



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

Edited this month by Carolyn & John Boyle

**October 2022**

## **Connections Between Nutrition, Hydration, Brain Health, and Well-Being**

**Thursday, October 13, 7:00 pm**  
**The Gathering Place**

Have you ever wondered how a healthy diet and good hydration affect your brain health? Are you concerned about a loved one's ability to stay well-nourished? Are you the primary caregiver for a parent or spouse with Parkinson's, dementia, or other chronic conditions? Join us for a conversation with Serena Wong, DO, Senior Fellow of the Center for the Study of Aging and Human Development at the Duke University School of Medicine and her colleague, Elizabeth Brown, MS, CCC-SLP, Speech Language Pathologist at Duke Regional Hospital.

Dr. Wong is interested in patient and family education. She strives to help make informed decisions about every aspect of care, considering their personal preferences and priorities. She and Ms. Brown have partnered for years to educate patients, caregivers, and other healthcare professionals and to improve the nutrition and hydration of older adults.

## **The Physical Health and Mental Benefits of Pickleball** **Thursday, October 27, 1:30 pm at The Gathering Place**

Art Gonzales, a 76-year-old resident of Fearington Village, has been enjoying pickleball for the last six years. Along with others, he's responsible for increasing the pickleball membership in Fearington to more than 100 residents!

Art will help us appreciate the benefits of pickleball through videos, presentation of published articles, and hands-on experience. His topics will include:

- Growth of the sport in the over-50 age group.
- Specific physical and mental health benefits.
- Comparison to other sports like tennis, ping pong, and racquet ball.
- Testimonials from Fearington Village residents.

## **Busy Hands Together**

**Tuesdays, October 4 and 18, 9:30-11 am**

**November 1, 9:30-11:00 am**

**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. Let's get together for crafting, conversation, and fellowship.

## **2022 "Drive Through" Flu Clinic**

**Tuesday, October 25**

**FHA/Fearington Cares parking lot**

Pharmacist Han Su of 501 Pharmacy and Fearington Cares will provide a flu shot clinic on October 25. Only flu shots will be given.

**Participation requires pre-registration** by calling the Fearington Cares Center at 919-542-6877. Leave your request for a morning or

afternoon appointment in the general mailbox. We'll return your call and collect demographic and insurance information.

Han will determine whether your insurance will cover the administration of the 2022 flu vaccine. If your insurance is declined, your out-of-pocket cost is \$65 and must be paid by check before receiving the vaccine.

**Registration closes at noon on Thursday, October 20.**

## **988: The New Mental Health Hotline Number**

Mental health is health. That's not just a phrase; it's the truth. In recognition of this fact and the fact that mental health emergencies are different from 911 emergencies, a new hotline is now active in North Carolina and nationwide.

This number will connect you to a call center staffed 24/7 by crisis counselors who are trained to de-escalate situations and, if necessary, direct callers to additional health support. North Carolina has been particularly pro-active with this issue. You can even text this number or do an online chat at [988lifeline.org](https://988lifeline.org).

COVID has certainly increased anxiety, stress, and depression, but mental health issues have always been with us. Individuals, families, and society have had difficulty accepting this, but we are now recognizing that mental health is part of overall health. Eating disorders, addictive behavior, anger, mood swings all represent imbalances and can be addressed. If you need help, or need to talk, or are around someone who needs help, **CALL 988!**

## **Confessions of a Fearrington Cares Handyman**

**By Anonymous**

Our Handyman volunteers love helping people! However, we do tend to collect stories about the "interesting" jobs we sometimes get asked to do. Many of these revolve around smoke detectors. Fearrington has homes that are brand new, ones that date from 1974, and all ages in between. Unfortunately, some homes also have smoke detectors that belong in the Smithsonian. We have seen about every make and model of detector. We have preached to people that while the battery may be good, the detector

part is not going to be effective past 10 years. We replace a lot of smoke detectors! And we replace a lot of smoke detector batteries. Everyone has had that battery that just pines for attention at 2:00 am; it emits that plaintiff chirp and ruins your sleep for the rest of the night. We try to expedite service for those people who are being driven crazy by the intermittent and seemingly random (but REALLY) aggravating noise.

Sometimes replacing the battery is not enough. We'll climb up on our ladders, replace that battery, and still we hear the chirp a few minutes later. Okay—there is a capacitor that needs discharging in the unit. We climb up the ladder again, remove the battery, discharge the capacitor. And that piece of junk still chirps! But wait. Isn't that chirp coming from a slightly different direction? Have you ever tried to locate a single chirp? Climb the ladder, take the detector completely down, remove the battery. And still a chirp taunts us from somewhere. And that somewhere turns out to be a carbon monoxide detector lurking nearby! This has happened enough times that it becomes automatic to look for a CO detector whenever we replace batteries. And we continue our preaching mode by telling people that the CO detector is good for only five years.

This confession could on for many paragraphs, but we must stop because we are getting another call about a smoke detector. We just hope this one is not WAAAY up on some wall in a room with a cathedral ceiling.

**And we can always use more volunteers.** Think of the stories you could tell!

### **Try a Movement Class**

We hope you're taking pleasure in getting outside and enjoying bocce, tennis, pickleball, hiking, or walking as we celebrate cooler temperatures! In addition, we hope you will take advantage of our movement classes for you to improve your posture, balance, and strength. Consider coming to four in a row as a trial. After a month, most people say they can begin to feel a positive difference. Our classes each address aspects of fall prevention and our offerings include the following:

**Chair Tap Dance:** A seated program, excellent for your memory as you translate verbal instructions to lower extremity movements. Try it before you knock it!

**Intermediate Floor Yoga:** An excellent complement to outdoor activity that improves health, strength, and balance.

**Light Cardio:** Music and movement to get your heart rate up; you'll stand taller and leave with a smile on your face.

**Otago:** A method developed to help reduce falls and proven with research to improve strength and balance. We work up to using ankle weights in this class. You won't be sorry you tried it!

**Chair Yoga:** Regular stretching and strengthening positively improves posture and balance. Our longest running movement class.

**Line Dancing:** Low-impact light cardio, excellent for balance, heart health, and posture. Music makes the world go round.

*The October calendar of events follows on the next page. Print it out and post it on your bulletin board for easy reference.*



**October 2022 Classes & Groups**  
**For more information, call us at 919-542-6877 or visit**  
[www.ferringtoncares.org](http://www.ferringtoncares.org)

<p align="center"><b>Movement Classes</b>  <b>Ferrington Cares Center</b>  <b>(except as noted)</b></p> <p 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 (The Gathering Place.)</p> <p><b><u>Wednesdays, 11:30 am</u></b>—Otago Fall-Prevention Exercises  No class October 5 or 12</p> <p><b><u>Thursdays, 10:00 am</u></b>—Chair Tap Dance</p> <p><b><u>Thursdays, 11:30 am</u></b>—Line Dancing</p> <p><b><u>Thursdays, 2:30 pm</u></b>—Intermediate Yoga</p> <p><b><u>Fridays, 10:00 am</u></b>—Meditation  No class October 14</p> <p><b><u>Fridays, 11:30 am</u></b>—Light Cardio</p>	<p align="center"><b>Support Groups Meeting in Person</b>  <b>Ferrington Cares Center</b></p> <p><b><u>Alcoholics Anonymous:</u></b> Mondays, 10:00 am</p> <p><b><u>Parkinson’s Group:</u></b> Tuesdays, October 4, 18; November 1; 1:30-3:30 pm</p> <p><b><u>Brainiacs Memory Café:</u></b> Wednesdays, 10:00 am</p>
<p align="center"><b>Health Services Offered</b>  <b>at the Ferrington Cares Center</b>  <b>By Appointment</b>  <b>(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, October 20; register at 919-542-6877</p>	<p align="center"><b>Support Groups via Zoom</b>  <a href="http://ferringtoncares.org">ferringtoncares.org</a> &gt; Services &gt; Support Groups</p> <p><b><u>Caregiver Support Group:</u></b>  Wednesdays, October 5, 19; November 2; 1:00 pm</p> <p><b><u>Living with Chronic Conditions:</u></b>  Thursdays, October 6, 20; November 3; 1:00 pm</p>