



Ferrington Cares material is edited by staff and volunteers. Direct comments or questions to 919-542-6877, info@ferringtoncares.org

Edited this month by Carolyn & John Boyle

February 2023

**From the Director,
Karen Metzguer**

You can do worse than begin each day with a bit of poetry. Today I am remembering a few lines from Mary Oliver's poem "Don't Hesitate": "If you suddenly and unexpectedly feel joy, don't hesitate. Give in to it ... / don't be afraid of its plenty. Joy is not made to be a crumb."

So much is hard in the world right now, and we have yet to find an outlet for our worldwide collective grief. Still, joy can bubble up ... run with it!

On that note, Ferrington Cares is in serious need of an infusion of volunteers who will drive a neighbor to a medical appointment, make minor home repairs, or serve on program committees like Ambassadors and education. Our current volunteers regularly share how much they enjoy serving in these ways in the community.

Please consider completing a volunteer form and joining our team of shining stars! You are welcome to call and speak to a staff member if you have questions that are not answered by descriptions of our [volunteer services on our website](#). Fill out the volunteer form online or print it out and bring it by the Ferrington Cares Center weekdays between 9 am and 1 pm.

Knowing that these services (and more) are provided by Ferrington Cares volunteers is a type of "refuge in the storm" when circumstances make us feel most vulnerable. You can easily be part of our neighborhood care circles and share your support as a Ferrington Cares volunteer.

As John Steinbeck wrote, "Life is like an empty field. With intention it becomes a garden, without it weeds and debris will take over. Something will grow either way, but it's your choice what takes root." Intention creates reality. What do you want to help grow in your neighborhood?

It Takes a Village: Come Share your Ideas
Thursday, February 9, 7 pm
The Gathering Place

The Fearington Cares Education Committee is inviting all residents to share your thoughts about the educational sessions that Fearington Cares offers twice a month.

The Committee wants to hear what has been meaningful in the past, what has not, and what ideas and thoughts you have about future programming. Please wear a mask. If you're not comfortable meeting in person, send your thoughts, ideas, and suggestions via email to Terry Lucas at tlucas9d@gmail.com.

Let's Help Save Lives!
Monday, February 20, 10 am -2:30 pm
Chapin Auditorium, Galloway Ridge

If you were otherwise occupied during our December blood drive, consider donating during the Red Cross Blood Drive at Galloway Ridge. It's open to residents of Galloway Ridge, Fearington Village, and members of the Duke Center for Living. Appointments are required. Please visit redcrossblood.org and enter sponsor code "Galloway."

Updates on Hearing Tech
Thursday, February 23, 1:30 pm
The Gathering Place or via Zoom

Hearing loss as a medical condition has been gaining widespread attention in recent years. Untreated hearing loss has been identified as the most modifiable risk factor in middle-adulthood for developing cognitive decline later in life.

With all the attention on hearing loss, coupled with the explosion of nanotechnology, hearing aid technology has become a rapidly evolving field within the healthcare sector. With the addition of OTC hearing aids to the consumer marketplace, understanding where to start with hearing care can be confusing.

This presentation by Dr. Caitlyn Whitson, UNC Hearing and Communication Center, will review the current state of prescription-based and OTC hearing aids, their available features, and other technology to improve hearing accessibility.

Join us in person or click [here](#) to join us by Zoom.

Free Hearing Screening
Tuesday, March 14, 1 -3:45 pm
Ferrington Cares Center

The UNC Hearing and Communication Center will sponsor free hearing screenings for Villagers who want to learn whether they would benefit from a full hearing evaluation.

The UNC Hearing and Communications Center offers a wide range of hearing services, including complete diagnostic evaluations, aural rehabilitation and a variety of amplification and assistive listening devices.

Dr. Patricia Johnson will be on site for the hearing screenings and one-on-one counseling. Please call the Center at 919-542-6877 to schedule a free 10-minute appointment.

Busy Hands Together
Tuesdays, February 7 and 21, 9:45 - 11:15 am (note time change)
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, we invite you to bring your project and join us at Ferrington 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.

Nurse Consultation Triage Clinic
Same-day appointments
Weekdays 9 am - noon

Please call the Center at 919-542-6877 if you would like to see a nurse in the triage clinic. We will 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.

Concierge Service: Healthy Feet!

Routine Foot Care is a new service provided by Pedi Cure, and available for a fee at the Ferrington Cares Center. The service will provide comprehensive foot care by a professional licensed with the state of NC. Make an appointment by calling the Center at 919-542-6877 weekdays from 9 am – 1 pm. You'll contract with the provider and pay directly for these services. More details can be found on our [website](#).

Feeling Overwhelmed by Technology?

Do you know what a smart TV is? Do you think your smart phone is smarter than you are? Do you worry that Alexa is talking to Siri behind your back and conspiring with your Roomba?

Get help! (Not for the paranoia, but for the technology!) There are wonderful resources available for seniors of all ages. Two prominent ones are [Cyber-Seniors](#) and the [Personal Technology Resource Center](#) of AARP.

Cyber-Seniors was developed by young students to connect with people who needed help with technology. View web videos on an amazing number of topics and actually book a one-on-one phone session of up to 45 minutes with a volunteer. There is an amazing range of topics online including how to clean your devices (the outsides), how to clean your devices (the insides—cache, memory, stuff you don't know about yet), how to shop for devices, and much more.

AARP may not be so one-on-one with their help, but the Technology Resource Center has clearly written descriptions of myriad technological wonders (USB-A, USB-C, Thunderbolt-3—we're just having fun here, but you may actually want to know the differences at some point). And the information is free. Don't pine for your flip phone – get help with your technology!

A Note from Chatham County DSS

Dear Volunteers of Fearington Cares:

We were so excited for your donations of winter items for the Department of Social Services. We have been distributing during the month of December and were able to get them into the hands of many grateful people. We are so fortunate to have people like you supporting our community.

Sincerely,
Jennie Kristiansen, Director

SHIIP Volunteers Served 75 Residents

Gratitude is due to our two SHIIP volunteers, Judy and John, who helped Fearington residents review their Part D Drug Plan for the 2023 Medicare insurance year. This annual review is important for everyone who carries a Part D plan. Nearly half of did not need to make a change, but those who did saved a lot of money—more than \$65,000 this cycle. Open enrollment happens every year from mid-October until early December. Mark your 2023 calendar now to participate this year if you utilize a drug plan with your Medicare.

<p style="text-align: center;">Movement Classes at the Ferrington Cares Center (except as noted)</p> <p style="text-align: center;"><i>Suggested donation of \$5/class session (cash or check to Ferrington Cares).</i></p> <p><u>Mondays, 11:30 am</u>—Chair Yoga (at The Gathering Place)</p> <p><u>Wednesdays, 11:30 am</u>—Otago Fall-Prevention Exercises (No Classes in February.)</p> <p><u>Thursdays, 10:00 am</u>—Chair Tap Dance (No Class February 16.)</p> <p><u>Thursdays, 11:30 am</u>—Line Dancing (No class February 16.)</p> <p><u>Thursdays, 2:30 pm</u>—Intermediate Yoga (No classes in February.)</p> <p><u>Fridays, 11:30 am</u>—Light Cardio</p>	<p style="text-align: center;">Support Groups Meeting in Person at the Ferrington Cares Center</p> <p><u>Alcoholics Anonymous:</u> Mondays, 10:00 am</p> <p><u>Parkinson’s Group:</u> Tuesday, February 7, 21; 1:30—3:30 pm</p> <p><u>Brainiacs Memory Café:</u> Wednesdays, 10:00 am</p> <p><u>Meditation:</u> Fridays, 10:00 am</p>
<p style="text-align: center;">Health Services Offered at the Ferrington Cares Center By Appointment (9:00 am—12:00 pm, Monday—Friday)</p> <p><u>Nurse Consultation Triage Clinic:</u> Call 919-542-6877. Same day appointments available.</p>	<p style="text-align: center;">Support Groups via Zoom ferringtoncares.org > Services > Support Groups</p> <p><u>Caregiver Support Group:</u> Wednesdays, February 1, 15; 1:00 pm</p> <p><u>Living with Chronic Conditions:</u> Thursdays, February 2, 16; 1:00 pm</p>