



## July 2023 Newsletter

### Fearington Cares Center is Closed July 3-7

The Center may be closed for the holiday but our volunteers will be busy providing medical transportation and handyman services. If you need assistance with either of these areas of service, call the center at 919- 542- 6877 and leave a message in the appropriate voicemail mailbox; a volunteer will be in touch with you.

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](http://www.fearingtoncares.org)

## Ferrington Cares Hires New Executive Director

When you meet Ferrington Cares' new executive director, Kim Schneider, you are greeted by her bright smile and warm spirit. She has been described as an open-hearted leader with a mind for business. Many of her thirty-years in administrative roles included responsibility for operations, finance, and human relations at UNC healthcare settings. As a long-time resident of Chatham County, she has recently returned home after retiring from five years as the Chief Administration Officer for Women's Health at the University of Pennsylvania.

Kim enjoyed her work at Penn Medicine integrating a Women's Health Service Line structure across six hospitals and multiple independent medical practices. She found her work especially gratifying because it relied on developing relationships. She thinks this previous experience will serve her well in building relationships with Ferrington residents.

Working alongside of Kim to provide nursing services in the Ferrington Cares' Clinic will be Aegis nurses, who get rave reviews. They will offer similar services in the Clinic to those that Karen Metzguer provided. Currently, Clinic visits can be scheduled for Monday and Wednesdays. When there is a Monday holiday, the Clinic will be open Wednesdays and Fridays. Clinic visits will be free as always, but Aegis will continue to offer additional fee-for-services in your home.

Kim joins Ellen Hoosick, Administrative Assistant, who answers the Ferrington Cares' telephone, greets visitors, and schedules volunteers. She joined the staff last September. We hope to have an administrative coordinator on board soon to take Pat Skiver's place doing our accounting and e-newsletter communications. We look forward to having a full staff by the fall when festivities are planned to celebrate Kim Schneider and all of our staff with the Ferrington community.

Linda Patterson, Ferrington Cares Board President

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## Neighborhood Focus Groups: Dates and Times

We committed to bringing our Focus Groups to neighborhoods near you, and we are now well underway. Just a couple of days ago, we hosted our pilot Focus Group, and it turnout was fantastic and feedback was great! Neighbors exchanged ideas and shared those ideas with us, and the sense of community and excitement was palpable. We are so grateful and appreciative of everyone who participates in these Focus Groups.

Four of the Focus Groups (July 21, 24, 27 and 3 August in the Woods and the Camdens) are being held outdoors; please bring a lawn chair.

If you can attend the Focus Group in (or closest to) your neighborhood, that would be fantastic.

If you cannot, please consider attending one of the Focus Groups noted in red text; hopefully one of the alternates will work for you.

THANK YOU for your commitment to help shape the future of Fearington Cares, for sharing your insights of wants and needs as you live independently in this beautiful community of ours. **For questions contact Beth Coulombe: [lisbeth.coulombe@gmail.com](mailto:lisbeth.coulombe@gmail.com)**

<b>Monday July 10th</b>	Galloway Ridge-Multipurpose Room	3:30- 5:00 p.m.
<b>Tuesday, July 11th</b>	Belted Goat Outdoor Tent	11:00 a.m.-12:30 p.m.
<b>Saturday, July 15th</b>	Fearington Cares	10:00 a.m.-11:30 a.m.
<b>Monday, July 17th</b>	Belted Goat Outdoor Tent	11:00-11:30 a.m.
<b>Tuesday, July 18th</b>	Country House @Gathering Place	10:45 a.m.-12:15 p.m.
<b>Friday, July 21st</b>	644 Spindlewood, The Woods	3:00 p.m- 4:30 p.m.
<b>Monday, July 24th</b>	East Camden@ Gazebo	10:00.a.m-11:30 a.m.
<b>Wednesday,July 26th</b>	Weathersfield@Fearington Cares	6:30 p.m.- 8:00p.m.
<b>Thursday, July 27th</b>	685 Spindlewood, The Woods	4:00-5:30p.m.
<b>Friday,July 28th</b>	The Gathering Place	2:00-3:30p.m.

<b>Monday, July 31st</b>	Historic District- Belted Goat Outdoor Tent	4:00 p.m.-5:00p.m.
<b>Wednesday, August 3rd</b>	West Camden Gazebo	10:00 am.-11:30 a.m.





## **Ferrington Cares Film Nite**

**Thursday, July 6, 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 Ferrington 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 Ferrington Cares Center and The Gathering Place. You can also email us at [FerringtonFilmNite@gmail.com](mailto:FerringtonFilmNite@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 Ferrington Cares material is edited by their staff and volunteers. Direct comments or questions to them at (919) 542-6877 or [info@ferringtoncares.org](mailto:info@ferringtoncares.org). Edited this month by Pat Skiver cancelling headphones or directly through Bluetooth-enabled hearing aids.

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**Blood Drive (Hooray!)  
Tuesday, July 18  
9:00 am- 1:30 pm at The Barn**

After the successes of recent blood drives, Ferrington Cares and Fitch Creations are giving you another chance to donate blood and contribute to the health of neighbors in the community at large. These donations are critical to the supply of blood products needed in the Triangle and are more difficult to get in summer with

increased travel plans for many. Call 800-733-2767 to schedule your life-saving appointment or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code: Fearington. Thank you in advance if you can join the community of blood doors in July!

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## **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 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 am- 1 pm.

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## **Update from the Fearington Cares Program Committee**

The FC Education Committee would like to thank all our neighbors who attended our sessions this past year (September 2022-May 2023). We so appreciate those who attended our Town Hall discussion either in person or via email and offered ideas for programming going forward.

During the summer, our group will be hard at work planning new sessions for the upcoming 2023-2024 season. Changes will be taking place based largely upon the feedback received from you all during the year. Some changes that the Committee will be discussing during the summer are:

1. Renaming the committee from Education Committee to Program Committee. As the landscape of this Committee broadens to include a wider range of health and wellness topics/areas of interest we believe *Program Committee* better supports the Ferrington Cares mission.
2. In meeting this broader scope, the Committee plans to offer a more interactive, participative format and experiential types of learning. Sessions will continue to be wellness and health focused, but with a more interactive, participatory gathering.
3. The Committee will be discussing the frequency and times of sessions as well as locations.

Please watch for periodic notifications from the Committee about the schedule beginning in September and what will be offered going forward. As always feel free to contact me at the email below if you have questions or suggestions. Thanks again for giving your time to us and supporting Ferrington Cares.

Terry Lucas, Chair  
[tlucas9d@gmail.com](mailto:tlucas9d@gmail.com)

Program Committee members include Suzanne Burke; Nancy Chescheir; Beth Coulombe; Donna Costa; Karin LaCombe-Mulder; Carol Leatherman; Gillian Rogers and Wendy Snodgrass.

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## Routine Foot Care

This service, provided by **The Pedi Cure**, is now available (for a fee) in the Center. The service will provide foot care by a professional pedicurist licensed with the state of NC. Appointments are made by calling Ferrington 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.

A note from the provider and comments from residents:  
My name is Wendy and I have over 25 years of nail care experience; Ferrington Cares has given me the opportunity to be of service when your toenails are long and/or thick, causing you discomfort, or when you are

having a difficult time reaching your feet to trim your toenails. Perhaps loss of strength in your hands or vision changes are complicating things, consider making an appointment to come to the Fearington Cares Center and let me help you have healthy feet.

I have had the pleasure of providing toenail and minor callous care for several residents since November and here is what a few have said:

Barbara said " I loved it and I'll be back."

Jill said " Everything I expected in a pedicure...No... More than I expected, because it's about the health of my feet."

Shirley said " It was good and worth every penny. Just delightful."

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## Ready for Hurricane Season?

June 1 starts hurricane season, and it runs through November 30. NOAA forecasters are predicting a near-normal season for the Atlantic, with 12 - 17 named storms, 5 - 9 hurricanes, and 1 - 4 major hurricanes. The first five storms will be named Arlene, Bret, Cindy, Don, and Emily.

Chatham Community Emergency response team (CERT) has developed a hurricane preparedness checklist which you can find at this [link](#). Even when you've been well prepared in the past, it's an important to review so you are equally prepared in the future!

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## Celebrating our long-serving Chair Yoga Instructor

Fearington Cares has been fortunate to have the caring expertise of Tim Keim for 8 years and it is with mixed emotions that we wish him "all the best" in his move out of state this summer! He will be sorely missed after his last class on Monday 31 July.

## No Busy Hands Meetings until September

You may still be doing hand work over the summer but our twice a month group will not meet again until September 5<sup>th</sup> here in the Center.

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

**Mondays**  
**\*Chair Yoga**  
at The Gathering Place  
(No Class July 3, Last Class is  
July 31)  
**11:30 am**

**Wednesdays**  
**\*Otago**  
Fall Prevention Exercises  
(No Class July 5, 19)  
**11:30am**

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

**Thursdays**  
**\*Chair Tap Dance**  
(No Classes in July)  
**10:00 a.m.**

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

**Mondays**  
**Alcoholics Anonymous**  
at the Fearrington Cares Center  
**No Meeting July 3**  
**10:00 am.**

**Tuesdays**  
**Parkinson's Group:**  
at the Fearrington Cares Center  
**1:30-3:30 p.m.**  
**No Meetings In July**

**Wednesdays**  
**Brainiacs Memory Cafe**  
at the Fearrington Cares Center  
**10:00 am**  
**No Class July 5**

**Wednesdays**  
**Caregivers Support Group**  
on ZOOM  
**July 19**  
**1:00 pm**



**Thursdays**  
**\*Line Dancing**  
**(No Class July 6)**  
**11:30 a.m.**

**Fridays**  
**Light Cardio**  
**(No Class July 7)**  
**11:30 a.m**

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



**Thursdays**  
**Living with Chronic Conditions**  
**on ZOOM**  
**July 20**  
**1:00 pm**

**Fridays**  
**\*Meditation**  
**at the Fearington Cares Center**  
**10:00 a.m.**  
**No Meeting July 7**



## **Health Services Offered at the Fearington Cares Center**

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