



Ferrington Cares material is edited by their staff and volunteers. Direct comments or questions to them at (919) 542-6877 or info@ferringtoncares.org.

Edited this month by Carolyn & John Boyle

Celebrate Volunteers!

While the Nation formally celebrates volunteers during the third week of April, Ferrington Cares celebrates our volunteers every day! This is a time to honor, recognize and celebrate the selfless individuals who volunteer their time and energy to help others and create a well-connected community. Please make a special effort to thank our drivers, support group leaders, committee members, and handypersons you encounter this month: it is our volunteers who make Ferrington Cares the Heart of the Village!

Limited Availability of Health Services

While the search committee of the Ferrington Cares Board is looking for the next Executive Director, Karen Metzguer will be in the Center two days a week supporting the organization. Please call Ellen (919-542-6877) on weekdays between 9:00 am and 1:00 pm to schedule an appointment with Karen if the need arises.

Poetry for Healing Workshop

Wednesdays in April (April 5, 12, 19, and 26), 1:00–2:30 pm at the Ferrington Cares Center (Limited to 6-8 participants.)

Poetry can be very healing. If you have experienced a loss of a friend or family member, or suffered from a traumatic change in your personal life/health, we are offering a 90-minute per week, four-week-long workshop, to read poems and share poems you have written with the group. Two Ferrington poets will lead the group and they will suggest ways to create your own poems and share them with the group each week. No prior experience writing poetry is needed to participate. We ask that you commit for all four weeks. For questions or to register, please email Jan Doolin at jan@janetdoolin.com.

Ferrington Cares Film Nite Premieres with Academy Award–Nominated Film Thursday, April 6, 7:00 pm at The Gathering Place

All Ferrington residents are invited to enjoy a movie close to home and in the company of friends and neighbors. Complimentary popcorn, beverages, and treats will be provided, and admission is free! Donations will be accepted at the door and we welcome your support as a volunteer to help bring our community together for an evening of camaraderie and entertainment.

Due to licensing restrictions, the film title can be only announced in three ways:

- ♥ Flyers posted at Ferrington Cares and The Gathering Place—visit and check them out!
- ♥ Email us at FerringtonFilmNite@gmail.com to learn the title of the upcoming movie.
- ♥ Word of mouth—spread the word in your neighborhood and come with your friends!

This program is made possible and funded by Ferrington Cares. Your support and contributions are welcome so that this monthly event can continue to bring our community together for an evening of entertainment. Stay tuned for a lineup of current blockbusters, classic movies, documentaries, or foreign films presented on the first Thursday of each month.

Numbness and Tingling...Could It Be Neuropathy? **Thursday, April 13, 7:00 pm at The Gathering Place and via Zoom**

Peripheral neuropathy can result from diabetes, infections, inherited causes, and exposure to medications and toxins. Symptoms of numbness, burning, tingling, and pain in the feet, legs and hands are hallmarks of the condition. Dr. Rebecca Traub, Associate Professor and Program Director of the Neuromuscular Fellowship at UNC School of Medicine will discuss evaluation for this condition and possible treatment. Please join us in person at The Gathering Place or virtually by Zoom.

If you plan to attend via Zoom, please choose Education Programs under "Services" from the Fearington Cares website and join the meeting at least five minutes before the program begins.

Updates on Hearing Tech **Tuesday, April 18, 1:30 pm via Zoom ONLY**

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. (Note that this is a repeat of Dr. Whitson's February 23 presentation.)

You can request a copy of Dr. Whitson's slide presentation by emailing info@fearingtoncare.org. She has also provided a link to the UNC Audiology YouTube education site: www.youtube.com/@UNCHCC/videos,

If you plan to attend via Zoom, please choose Education Programs under "Services" from the Fearington Cares website and join the meeting at least five minutes before the program begins.

A Walk in the Woods **Thursday, April 27, 1:30 pm, meet at North Langdon Trailhead**

Join us for this follow-up to Matt Jones's March presentation on Fearington Forests as we identify and examine the spring greenery of this conservation area. We will learn about botanical tools and resources that we can use to promote the health of our Fearington woodlands.

Wear comfortable and supportive shoes and be aware that the trail surface is uneven and may be wet and slippery. Please be at the trailhead by 1:30 pm sharp; look for a blue trailhead marker on Millcroft across from The Knolls Close. Parking is limited: we encourage alternate modes of transport and carpooling. Parking is permitted on the shoulders of Millcroft and the beginning of The Knolls Close, but cars must remain completely off the road pavement.

<p style="text-align: center;">Movement Classes at the Fearington Cares Center (except as noted)</p> <p style="text-align: center;"><i>Suggested donation of \$5/class session (cash or check to Fearington 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 Class April 12.)</p> <p><u>Thursdays, 10:00 am</u>—Chair Tap Dance</p> <p><u>Thursdays, 11:30 am</u>—Line Dancing</p> <p><u>Thursdays, 2:30 pm</u>—Intermediate Yoga</p> <p><u>Fridays, 11:30 am</u>—Light Cardio</p>	<p style="text-align: center;">Support Groups Meeting in Person at the Fearington Cares Center</p> <p><u>Alcoholics Anonymous:</u> Mondays, 10:00 am</p> <p><u>Parkinson’s Group:</u> Tuesday, April 4, 18; 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 Fearington Cares Center By Appointment</p> <p><u>Nurse Consultation Triage Clinic:</u> Call 919-542-6877 to schedule an appointment.</p>	<p style="text-align: center;">Support Groups via Zoom fearingtoncares.org > Services > Support Groups</p> <p><u>Caregiver Support Group:</u> Wednesdays, April 5, 19; 1:00 pm</p> <p><u>Living with Chronic Conditions:</u> Thursdays, April 6, 20; 1:00 pm</p>

Concierge Service: Healthy Feet!

A new service, Routine Foot Care, provided by Pedi Cure, is now available (for a fee) in the Center. The new service will provide comprehensive foot care by a professional licensed with the state of NC. Appointments are made through Fearington Cares when the Center is open (Monday-Friday, 9:00 am—1:00 pm). A resident will contract with the provider and pay directly for these services. More details can be found at fearingtoncares.org/staying-healthy/concierge-services/.

Aegis "Short Visit" Supportive Care Services

These services represent an innovation in home care services by eliminating the four-hour minimum shift that is usually required. Care can be scheduled for short periods of time, as little as 15 minutes. This program is not available for immediate, urgent, or emergency needs.

This program offers normal home care services such as assistance with compression hose, bathing, dressing, meal preparation, and medication reminders, as well as transportation to non-medical locations. The "Short Visit" option allows for one or more customized, short visits per day without having to schedule and pay for hours that may not be necessary. Services are provided by an Aegis nursing assistant.

"Short Visit" appointments will be available from 8:00 am—noon seven days a week. If there is enough demand, this program could be expanded to include some evening hours. If you call early in the day, same-day service requests may be accommodated although advance request is preferred.

Fees are billed in 15-minute increments when you're enrolled in the program; you only pay for what you need. You may call Aegis directly for more information or to request enrollment (919-442-5252) or speak with Fearington Cares staff (919-542-6877) on weekdays between 9:00 am and 1:00 pm.