



## May 2023 Newsletter

This is the Farrington 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.farringtoncares.org](http://www.farringtoncares.org)



## Farrington Cares Film Nite

**Thursday, May 4, 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 Farrington 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](mailto: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 this film 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

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## Fearington Cares CARES

...**CARES** that our Village will be celebrating Fearington Founders Festival together! Mark your calendar for **Friday, May 5, 2:00-6:00** and come to the festival grounds on Swim and Croquet.

...**CARES** that Fearington Founders Festival will have local artists and collectors that are sharing their interests through a Silent Auction. Maarten Simon Thomas has donated wooden objects crafted from found wood from the Village and the banks of the Haw River; a Village resident has contributed collector paper weights; John Webster offers a 1987, first edition of "The Fearington House Cookbook" and "Fearington Fare, Around the Clock," 1990 by the Arts and Crafts Club of Fearington. Add to that Whimsical Wire and Glass items and a canvas print, "Lake Constance Morning", from noted photographer Brad Sevaldson.

...**CARES** that at this festival you can create fun memories for all ages. Bring your phone/camera and stop by the Love Bus photo booth. Take as many photos as you like.

... **CARES** for our health and well-being. There will be mocktails available for purchase and the Fearington Cares building will be open to offer restrooms and a cool, comfortable place to rest. Fearington Cares **CARES** for you!

Kathy Sandefur, Fearington Cares Board

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**Busy Hands Together  
Tuesdays, May 2, 16  
9:45 a.m.- 11:15 a.m.  
Farrington 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 Farrington 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. If this sounds like something you would like to participate in, then let's get together for crafting, conversation, and fellowship.

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**What's New in Children's Health: A Panel Discussion  
Thursday, May 11  
7:00 p.m.  
at the Gathering Place only**

Guidance for caring for children, as with adults, changes as knowledge changes and it can be hard to keep up. Parents and grandparents may need information about pediatric care and at times, may have differences of opinion. A panel of Pediatricians from North Chatham Pediatrics and Internal Medicine will discuss some of these current guidelines and concerns. These might include information about the effects of the Covid pandemic on the physical and mental health of children, infant feeding, vaccine schedules and sleep guides. The panel will include Drs. Kim Kylstra, Barbara Bergdolt and Matt Waters.

# **A Fearington StoryCorps-Everyone Has A Story**

## **Thursday, May 25**

### **1: 30 p.m.**

### **at the Gathering Place only**

Many of us are aware of the national project, StoryCorps, which records and archives in the Library of Congress, human stories to build connections between people and create a just and more compassionate world.

Now StoryCorps is coming to Fearington! Join our neighbor, Susan Eckblad, for an introduction to this exciting opportunity for the residents of Fearington Village to “gift” our stories to family, friends, and humanity.

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## **Invitation to Join the Caregiver Support Group**

Are you currently a caregiver for a loved one? A long-distance caregiver? A friend of a caregiver? Please help us get the word out to anyone you think might be interested in participating in a caregiver's group, an opportunity for caregivers to share their joys and burdens, learn from others in a similar role, and gain support from group members in a safe and confidential setting.

The group meets twice a month via ZOOM; the meetings are held on the first and third Wednesdays from 1-2:30 PM. You do not have to commit to a number of meetings, you are just simply welcome. Most attendees report feeling understood, relieved, and like a burden has been lifted by sharing with others. Fred and Karen Shectman are the group facilitators. For additional information call Karen Metzguer at the Fearington Cares Center (919.542.6877) or email Karen Shectman ([karenlshectman@gmail.com](mailto:karenlshectman@gmail.com)) for the ZOOM link.

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## **Invitation to Join the Living with Chronic Conditions Support Group**

Resources can often be identified to address chronic pain, but few resources are found to help with the emotional roller coaster one experiences when living with a chronic condition or illness. If you are a resident living with a chronic illness or condition, consider attending this group to find support and inspiration. We will

discuss the effects of chronic illness on identity and self-concept, communicating with others in ways that are healthy, as well as fears and aspirations for the future. This facilitated group meets the first and third Thursdays of each month. (The ZOOM link is found on the Ferrington Cares website when you click on Support groups under the services tab)

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## 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.

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## Home Modification Toolkit

A recent communication from the Community Care Corps included the following notice:

“With support from the U.S. Administration for Community Living, the USC Fall Prevention Center of Excellence developed a new **toolkit** to promote awareness and availability of home modification resources. Created with empirically supported findings, the toolkit (found on this website: <https://toolkit.homemods.org>) includes a collection of materials to equip professionals with tools and resources to enhance home modification and promote aging in place for older adults and people with disabilities.”

If you are considering home modifications and plan to be in conversation with contractors, you may find the information in the new toolkit mentioned above, together with a wealth of information on the AARP website, just the resource you need!

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**Movement Classes**  
[www.ferringtoncares.org](http://www.ferringtoncares.org)  
at the Ferrington Cares Center  
(except as noted)

**Mondays**  
**\*Chair Yoga**  
at The Gathering Place  
No Class May 8, 29  
(class on May 15 at  
the Ferrington Cares Center)  
**11:30 am**

**Wednesdays**  
**\*Otago**  
No Class May 24  
Fall Prevention Exercises  
**11:30am**

**Thursdays**  
**\*Intermediate Yoga**  
No Class May 25

**Thursdays**  
**\*Chair Tap Dance**  
No Class May 25  
**10:00 a.m.**

**Thursdays**  
**\*Line Dancing**  
No Class May 25  
**11:30 a.m.**

**Support Groups**  
[www.ferringtoncares.org](http://www.ferringtoncares.org)

**Mondays**  
**Alcoholics Anonymous**  
at the Ferrington Cares Center  
**No Meeting May 29**  
**10:00 am.**

**Tuesdays**  
**Parkinson's Group:**  
at the Ferrington Cares Center  
**1:30-3:30 p.m.**  
**May 2, 16**

**Wednesdays**  
**Brainiacs Memory Cafe**  
at the Ferrington Cares Center  
Only 1 meeting this month, on  
May 3, weekly meetings to  
resume June 7  
**10:00 am**

**Wednesdays**  
**Caregivers Support Group**  
on ZOOM  
May 3, 17  
1:00 pm

**Thursdays**  
**Living with Chronic Conditions**  
on ZOOM

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

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



**May 4, 18  
1:00 pm**

**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  
Same Day appointments available**