, we know it has been more difficult to get the support you need for this life-changing transition. Ferrington 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, please call Karen at 919-542-6877.

Special Request for Volunteers to Answer Phones

We are fortunate to have excellent, consistent, and regular coverage at the front desk to provide assistance and support when you visit or call. We are seeking a group of individuals who may be willing to cover the front desk on the occasions when staff are not available. If you are interested in learning about this volunteer opportunity, please call and register to come to the Center on July 20 at 1:30 pm for an information session. Thank you for considering this request.

Volunteers Make Ferrington Cares Shine!

As the chairperson of the Ferrington Cares Education Committee, I want to acknowledge several people for making this year a wonderful success. Mindful of the ongoing risks of living in a vulnerable world, for most of the past year Ferrington Cares continued its education programs via Zoom. I also want to acknowledge all of you who tuned in to our varied sessions, which were well attended. In May and June, our sessions were in person, and we certainly hope that will continue.

Saying "thank you" to Karen Metzguer, Executive Director, seems so inadequate considering all she does every day for Ferrington Cares. The Education Committee considers her our guiding North Star! She has the wonderful ability to provide requested

advice yet encourage the committee to make its own decisions and explore new avenues. Thank you, Karen.

I extend my heartfelt gratitude to the talented, hard-working group of volunteers who make up our committee: Suzanne Burke, Donna Costa, Carol Leatherman, Lorraine Mellon, Gillian Rogers, Wendy Snodgrass, and lastly Liz Welfel, who will be leaving this year after having shared her time and expertise with this committee for many years.

Per previous practice, the committee will be on hiatus in July and August but will still be working on educational offerings for the upcoming fall session. Many new programs are already confirmed. Thank you, Ferrington villagers, for supporting us; we always welcome new volunteers, suggestions for programs to explore, and critiques of programs you may have attended. Have a great summer, and let me know if you would like to join our committee!

-- Terry Lucas, Education Committee Chair

Crossroads Conversations: Hard Choices for Loving People

Wednesday, July 13, repeated Wednesday, August 10, 1:30 pm

Ferrington Cares Center

Registration required.

In this program, Karen Metzguer, RN, will review and discuss information in a book she regularly recommends to families faced with difficult decisions when a loved one is critically ill. When do medical treatments prolong death rather than promote recovery? Karen will explore a format to help answer this question after establishing the goal of medical care and describing cardiopulmonary resuscitation and artificial nutrition and hydration. Participants will receive information about both Do Not Resuscitate (DNR) and Medical Orders for Scope of Treatment (MOST) forms plus a copy of the book *Hard Choices for Loving People*. Please call the Center and preregister for the class of your choice: 919-542-6877.

Crossroads Conversations: Aging in Community

Wednesday, July 27, repeated Wednesday, August 24, 1:30 pm

Ferrington Cares Center

Registration required

In this program, Karen Metzguer, RN, will review and discuss a framework for planning to age in community for as long as one is able. As they age, many people who want to stay in their own homes find them more difficult to manage safely. Keeping a home safe entails more than just installing grab bars in the shower and begins with the recognition

that “all important decisions are made on the basis of insufficient data.” Rather than be paralyzed by confusion about where and how to get started, join a small group of neighbors for a lively discussion! Preregister by calling 919-542-6877.

Summer Break for Some Programs

The following activities will take a summer break and not meet in July or August:

- Busy Hands
- Walking Meditation
- Posture Balance and Cardio
- Intermediate Yoga (formerly Yoga for EVERY Body)
- Parkinson’s Disease Support Group
- Education Classes

Ongoing activities:

<p style="text-align: center;">Movement Classes</p> <p style="text-align: center;"><i>Suggested donation of \$2/class session (cash or check to Ferrington Cares).</i></p> <p><u>Mondays, 11:30 am</u> –Chair Yoga At The Gathering Place</p> <p><u>Wednesdays, 11:30 am</u>—Otago Fall Prevention At The Gathering Place</p> <p><u>Thursdays, 10:00 am</u>—Chair Tap Dance At Ferrington Cares Center</p> <p><u>Thursdays, 11:30 am</u>—Line Dancing At Ferrington Cares Center</p>	<p style="text-align: center;">Support Groups Meeting in Person</p> <p><u>Alcoholics Anonymous:</u> Mondays, 10:00 am At Ferrington Cares Center</p> <p><u>Brainiacs Memory Café:</u> Wednesdays, 10:00 am At Ferrington Cares Center</p>
<p style="text-align: center;">Health Services Offered at the Ferrington Cares Center (9:00 am–12:00 pm, Monday–Friday)</p> <p><u>Nurse Consultation:</u> Triage clinic open for fully vaccinated residents. Appointment required for unvaccinated residents; call 919-542-6877.</p> <p><u>Foot Clinic:</u> Thursday, July 21 and August 18; appointment required. Call 919-542-6877.</p>	<p style="text-align: center;">Support Groups via Zoom Click on this link: <u>https://ferringtoncares.org/staying- connected/support-groups/</u></p> <p><u>Caregiver Support Group:</u> Wednesdays, July 6, 20 and August 3, 17; 1:00 pm</p> <p><u>Living with Chronic Conditions:</u> Thursdays, July 7, 21 and August 4, 18; 1:00 pm</p>