



September 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**

Message from Kim Schneider, Executive Director

Hello Fearington Villagers! I would like to convey my gratitude for your warm welcome as I adjust to my new role as Fearington Cares Executive Director. I have lived in Chatham County for over 30 years, during which Fearington Village has been woven throughout the fabric of my life in many ways. My professional background is in healthcare administration, which I believe will serve as a strong foundation to support the Center's growth and evolution as we aim to meet the changing needs of our community.

I have benefitted from the guidance of our former director, Karen Metzguer, who has been so gracious and generous with her time as she enters a well-deserved retirement. I have also enjoyed meeting many of you in your various roles as volunteers, participants and leaders at the Center and will be focusing these early days on making connections with you and building key relationships and partnerships with other organizations.

In the coming months I look forward to meeting many more of you and encourage you to be in touch and get involved!

Welcoming our New Administrative Coordinator

Please join us in welcoming the Center's new Administrative Coordinator, Jennifer Harris! Jennifer will be responsible for our bookkeeping, donor and volunteer records, communications, and more. She has taken the reins from Pat Skiver, who is retiring after many years of dedicated service. We are delighted to welcome Jennifer to our team, and so grateful to Pat for keeping us going during staff shortages.



Ferrington Cares Film Nite

**Thursday, September 7
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 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 compliant 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. Edited this month by Pat Skiver cancelling headphones or directly through Bluetooth-enabled hearing aids.

“What You Can Do to Prevent Falls” September 13 at 1:30pm at the Fearington Cares Center

September is National Fall Prevention Awareness Month, and this is an issue facing everyone as we age. Donna Costa, an occupational therapist, will provide an interactive presentation on this topic. In "What You Can Do to Prevent Falls" you will learn some facts about falls, learn how to evaluate your home environment for fall hazards, and become familiar with national and local resources. This information will enable you to avoid falls while maintaining an active lifestyle.



Crafts and Conversation Tuesdays, September 5 & 19, 9:45 -11:15 am at the Fearington 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 Fearington Cares for a twice-monthly get-together on the first and third Tuesday of each month. This is an opportunity to get to know 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.



Volunteer Drivers and Handy People Needed

We are looking for volunteers to join our team of drivers to help your Fearington neighbors with transportation. We assign 2-3 drivers per week and ask our volunteers to drive twice per year.

We are also looking for Handy People to assist neighbors with minor handy person tasks. If you have any experience or expertise with plumbing, carpentry or general home maintenance your neighbors could use your help! Common requests include changing smoke alarm batteries or light bulbs, assisting with or

assessing minor plumbing issues, help with assembling various items, hanging pictures, etc.

If you are looking for a great volunteer opportunity, we invite you to come by Fearington Cares and fill out our form. Or to learn more, call us Monday–Friday from 9am-1pm at 919-542-6877. These are rewarding jobs that offer a chance to meet your fellow Fearingtonians.



Blood Drive Success!

The Red Cross reports that the Fearington blood drive in July went beyond their expectations. They collected 37 units of blood product and welcomed 6 first time donors! As you know, there is a historic shortage of blood and the success of our drive helps in many ways. The generosity of the Fearington Villagers is never in doubt!



Introducing Fearington StoryCorps

Many of us have enjoyed the stories collected and shared by the national project, StoryCorps, on NPR. StoryCorp's mission is simple: to help us believe in each other by illuminating the humanity and possibility in us all — one story at a time.

To enable the collection and sharing of all our stories StoryCorps has developed a wonderful resource of training materials and online support helping us to develop our own community program. Fearington Cares, The Women of Fearington and our own FHA loved the idea. And so was born, Fearington StoryCorps.

Who are we? The Fearington StoryCorps Team are your neighbors. We are here to help you share and preserve your story - in your own voice.

How does it work? You can sign up - or you can suggest someone whose story you'd love to hear. Just email us [**FearingtonStoryCorps@gmail.com**](mailto:FearingtonStoryCorps@gmail.com) and we'll do the rest.

Everyone has a story! Take a listen to some of the wonderful accounts your neighbors have already shared by going to our Fearington StoryCorps Community page.

Just click on or copy and paste into your search box to enjoy <https://archive.storycorps.org/communities/ferrington-storycorps-diy/>

Questions? Want to know more?
Just contact us at FerringtonStoryCorps@gmail.com

Reap the Benefits of Movement Classes this Fall

The proven benefits of moderate and regular exercise extend beyond physical health to also impact emotional and mental wellbeing. Our movement classes offer the opportunity to enhance your flexibility, balance, strength and stamina. Additionally, the social aspect of exercising in group setting can provide motivation, energy and social connections.

Note that our Chair Yoga class will now be held on Tuesdays at the Ferrington Cares Center. The chairs at the Center may require a firm throw pillow for participants who prefer back support. Yoga mats are recommended for those who intend to explore standing poses behind their chair.

Our September schedule for classes is presented below. Find one that sparks your interest and join us to experience the many benefits of movement!



Movement Classes www.ferringtoncares.org

**All movement classes at the
Ferrington Cares Center
(except as noted)**

Mondays
***Otago**
Fall Prevention Exercises
(No Class September 4)
10:00 am

Support Groups www.ferringtoncares.org

Mondays
Alcoholics Anonymous
at the Ferrington Cares Center
10:00 am.
(No Meeting September 4)

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

Tuesdays
***Chair Yoga**
(Begins Sept 5)
11:30 am

Thursdays
***Chair Tap Dance**
10:00 a.m.
(No Class September 7 or 14)

Thursdays
***Line Dancing**
11:30 a.m.
(No Class September 7 or 14)

Thursdays
***Intermediate Yoga**
(Begins September 7)

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



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

Wednesdays
Caregivers Support Group
on ZOOM
August 2, 16
1:00 pm

Thursdays
Living with Chronic Conditions
on ZOOM
August 3, 17
1:00 pm

Fridays
Meditation
at the Fearington Cares Center
10:00 am



Health Services Offered at the Farrington Cares Center

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



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