



June 2023
Newsletter

This is the Fearington Cares Newsletter which is also found in the FHA newsletter. It has been updated with current information.

Information on how to join a Zoom Support Group is on our Website, under Services www.fearingtoncares.org



Fearington Cares Film Nite

Thursday, June 1, 7:00 p.m.
at the Gathering Place

Join your neighbors for an evening of entertainment that includes complimentary popcorn, beverages, and treats. Admission to this monthly event is free, but contributions to Fearington Cares are gratefully accepted to support this and other programs in our community.

Due to licensing restrictions, the title of the film cannot appear in public places like our mail kiosks or this newsletter which appears on a publicly accessible part of our website. If you would like to check the title of the upcoming movie, it is posted

on flyers at the Fearington Cares Center and The Gathering Place. You can also email us at FearingtonFilmNite@gmail.com for an automated response that offers the title and a blurb about the film. Once you find out, please share the news with your neighborhood! Word-of-mouth is absolutely acceptable, but please don't post anything publicly. Thanks for spreading the word and keeping this venture complaint with our movie licensing agreement.

Note that all films will be captioned, and the AudioFetch system at The Gathering Place offers hearing assistance. Download the AudioFetch app to a smartphone and listen with noise Fearington Cares material is edited by their staff and volunteers. Direct comments or questions to them at (919) 542-6877 or info@fearingtoncares.org. Edited this month by Pat Skiver cancelling headphones or directly through Bluetooth-enabled hearing aids.



The Search Continues

"It is all about relationships," Karen Metzguer says when she describes her job at Fearington Cares. After ten years of leading the organization through a major building expansion and the development of innovative programs, she officially retired at the end of January. She has graciously continued working two days a week, but plans to stop work at the end of May.

The Fearington Cares Board's search for Karen's replacement continues. We have been advertising and interviewing for a new Nurse/Executive Director for the past five months, but have not found a perfect fit yet. Finding a nurse with all the executive skills we need is challenging. Our Nurse/Executive Director needs to be an expert on the medical resources in the area to help guide residents or adult children of Village residents when a medical need arises. He or she needs to know how to read a balance sheet, write newsletter articles, have an eagle eye for consistency, create programs that meet the needs of all ages of adults, manage volunteer programs, and fund raise.

We ask a lot from our Executive Director so that we can offer you a lot. If you know of anyone who is compassionate, and passionate about working for the health and well-being of the adults in our community, please direct them to the [job description](#) on the Fearington Cares website homepage.

If you want to help us attract another high quality Nurse/Executive Director in addition to spreading the word, please be sure to support us by making a contribution. We list many ways to support us on our [Ways to Donate](#) page.

Linda Patterson, Fearington Cares Board President



Brainiacs Memory Cafe Wednesdays 10:00-11:00 a.m. Farrington Cares Center

Imagine a warm, friendly, welcoming group relaxing, sharing, and laughing. The Brainiacs is open to anyone who has neurodegenerative issues associated with stroke, traumatic brain injury, Parkinson's, and/or cognitive decline; partners/care partners are also welcome. Every week we get together for camaraderie and one or two activities to enhance our lives: sharing stories, chair exercises to increase communication between our right and left brains, drumming to reduce anxiety/tension, or games. Come and join the fun. Contact Farrington Cares at (919) 542-6877 if you're interested in participating. Let us know whether transportation is an issue and we'll try to help you out.

Thank You for Sharing Your Magazines

UNC Hospitals is delighted that you are willing to bring magazines less than a year old to our Center; they have been picking them up regularly. Giving these materials a long "reuse" prior to recycling them brightens the lives of hundreds who wait in waiting rooms every month in UNC facilities!

Preventing Falls

The CDC and movement professionals recommend four things you can do to prevent falls:

- © Get an annual eye exam.
- © Make your home safer.
- © Speak up; ask your doctor or pharmacist to review your medications.
- © Keep moving.

Check your risk for falling with this [“Stay Independent” brochure](#) and commit with a friend to outdoor exercise, a gym routine, and/or come to the Farrington Cares movement classes 3-5 times every week!



Light My Fire!

We're not quite sure what The Doors had in mind in 1967 when they sang this song, but these days that could be your gas fireplace talking to you. Clearly, you don't need a fire in Farrington in the middle of summer; however, it is a good time to test your fireplace to make sure everything is in working order. If you discover a problem, you will have lots of time to contact a [fireplace company](#) (from the Farrington Cares vendor list, of course) for remedial action BEFORE they get all booked up after the first cold spell. Testing your fireplace will also exercise the various valves and connections, which helps to keep them functioning better. Just don't try to set the night on fire!



Limited Availability of Health Services

While the search committee of the Farrington Cares Board is looking for the next Executive Director, a nurse will be in the Center a few 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 if the need arises.



Line Dancing

Come and join us for Line Dancing at Farrington Cares and feel the lightness of moving to all kinds of music, not just country. Beginners are very welcome. It may take a few times to learn, but everyone is patient and nonjudgmental. Make the movements as vigorous or easy as you like. The teacher, Bruce Gillooly, has danced for many years and even offers private classes in tap and ballroom. The fun takes place **every Thursday at Farrington Cares from 11:30 am—12:30 pm.**

Movement Classes
www.ferringtoncares.org
at the Ferrington Cares Center
(except as noted)

Mondays
***Chair Yoga**
at The Gathering Place
11:30 am

Wednesdays
***Otago**
Fall Prevention Exercises
11:30am

Thursdays
***Intermediate Yoga**
No Classes until September

Thursdays
***Chair Tap Dance**
10:00 a.m.

Thursdays
***Line Dancing**
11:30 a.m.

Support Groups
www.ferringtoncares.org

Mondays
Alcoholics Anonymous
at the Ferrington Cares Center
10:00 am.

Tuesdays
Parkinson's Group:
at the Ferrington Cares Center
1:30-3:30 p.m.
June 6, 20

Wednesdays
Brainiacs Memory Cafe
at the Ferrington Cares Center
10:00 am

Wednesdays
Caregivers Support Group
on ZOOM
June 7, 21
1:00 pm

Thursdays
Living with Chronic Conditions
on ZOOM
June 1, 15
1:00 pm

**Fridays
Light Cardio
11:30 a.m**

***A donation of \$5/class is suggested**



**Fridays
*Meditation
at the Fearington Cares Center
10:00 a.m.**



Health Services Offered at the Fearington Cares Center

**Nurse Consultation Triage Clinic:
Appointment required, call 919-542-6877**

Fearington Cares | [Website](#), 919-542-6877