



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 Carolyn & John Boyle

**November 2022**

## **Happy Holidays! The Ferrington Cares Center Will Be Closed November 21-25**

The Center may be closed for the holidays but our volunteers will be busy providing transportation and Handyperson services. If you need assistance with either of these areas, call the Center at 919-542-6877 and leave a voicemail message in the appropriate mailbox; a volunteer will be in touch with you. Messages left in the general mailbox or for Karen Metzger will be retrieved on November 28.

## **Ferrington Cares Center Open House: Come Visit!**

After a successful capital campaign and building effort, Ferrington Cares is celebrating, growing, and providing new services. We have completed our renovation and expansion and are **holding an open house** in November and invite you to tour the building and visit with our volunteers. Information and cider will be available in the parking lot and you will be welcomed into the building in small groups. We hope you will join us from **1:30-3:30 pm on Sunday, November 13, or Friday, November 18, or from 9:30-11:30 am on Wednesday, November 16**. In case of inclement weather, activities planned for the parking lot will be held in The Gathering Place.

## **Introducing New Concierge Services**

We're pleased to announce three new services for our neighbors in Ferrington Village **starting November 1, 2022**. While Ferrington Cares strives to be responsive to the needs of the villagers of Ferrington, some needs require solutions beyond our scope of services. That's why we're coordinating specialized, fee-driven concierge services with strategic community partners that will augment our usual programs.

An advisory group will guide the process, monitor implementation of the service, and evaluate the utilization and satisfaction for each program component. Two of these services will be provided by [Aegis Home Care in Chapel Hill](#) and the third by Pedi Cure of Durham and licensed pedicurist Wendy McClure, RN.

For both Aegis programs, an assessment of needs will be done by an Aegis nurse and a care plan will be developed. Schedule an appointment for either of these services by calling Fearington Cares weekdays from 9 am – 1 pm. Then you'll work directly with Aegis and pay them for these services.

- **"Short Visit" Supportive Care Services** represent an innovation in-home care services by eliminating the four-hour minimum shift that is usually required.
- **"Complex/Unique" In-Home Nursing Services** go beyond the triage clinic nursing care and home visits that Fearington Cares currently provides free of charge.

**Routine Foot Care** is our third new service and will be available in the Fearington Cares Center. Our registered nurse will continue providing free nail trimming monthly if neighbors have been coming to the clinic in the past.

The new service will be provided by Pedi Cure and licensed pedicurist Wendy McCluney, RN, has been assisting individuals with routine foot care for more than 15 years. You'll schedule an appointment through Fearington Cares, and then contract with Wendy, paying her directly for her services.

For detailed information about these new services, visit the [Fearington Cares website](#).

## **What's Breath Got to Do with It?**

**Thursday, November 10, 7:00 pm at The Gathering Place**

How can something we do unconsciously over 20,000 times per day be optimized to improve our posture, sleep, and overall health? James Nestor sums up the answer to this question in his book, *Breath: The New Science of a Lost Art*. Molly Miller, PT, DPT, PRC, a physical therapist in Chapel Hill, will be presenting her take on this book, and how she incorporates breathing practices into her treatment of patients with chronic pain and scoliosis. Come join us and begin to improve your health one breath at a time!

## **Blood Drive (Again)**

**Monday, December 5, 9:00 am to 1:30 pm at The Barn**

After the great successes of both our January and July blood drives, Ferrington Cares and Fitch Creations are giving you another chance to bleed without the benefit of leeches. These donations are critical to the supply of blood products needed in the Triangle and are more difficult to get in December as we all plan for the holidays. Call 800-733-2767 to schedule your life-saving appointment or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code: Ferrington. Thank you!

## **New Volunteer Driver Orientation**

**Tuesday, November 8, 1:00 pm at the Ferrington Cares Center**

On occasion, one of your neighbors will find themselves in need of a ride, most often to a medical appointment. Please join our Volunteer Drivers who can help make this happen. You will be scheduled as a team member for only two weeks in the year and collaborate with the team to provide the pre-arranged rides. If you are available, please come to the Center for a one-hour orientation at 1:00 pm on November 8; otherwise, please drop in and complete a volunteer form to join our fabulous team of drivers.

## **Thanks for Sharing Your Magazines**

UNC Hospitals are delighted that you are willing to bring magazines to our Center; they have been picking them up regularly. Please continue to bring magazines that are no more than a year old.

## **Donate Items to Help Others**

We have so much for which to be grateful and sharing with others makes our gratitude come alive! Until mid-December, **Ferrington Cares will receive donations** for the Chatham Department of Social Services. Toiletries, pajamas for adults and children, warm hats and gloves are all accepted. Please drop them off at the Ferrington Cares Center from 9:00 am-1:00 pm, Monday-Friday before Friday, December 9.



**November 2022 Classes & Groups**

For more information, call us at 919-542-6877 or visit  
[www.ferringtoncares.org](http://www.ferringtoncares.org)

Print this out and post it on your bulletin board or fridge for easy reference

<p style="text-align: center;"><b>Movement Classes at the Ferrington Cares Center (except as noted)</b></p> <p style="text-align: center;"><i>Suggested donation of \$5/class session (cash or check to Ferrington Cares).</i></p> <p><b><u>Mondays, 11:30 am</u></b>—Chair Yoga (at The Gathering Place.) (No Class November 21.)</p> <p><b><u>Wednesdays, 11:30 am</u></b>—Otago Fall-Prevention Exercises (No class November 23.)</p> <p><b><u>Thursdays, 10:00 am</u></b>—Chair Tap Dance (No Class November 24.)</p> <p><b><u>Thursdays, 11:30 am</u></b>—Line Dancing (No Class November 24.)</p> <p><b><u>Thursdays, 2:30 pm</u></b>—Intermediate Yoga (No Class November 24.)</p> <p><b><u>Fridays, 11:30 am</u></b>—Light Cardio (No Class November 25.)</p>	<p style="text-align: center;"><b>Support Groups Meeting in Person at the Ferrington Cares Center</b></p> <p><b><u>Alcoholics Anonymous:</u></b> Mondays, 10:00 am (No Meeting November 21.)</p> <p><b><u>Parkinson’s Group:</u></b> Tuesdays, November 1, 15, 1:30-3:30 pm</p> <p><b><u>Brainiacs Memory Café:</u></b> Wednesdays, 10:00 am (No Meeting November 23.)</p> <p><b><u>Meditation:</u></b> <b><u>Fridays, 10:00 am</u></b> (No Session November 25.)</p>
<p style="text-align: center;"><b>Health Services Offered at the Ferrington Cares Center By Appointment (9:00 am—12:00 pm, Monday—Friday)</b></p> <p><b><u>Nurse Consultation Triage Clinic:</u></b> Call 919-542-6877. Same day appointments available.</p> <p><b><u>Foot Clinic:</u></b> Thursday, November 10; call 919-542-6877 to register.</p>	<p style="text-align: center;"><b>Support Groups via Zoom <a href="http://ferringtoncares.org">ferringtoncares.org</a> &gt; <a href="#">Services</a> &gt; <a href="#">Support Groups</a></b></p> <p><b><u>Caregiver Support Group:</u></b> Wednesdays, November 2, 16; 1:00 pm</p> <p><b><u>Living with Chronic Conditions:</u></b> Thursdays, November 3, 17; 1:00 pm</p>

## Vaccines You Should Know and Love

You're smart! Heck; you live in Ferrington and that's proof enough. And if you're that smart you have already been vaccinated for everything possible. But just maybe you're smart but have let some things slip by: like vaccinations for shingles and pneumonia. Both of these diseases can be debilitating and dangerous. Pneumonia can cause death and, while shingles is rarely fatal, it might make you wish you were dead.

More than 99% of Americans over age 40 have been exposed to the virus that causes shingles and one in three of those will develop shingles. The result is an angry, blistering rash. Over 10% of people who get shingles will develop long-term and painful complications. Don't play the odds and hope you are not one in three or not in that 10%! There is an effective vaccine against this scourge. Check with your doctor and they can prescribe the effective **Shingrix vaccine**. And for more good news, starting January 1, 2023, Medicare Part D will cover costs of this treatment.

Pneumonia is a lung disease caused by either viruses, fungi, or bacteria. In this country it causes over a million hospitalizations and 50,000 deaths each year. Flu is a common cause of pneumonia. It is serious! Try to avoid the flu by getting a yearly flu shot and try to avoid bacterial pneumonia by getting a pneumonia vaccine. There are **four available pneumonia vaccines** so, as always, rely on your doctor's expertise in this medical matter. Please note that there is evidence that people vaccinated against pneumonia show as much as a 40% reduction in risk of Alzheimer's Disease. And in our continuing good news, Medicare Part B covers the costs.

While we are loving vaccines, let's not forget to share some love for the latest **bivalent COVID boosters**. We may be sick of COVID (let's hope not sick with COVID), but it's still here and still tossing out variants that try to evade our previous vaccines and boosters. We are fighting back with new boosters designed to be effective against the spawn of Omicron. Talk to your doctor about the best timing for your booster. Our last bit of good news is that these are also free!

A good vaccine information website for the smart folks of Ferrington can be found here:

[www.aarp.org/health/conditions-treatments/info-2018/every-vaccine-needed-after-age-50.html](http://www.aarp.org/health/conditions-treatments/info-2018/every-vaccine-needed-after-age-50.html)