



The Ferrington Cares newsletter is edited by staff and volunteers. Direct comments or questions to them at 919-542-6877, [info@ferringtoncares.org](mailto:info@ferringtoncares.org). Edited this month by Carolyn & John Boyle

**January 2023**

**Ferrington Cares will be closed January 16 for the MLK National Day of Service**, but volunteers will be busy providing transportation and handy person services. If you need help, call us at 919-542-6877 and leave a voicemail message in the appropriate mailbox; a volunteer will call you back.

## **Final Reflections from the Director**

**Indeed, it IS a new year!** January is often bemoaned as the longest month of the year, so we counter that with encouraging calls for a “Happy New Year!” and often a personal review of habits and eccentricities. Occasionally this review indicates we would benefit from extinguishing a habit; sometimes, our review indicates that we should consider adding one. It’s popular these days to hear people encourage one another to adopt better “self-care” approaches in order to live with less stress.

You won’t hear me argue against great sleep habits, moving our bodies more, eating less processed food, or starting the day with a book of poetry or other delightful reading. However, I believe everyone will grow and benefit from participating in better “community” care. Care about public education (whether we have children in school or not), clean water, small businesses, and learning to live with less are **large examples** of community care. Sharing a pot of soup, welcoming newcomers, helping a neighbor with a bit of weeding, visiting neighbors with mobility challenges, and bringing someone who no longer drives to a community event are all **small examples** of “living in community” and not just “a neighborhood.”

It is with eager anticipation of what the next decade will hold for Ferrington Cares that I resign my position at the end of the month. It has been both an honor and a privilege to serve as your nurse and director for 10 years. I will never be able to adequately convey my gratitude to each of you who has worked alongside me as Ferrington Cares has grown; **I am sharing my love from the top and the bottom of my heart!**

*--Karen Metzguer, RN*

**Busy Hands Together**  
**Tuesdays, January 3 and 17, 9:30-11 am**  
**Ferrington 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, bring your project to Ferrington Cares for a twice-monthly get together. Busy Hands Together meets the first and third Tuesday of each month. It's an opportunity to get to know your neighbors and make progress on your favorite craft. Please join us!

**Is There Hope for Living with Less Pain from Arthritis?**  
**Thursday, January 12, 7 pm**  
**Join us at The Gathering Place and from your home via Zoom**

Frustrated by arthritis pain and stiffness? Reluctant to use over-the-counter or prescription pain relievers? Wondering about exercise, weight loss, bracing, and physical therapy? Dr. Gregory Summerville, Assistant Professor of Orthopedic Surgery at UNC, will present a complete picture of diagnosis, life-style modifications, and non-pharmacological treatments for arthritis. Dr. Summerville has a special interest in non-operative sports and musculoskeletal medicine and clinical education. [Click on the Zoom link here.](#)

**“Short Visit” Home Care Services**  
**Tuesday, January 24, noon**  
**Ferrington Cares Center**

For many individuals (to be honest, for most of us), getting help with activities of daily living at some point in our later years will be necessary. Several agencies already provide such services in Ferrington Village. Aegis Home Care is initiating an innovative “short visit” program which allows us to get important help without the four-hour minimum shift that is usual and customary. Come to this “Lunch and Learn” presentation to hear about this newly available service. To register, call 919-542-6877 by noon on January 20.

**Another Blood Drive Success!**

The Red Cross tells us that our December blood drive was outstanding. They collected 32 units of blood product from 31 individuals, including two first-time donors, potentially helping a 100 people! As you know, there is a historic shortage of blood and the success of our drive will help in many ways. The generosity of the Ferrington Villagers is never in doubt!

## **Considering Clinical Trials and Research Studies** **Thursday, January 26, 1:30 pm** **The Gathering Place and via Zoom**

Ever wonder how clinical trial and research study participants are recruited for clinical trials and research studies that test medical concepts? Join us for a conversation with Emily Olsson, Program Manager for the NC Translational and Clinical Sciences (NC TraCS) Institute at UNC.

Emily will discuss the work of the Institute, her role there, and how participants are recruited, educated, and supported. This presentation will cover general information about study design and the research process and will show individuals how to explore and consider the pros and cons of participation. Emily also will discuss important issues such as participant rights, consent, privacy, and ethics. There will be ample time for questions and open discussion!

Ms. Olsson has worked at UNC for 14 years and is a co-author of numerous publications. She enjoys sharing her passion about the importance of research participation with researchers, patients, and the public. [Click here for the Zoom link.](#)

## **Nurse Consultation Triage Clinic** **Same-day appointments, 9:00 am-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. Call us at 919-542-6877 if you'd like to see a nurse in the triage clinic. We'll see you on the day you call if you can be here before noon.

## **Concierge Service: Healthy Feet!**

Routine Foot Care is a new service provided by Pedi Cure available for a fee at Ferrington Cares. The service will provide comprehensive foot care by a professional licensed with the state of NC.

Make an appointment by calling 919-542-6877 Monday through Friday from 9 am until 1 pm. We'll put you in touch with Pedi Cure, and you'll pay directly for these services. More details can be found at [ferringtoncares.org/staying-healthy/concierge-services/](https://ferringtoncares.org/staying-healthy/concierge-services/).

## Ferrington Cares Open House



Thanks to all our neighbors who came to tour Ferrington Cares during our November open house.

Four people can no longer claim “I never win anything”: Mr. Green, Mr. Martin, Ms. King, and Ms. Boyle all won prizes.



Those who attended learned about new Ferrington Cares services, enjoyed the work of the Poetry Fox, and got a chance to see their neighbors’ artwork displayed on our walls.

If you missed the open house, please stop by any time during the week from 9 am to 1 pm. We’d love to see you. Thanks to John Webster for organizing this event and taking these great photos.

## My Home Is NOT Cluttered!

Actually, it is. You may have grown accustomed to it, but, really, it is. You’ll get around to reading that *National Geographic* from the Reagan Administration (first term!) 1984. You never know when you might need that extra Allen wrench on your coffee table.

But seriously, clutter can be dangerous. Not only is it a fire hazard, but it could hinder emergency workers trying to help you escape a fire. Material laying around your house can be a serious tripping hazard. No one needs a twisted ankle or worse – a broken hip.

Clutter has a life of its own and resists a head-on attack. Start from the flanks. Begin in one room by removing small piles of things that you haven’t used in years. Devoting even 10 minutes a day to tidying will yield surprising results. Take your time. Those piles didn’t appear overnight. But be determined. The fire you prevent may be your own.

<p style="text-align: center;"><b>Movement Classes at the Fearrington Cares Center (except as noted)</b></p> <p style="text-align: center;"><i>Suggested donation of \$5/class session (cash or check to Fearrington Cares).</i></p> <p><b><u>Mondays, 11:30 am</u></b>—Chair Yoga (at The Gathering Place) (No class January 2, 16.)</p> <p><b><u>Wednesdays, 11:30 am</u></b>—Otago Fall-Prevention Exercises</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 (No classes in January.)</p> <p><b><u>Fridays, 11:30 am</u></b>—Light Cardio</p>	<p style="text-align: center;"><b>Support Groups Meeting in Person at the Fearrington Cares Center</b></p> <p><b><u>Alcoholics Anonymous:</u></b> Mondays, 10:00 am (No meeting January 16.)</p> <p><b><u>Parkinson’s Group:</u></b> Tuesday, January 3, 17, 1:30—3:30 pm</p> <p><b><u>Brainiacs Memory Café:</u></b> Wednesdays, 10:00 am</p> <p><b><u>Meditation:</u></b> Fridays, 10:00 am</p>
<p style="text-align: center;"><b>Health Services Offered at the Fearrington 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 style="text-align: center;"><b>Support Groups via Zoom</b> <a href="http://fearringtoncares.org">fearringtoncares.org</a> &gt; Services &gt; Support Groups</p> <p><b><u>Caregiver Support Group:</u></b> Wednesdays, January 4, 18; 1:00 pm</p> <p><b><u>Living with Chronic Conditions:</u></b> Thursdays, January 5, 19; 1:00 pm</p>