



Staff and volunteers edit Fearington Cares material. Direct comments or questions to 919-542-6877 or info@fearingtoncares.org.

Edited this month by Carolyn & John Boyle

March 2023

**Free Hearing Screening
Tuesday, April 25
1 - 4 pm
Fearington Cares Center**

Our first two hearing screenings were fully booked, so we're offering a third! Call us at 919-542-6877 to schedule a free 10-minute screening and one-on-one consultation to determine if you might benefit from a full hearing evaluation.

Patricia Johnson, AuD, of the [UNC Hearing and Communication Center](#) will conduct the screenings. The UNC Center offers a wide range of hearing services including complete diagnostic evaluations, aural rehabilitation, and a variety of amplification and assistive listening devices.

**Busy Hands Together
Tuesdays, March 7 and 21
9:45 - 11:15 am
Fearington Cares Center**

Do you enjoy handwork? 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, join us at Fearington Cares on the first and third Tuesdays of each month. It's an opportunity to get to know your neighbors and make progress on your favorite craft. Let's get together for crafting, conversation, and fellowship. [Click here](#) for more information.

**Opportunities and Challenges for the
Forests of Fearington Village**
Thursday, March 30
1:30 pm
Choose either the Gathering Place or via Zoom

The trees and forests are a significant part of the appeal of living in Fearington Village. They offer shade, prevent erosion, and offer wildlife habitat. Join Matt Jones, Horticulture Agent with the NC Cooperative Extension Chatham County Center, for an overview of the tree communities in Fearington, the major species, successional status, threats to forest health (including deer overpopulation and invasive species), as well as potential opportunities for improving forest health, and the health of our community.

This program will be followed by a walk in the woods with Matt on April 27 to identify trees, shrubs, and flowers in the forests. We'll learn useful skills for plant identification as well as helpful botanical tools and resources.

If you plan to attend this program via Zoom, [click here](#). Remember to join the meeting at least five minutes before the program begins.

The Debut of Fearington Film Nite
Thursday, April 6
7 pm
The Gathering Place

This new monthly event will bring a diverse collection of films to The Gathering Place. Admission is free, and you'll enjoy complimentary popcorn and beverages. We'll offer a different movie the first Thursday evening of each month. We'll be announcing our lineup of upcoming films in April.

This program is presented by Fearington Cares, which has obtained a license to allow public showing of films from all major Hollywood studios and hundreds of independent and international producers. Donations will be accepted to defray program costs.

Want to help with movie selection and coordinating these events? Contact [Kathy Sandefur](#).

Poetry for Healing Workshop
Wednesdays in April: April 5, 12, 19 and 26
1 - 2:30 pm
Ferrington Cares Center
Limited to 6-8 participants

Poetry can be healing, especially in troubled times. If you've experienced a loss of a friend or family member, or suffered from a traumatic change in your personal life or health, join us for this four-week workshop led by two of our own Ferrington Village poets to read and share poems you've written.

No prior experience writing poetry is needed to participate, but we ask that you commit for all four weeks. For questions or to register, please email [Jan Doolin](mailto:Jan.Doolin@ferringtoncares.com).

Concierge Service: Healthy Feet!

Routine Foot Care is a new concierge service available for a fee at the Center. Pedi Cure provides comprehensive foot care by a professional licensed with the state of NC. Make an appointment by calling us at 919-542-6877. You'll pay PediCure directly for the service. For more information, [click here](#).

Curious About Your Mail?

Did you know that you can preview your incoming USPS mail from your inbox? Sign up for this free service called Informed Delivery, by [clicking here](#).

When USPS sorting machines separate pieces of mail for delivery, they also photograph the mail. You can see these images of your mail every morning before it's delivered. Messages are delivered directly to your inbox, or you can visit a dashboard from your phone or computer. Typically, over-sized mail like large magazines (remember those?) won't be shown. You can also view status updates and tracking information about any incoming or outgoing packages you might have.

What is Fearington Cares?

We all think Fearington Village is a great place to live. Like any neighborhood, Fearington has a constant flux of people moving in and out, and we want to be sure new neighbors know all about Fearington Cares. Even some of our long-term neighbors might need a refresher.

Like Fearington Village, many neighborhoods throughout the country belong to the [Village to Village network](#). In fact, there are about 250 villages in this network, which work to create happy, healthy environments for adults to live independent lives. However, Fearington Cares is unique because it doesn't charge for its services. We might ask for donations, but they're never required to participate in any of our programs.

In 2018 one of our volunteers, Jon Darling, wrote a wonderful article outlining Fearington Cares for the Village to Village Network. [Click here](#) to read it.

Want to learn more about the 33-year history of Fearington Cares? [Click here](#) to visit our website. Read about our history and mission by clicking on the "Home" tab. Spend some time browsing the website and learn about our wide range of free services.

Education programs
Medical and childcare equipment loans
Minor home repairs
Transportation
Nursing and first aid services

Support groups
Small group get-togethers
Movement classes
Concierge home healthcare services
Vendor referral list

Become a Fearington Cares Ambassador

Share your love of Fearington Cares with your friends and neighbors by becoming a Fearington Cares Ambassador. [Click here](#) to read about becoming an Ambassador and contact [Carl Angel](#) for more information.

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

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

Mondays, 11:30 am

Chair Yoga
The Gathering Place

Wednesdays, 11:30 am

Otago Fall-Prevention Exercises
No Classes in March

Thursdays, 10:00 am

Chair Tap Dance

Thursdays, 11:30 am

Line Dancing

Thursdays, 2:30 pm

Intermediate Yoga
No classes in March

Fridays, 11:30 am

Light Cardio

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

Alcoholics Anonymous

Mondays
10 am

Parkinson's Group

Tuesday, March 7, 21
1:30—3:30 pm

Brainiacs Memory Café

Wednesdays
10am

Meditation

Fridays
10 am

Support Groups via Zoom

[Click here](#)

ferringtoncares.org > [Services](#) > [Support Groups](#)

Caregiver Support Group

Wednesdays, March 1, 15
1 pm

Living with Chronic Conditions

Thursdays, March 2, 16
1 pm