



Staff and volunteers edit Ferrington Cares material. Direct comments or questions to them at 919-542-6877 or info@ferringtoncares.org.

Edited this month by Carolyn & John Boyle

Ferrington Cares Will Be Closed Monday, September 5 for Labor Day

July Blood Drive a Success!

The Red Cross tells us that our blood drive in July was outstanding. Thirty-four units of blood product were collected from 31 individuals, potentially helping 100 people. With the historic shortage of blood, our successful blood drive will help in many ways. The generosity of Ferrington villagers is never in doubt!

Nurse Consultation Triage Clinic Same-day appointments available 9:00 am to noon

Please call the Center at 919-542-6877 if you would like to see the nurse in the triage clinic. Appointments are available from 9:00 am until noon every weekday. We'll see you on the day you call if you can be here before noon.

Ferrington Cares offers free nursing consultation for first aid, blood pressure checks, tick removal, suture removal (if you bring a suture removal kit provided by your surgeon), consultations regarding medical services, and in-home care services.

All About Telehealth

Thursday, October 6

1:00–2:30 pm

Ferrington Cares Center

As a “manager” for your own health, it’s likely that you use multiple resources in addition to your pharmacy and your primary provider. So it’s wise to consider how to incorporate telehealth into your plan, given the ongoing pandemic and shortage of providers.

Have you ever wondered how telehealth, virtual care, and digital health differ? Are you confused about the new ways to connect with your provider? Are you looking for something more convenient than driving across town to sit in a waiting room?

Telehealth experts from UNC Healthcare will provide an educational session explaining virtual care, how patient portals work, and how to interact virtually with a health care system. After the session, you’ll have an opportunity to ask questions. Ferrington Cares volunteers will be available on an ongoing basis as you begin to use virtual care services. **Call 919-542-6877 to register before October 1. We need 20 interested neighbors to participate.**

Meditation

Fridays starting September 9

10:00–11:00 am

Ferrington Cares Center

This weekly gathering is an opportunity to sit in stillness and explore the movement of breath through various techniques that focus the mind. Then with gentle guidance, we’ll explore directed awareness, open awareness, and insight meditations along with visualizations. This accessible approach to meditation is universal, secular, and intention-based, which invites us to bring what we cultivate in the practice into everyday life. It offers a foundation for those new to meditation as well as possibilities for experienced meditators to deepen their personal meditation practice.

Care Circle for Women

Wednesdays starting September 14

9:30–11:00 am

Ferrington Cares Center

If your spouse or partner has died in the last few years, it may have been difficult to get the support you need for this life-changing transition. Ferrington Cares is

convening a six-session women's support group, meeting on the following dates: September 14, 28; October 12, 26; November 9, 16. The group will be facilitated by Cheryl Pharr, Grief Counselor, and you must be available for the first meeting to join this support group. Questions? Call Karen Metzguer at 919-542-6877. **Registration is required by calling 919-542-6877 before September 9.**

Busy Hands Together

Tuesdays, September 6 and 20

9:30–11:00 am, Fearington 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 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.

Scam Me If You Can

Thursday, September 8

7:00 pm, The Gathering Place

Scams in the digital age have become quite sophisticated, and the tactics used by scammers can vary someone knocking on your door, an unexpected email, a pop-up window on your computer, a phone call, or a text message.

Ultimately, these schemes aim to trick you into revealing personal information so that fraudsters can steal your identity or access your accounts. Some scams request payment outright for fictitious prizes or bogus legal claims. It's important to know how to recognize a scam to protect yourself and also to know what to do if you have been targeted or have fallen victim.

Joan Tenchar presents this class on scam awareness quarterly at Galloway Ridge, where she is recognized for her wit and wisdom on this important topic. Joan is a former health care manager and studied computer programming in its infancy. As a Navy Corpsman, she specialized in cardiopulmonary treatment, respiratory therapy, and medical photography. When she retired to Galloway Ridge in 2017, Joan now pursues interests in paleoanthropology, evolutionary biology, and forensic anthropology.

Bring your mobile devices for a review of security settings, along with a pen or pencil for a quiz that tests your scam awareness.

Crossroads Conversations

Wednesday, September 21

1:30–3:00 pm

Ferrington Cares Center

If you listen to NPR, you may have had the pleasure of listening to the candid and often moving conversations recorded by StoryCorps®. Their mission is "to preserve and share humanity's stories in order to build connections between people and create a more just and compassionate world." Ambitious? Perhaps. But if you start small with just an idea—well, who knows? Come join our conversation, learn how one man took his idea and grew it, and consider with your neighbors how a "StoryCorps® Ferrington" might look!

Maintaining Oral Health—The Gateway to Overall Health for the Mature Population

Thursday, September 22

1:30 pm

The Gathering Place

Periodontal disease and other oral health problems become more common with age, and the longer you wait to take care of an oral problem, the more extensive—and expensive—it gets. Join Dr. Karen Tiwana, DDS, as she illuminates important aspects of oral care and modes of current treatment. A member of the Chatham County Dental Society and with a background in clinical practice and education at the UNC School of Dentistry, Dr. Tiwana practices family and cosmetic dentistry in Pittsboro.

Intermediate Yoga

Thursdays starting September 8

2:30–3:30 pm

Ferrington Cares Center

For centuries, millions of people have experienced the rewards of practicing yoga. Researchers are documenting its benefits for physical, emotional, cognitive, and mental health, and for overall well-being. Yoga is not about working harder. It's more about undoing: relaxing, releasing, and letting go. Yoga poses and breathing techniques offer a steady, gradual route to better health and fitness that can make a difference—at your own pace. Benefits have been shown in sleep, blood pressure, back pain, arthritis pain, range of motion, memory, and cognitive skills. Yoga is a powerful form of mind-body exercise.

Bren Ungerland, yoga instructor, is a psychologist with clinical training in mind-body medicine, including yoga, from the Harvard Mind-Body Medicine Institute. She has been teaching yoga for more than 30 years in settings that include hospitals, medical groups, universities, private classes, health facilities, and the Duke Center for Living in Fearington Village. **Group size is limited to 10.**

Fearington Cares Emergency Preparedness Work Group

The Fearington Cares Education Committee presented two educational sessions this past February and March which focused on emergency preparedness. Those sessions, led by resident Steve Krasnow, addressed both personal and community responses to emergencies that Village residents could experience.

Following those sessions, a work group met to discuss the potential role of Fearington Cares in helping residents to be better prepared for emergencies. It was decided at the first meeting that it was important to gauge residents' knowledge of existing resources and their desire for an emergency kit. A questionnaire was developed to address those two topics, and residents were canvassed in person at various events during the months of April, May, and June.

Of the 52 residents who responded, nearly nine out of ten *do not* have a written emergency plan for communication that is reviewed annually for relevance or changes. Almost the same number *do not* have a "grab & go bag" with important medical and close contacts information and necessary items for evacuation or emergency hospitalization. Only a little more than half of the respondents have read the Emergency Preparedness Guide in the FHA Directory.

At its June meeting, the group identified these useful resources for emergency kits to help residents be more aware and prepared for emergencies:

- www.ready.gov/kit
- www.fema.gov/blog/10-items-include-your-emergency-kit
- www.redcross.org/store/preparedness
- www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies.html

The Education Committee will share its results with the FHA Health, Safety, and Security Committee. Questions? Contact [Terry Lucas](mailto:tlucas47@mac.com), tlucas47@mac.com.

**Movement Classes
Ferrington Cares Center
(except as noted)**

*Suggested donation of \$5/class session
(cash or check to Ferrington Cares)*

Mondays, 11:30 am—Chair Yoga
The Gathering Place
No class September 5

Wednesdays, 11:30—Otago Fall-Prevention Exercises

Thursdays, 10:00 am—Chair Tap Dance

Thursdays, 11:30 am—Line Dancing

Thursdays, 2:30 pm—Intermediate Yoga
Begins September 8

Fridays, 10:00 am—Meditation
Begins September 9

**In-Person Support Groups
Ferrington Cares Center**

Alcoholics Anonymous
Mondays, 10:00 am
No meeting September 5

Parkinson's Group
Tuesdays, September 6, 20; 1:30–3:30 pm

Brainiacs Memory Café
Wednesdays, 10:00 am

Care Circle for Women
Six-session support group beginning Wednesday, September 14
Call 919-542-6877 to register

**Health Services
Ferrington Cares Center
(9:00 am—12:00 pm, Monday—Friday)**

Nurse Consultation Triage Clinic
Appointment required
Call 919-542-6877
Same-day appointments available

Foot Clinic:
Thursday, September 15
Call 919-542-6877 to register

Support Groups via Zoom

Click on this link or visit
ferringtoncares.org/staying-connected/support-groups

Caregiver Support Group
Wednesdays, September 7, 21; 1:00 pm

Living with Chronic Conditions:
Thursdays, September 1, 15; 1:00 pm