



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

**December 2022**

## **Happy Holidays!**

### **Ferrington Cares Center Closed December 19 - January 2**

While the Ferrington Cares Center may be closed for the holidays, our volunteers will be busy providing transportation and handyperson services for you. Call the Center at 919-542-6877 and leave a voicemail message in the appropriate mailbox, and a volunteer will be in touch with you. Messages left in the general mailbox or for Karen Metzguer will be retrieved on January 2.

## **Reflections from the Director, Karen Metzguer**

I have the privilege of working with wonderful staff and more than 100 generous volunteers. I see our staff and volunteers give 110% with open hearts and ready hands in the service of this organization.

Please remember Ferrington Cares when you plan your end-of-year giving this holiday season. We exist to help all Ferrington residents enjoy better, less stressful lives. To do this, we depend on your generous (and tax deductible) donations. We know that you have many important causes to choose from during this philanthropic season and greatly appreciate whatever you're able to contribute.

You may be surprised to learn the multiple ways we are able to receive financial support in addition to a check or [secure credit card donation on our website](#):

- ♥ Donation of appreciated stock.
- ♥ Donation of proceeds from a vehicle sale.
- ♥ Matching donation from an employer/previous employer.

- ♥ Donation in honor of a service provided by one of our volunteers.
- ♥ Donation in memory of a friend or family member.
- ♥ Donation of the proceeds of an estate sale.
- ♥ Donation at the time of death through a will.
- ♥ Donation through a Trust Fund or Foundation.

Visit the [Farrington Cares website](#) and learn how your donations are put to work supporting programs to help Villagers thrive in Farrington. Any donations at this time of year will help position us for a terrific year of continued service in 2023. For those who have contributed this year we hope you know that you have our deep appreciation. Best wishes to all for happy and safe celebrations!

## Blood Drive

**Monday, December 5, 9 - 1:30 pm at The Farrington Barn**

After the great successes of both our January and July blood drives, Farrington 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 *Farrington*. Thank you!

## Tips to Trim Holiday Stress

**December 8, 7 – 8 pm via Zoom**

Feeling a bit uneasy about the upcoming holiday season? Not sure how family members will interact? Need a few tips to stay balanced and handle stress during this busy time of the year?

Join us for a special interactive Zoom program that offers specific techniques to:

- Use the power of “want” vs. “should” to stay holiday balanced.
- Diffuse or stop a difficult conversation at those holiday gatherings.
- Handle criticism with care and tact -- both receiving and giving.

The program will be led by a favorite Farrington presenter, Vicki Field. Vicki has led workshops on Stress Management and Creative Communications with a wide range of audiences for decades. She shares knowledge gained during 30 years as a coach, consultant, and director of learning and development for several major corporations.

**Movement Classes  
at the Fearrington Cares Center  
(except as noted)**

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

**Mondays, 11:30 am**—Chair Yoga (at The Gathering Place) (No class December 19, 26.)

**Wednesdays, 11:30 am**—Otago Fall-Prevention Exercises (No class December 21, 28.)

**Thursdays, 10:00 am**—Chair Tap Dance (No class December 22, 29.)

**Thursdays, 11:30 am**—Line Dancing (No class December 22, 29.)

**Thursdays, 2:30 pm**—Intermediate Yoga (No class December 22, 29.)

**Fridays, 11:30 am**—Light Cardio (No class December 23, 30.)

**Support Groups Meeting in Person  
at the Fearrington Cares Center**

**Alcoholics Anonymous:** Mondays, 10:00 am (No meeting December 19, 26.)

**Parkinson's Group:** Tuesday, December 6, 1:30—3:30 pm

**Brainiacs Memory Café:** Wednesdays, 10:00 am (No meeting December 21, 28.)

**Meditation:** Fridays, 10:00 am (No sessions December 23, 30.)

**Health Services Offered  
at the Fearrington Cares Center  
By Appointment  
(9:00 am—12:00 pm, Monday—Friday)**

**Nurse Consultation Triage Clinic:**  
Call 919-542-6877. Same day appointments available.

**Foot Clinic:**  
Thursday, December 8; call 919-542-6877 to register.

**Support Groups via Zoom  
[fearringtoncares.org](https://fearringtoncares.org) > Services > Support Groups**

**Caregiver Support Group:**  
Wednesday, December 7; 1:00 pm

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



## Flu Shot Clinic Success!

Fearrington Cares is so grateful to 501 Pharmacy, Han Su, and Drive-thru Flu Clinic coordinator, Terry Lucas, for another successful day of service to the community.

More than 80 residents received their flu shot on October 25. Seventeen others were planning to participate but got the immunization in a doctor's office visit after registering.

Be sure to thank Han and everyone at 501 Pharmacy for helping us make this available again here in the community.

## Donate Items to Help Others

We have so much to be grateful for, not just now but every day of the year. Sharing with others makes our gratitude come alive! Fearrington Cares will be accepting donations of toiletries, pajamas for children and adults, and warm hats and gloves for the Chatham County Department of Social Services now through 1 pm on Friday, December 9.

## Pandemic Burnout and Renewal of Hope

Think back to when we were innocent and did not really care about the rumors of a new disease on our horizon. Little did we know that it would still be lurking around these *many* years later. Everyone is ready for a return to our previous lives. Burnout is to be expected as we get tired of our new normal.

One way to adjust to the new normal is to realize that we are slowly (but so surely) creeping back to our old normal. Recognize how far humanity has come from those early days when there was no clear treatment for COVID-19 and governments were stockpiling ventilators, tent hospitals were being erected, and refrigerated trucks were being used as morgues. All we could do to avoid disease was wear masks, wash our hands, and isolate from each other.

Now we have vaccines produced with amazing rapidity that have lowered hospitalizations and deaths (keep funding that basic science!). We have treatments for the disease that have been proven in clinical trials (keep funding that applied science!). The start of winter can be dreary with dark days and cold nights. Maybe you are finding hope in song, in nature, or in a poem. Consider checking in with friends for mutual support. This December we can all benefit from sharing our hopes with others.