



October 2023 Newsletter

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

Message from Kim Schneider, Executive Director



Hello Ferrington Villagers! As we look forward to fall, I would like to share an update on our leadership transition at Ferrington Cares. We are so fortunate to have a great staff and energetic board advancing our mission to help all of us live healthier, happier, safer, and more independent lives.

We have been hearing you through your input in our recent focus groups, surveys, and many thoughtful messages. Your feedback is vital to planning our programming for the future. While continuing our current services and programs like concierge health care, movement classes and support groups, we are excited to develop new opportunities for our community to learn, socialize, and support each other. Stay tuned for information on our strategic plan in the coming months!



Ferrington Cares Film Nite

**Thursday, October 5, 7:00 pm
at The Gathering Place**

With newly released films moving quickly from theaters to streaming services, Film Nite offers an opportunity to see movies that you missed at the theater! You can enjoy them at The

Gathering Place with friends and neighbors while enjoying complimentary movie theater popcorn, beverages and treats. Admission is free but contributions are gratefully accepted to support this community program.

If you would like to find out the title of our upcoming movie (which is a new release), please email us at FerringtonFilmNite@gmail.com for a quick automated response that offers a blurb about the film. Remember that due to licensing restrictions, the title of the film cannot appear in public places like this newsletter, but it can be shared via email and word-of-mouth so tell your neighbors and have them join you!

All films are captioned, and the AudioFetch system at The Gathering Place offers hearing assistance. Download the AudioFetch app to a smartphone and listen with noise cancelling headphones or directly through Bluetooth-enabled hearing aids.

"There's More to Breast Imaging Than Just a Screening Mammogram"

**Wednesday, October 18, 7 pm
at the Ferrington Cares Center and on Zoom**

Breast screening often consists of mammography but may also include other technologies, such as 3D mammography and magnetic resonance imaging (MRI). Dr. Rachel Hitt, Associate Professor of Radiology at UNC School of Medicine, will discuss breast cancer screening and updated guidelines. Dr. Hitt is a physician in the Breast Imaging Division of the Department of Radiology and a Physician Leader in the Office of Patient Experience and Employee Engagement working to improve healthcare communication, patient education, and the patient experience. Click [here](#) for Zoom link.

Wreath-Making Demonstration

**Friday, October 20, 10 am
at the Fearington Cares Center**

Jan Harrison of Fearington Village will demonstrate wreath-making at the Fearington Cares Center. Jan makes beautiful wreaths out of grapevines and other natural materials. Besides wreaths, Jan makes tapestries, table runners, and basketry. Click [here](#) for more information about Jan. This event is being sponsored by Fearington Cares and the Fearington Garden Club. *Registration is required.* Call the Center at 919-542-6877 to register.

Flu Vaccine Event in the Village

**Tuesday, October 24, 9 am-1 pm
at the Fearington Cares Center**

Fearington Cares is partnering with 501 Pharmacy to provide flu shots to residents who have not been able to obtain a flu shot from their primary care provider or pharmacy. This drive-thru vaccine event will be at the Fearington Cares Center. *Registration is required and will be available between September 26 and October 17.* Click [here](#) to register online or call the Center at 919-542-6877. For more information about this year's vaccine click [here](#).

Hearing Screening Appointments

**Wednesday, October 25, 1-4 pm
at the Fearington Cares Center**

Fearington Cares will be offering screening for hearing status in the Center. Dr. Katie Roberts from the UNC Division of Audiology will be conducting the screens. *Appointments will be in 15 minute increments, and registration will open on Tuesday, October 10.* Call Fearington Cares at 919-542-6877 to make your appointment.

Medicare Open Enrollment Review Appointments

Open Enrollment is a great time to evaluate your Medicare coverage and make sure it's still the best choice for your needs. You can use the Medicare Open Enrollment window to make changes to your Medicare plan including:

- Enrolling in Medicare Advantage
- Enrolling in a Medicare Part D plan
- Switching back to original Medicare from Medicare Advantage

This year the Open Enrollment period will extend from **October 15 until December 7**. Our SHIIP (Senior Health Insurance Information Program) volunteers are available again by appointment to help you review your plan either in-person or over the phone. A session takes about 30 minutes; couples should schedule two consecutive sessions or separate half-hour times. *Call the Fearington Cares Center (919-542-6877) for more information.* Fearington residents have saved tens of thousands of dollars in previous years through making changes to their plans.

Special Parkinson's Events

Parkinson's Disease: A Panel Discussion

**Monday, October 16, 1:30 pm
at The Gathering Place**

Did you know that Parkinson's Disease (PD) is the second most prevalent neurological disease in the world, affecting over 10 million people? Fearington Cares and the Parkinson's Support Group are hosting a program dealing with this disease. Karson Terry, Development Manager with the Carolinas Chapter of the Parkinson's Foundation, will be our featured speaker. Jen Buckmire, local Speech Pathologist who serves the Parkinson's community, and Doug Zabor, care partner, will be available to share support group information and answer questions. If you think you may have PD, or your partner, friend, or family member has been diagnosed, this program will be of interest to you.

8th Annual Walk Around Camden (Jenny's) Park

**Saturday, October 28, 11 am-12 pm
(Rain date Saturday, November 4)**

Having Parkinson's Disease is no walk in the park, so the Fearington Cares Parkinson's Support group will walk around Camden (Jenny's) Park in Fearington Village to raise awareness about the disease and to support local

initiatives. Come hear German Band music by the Chapel Hill Brass Ensemble. We will **meet in the parking lot of Fitch Creations located on Madison** at the top of the park (where the Farmers Market port-a-potty is located!).

Lantern Making Workshops

Tuesdays, November 14 & 28, 10 am-12 pm
at the Fearington Cares Center

In order to support our Lantern Walk on December 21 and just for fun, Fearington Cares is holding workshops on lantern making. There is a \$5 materials fee payable at the workshop. *Call Fearington Cares at 919-542-6877 to register.* Limit 12 to a class.

Lantern Walk

Thursday, December 21, 5 pm
at the Village Fountain
(Rain date Friday, December 22)

The Third Annual Winter Solstice Celebration in Fearington Village will take place on the Winter Solstice (of course!). We will gather **around the fountain in the Village** to settle in with our lanterns placed on tables, around the fountain, or held in our laps. There will be quiet time for reflection and time to meet and greet and “ooh and ahh” over each others’ lanterns. Then those who are willing and able will walk through the village and around the pond lighting up the winter sky with their creations. We hope you will bring a handmade lantern to light up the night.

Winter Solstice marks the beginning of the winter season in the Northern Hemisphere, with December 21 being the longest night of the year. This astronomical event is significant to many cultures, religions, and traditions, for many different reasons. This secular, winter-themed event is sponsored by Fearington Cares and the FHA.



PediCure Foot Care at Ferrington Cares Center

Our feet are very important when it comes to mobility and balance. When your toenails are too long and/or thick, they can cause you discomfort.

Wendy McCluney, owner and operator of The Pedi Cure, LLC, has over 25 years of nail care experience - including 9 years working with a podiatrist.

Wendy may be able to help if you are:

- Having a difficult time reaching your feet to trim your toenails
- Unable to squeeze nail clippers
- Afraid to clip because your vision is impaired
- Just wanting to treat yourself

Call the Ferrington Cares Center (919-542-6877) to make an appointment to come to the Ferrington Cares Center. Fees range from \$45-55, and are paid directly to Wendy.

Movement Classes

www.ferringtoncares.org

All movement classes are at the
Ferrington Cares Center

Otago*

Mondays 10:30am
Fall Prevention Exercises

Chair Yoga*

Tuesdays 11:30am

Chair Tap Dance*

Thursdays 10:00am

Line Dancing*

Thursdays 11:30am

Support Groups

www.ferringtoncares.org

Information on how to join a Zoom
Support Group is on our website
under Services

Alcoholics Anonymous

Mondays 10:00am
at the Ferrington Cares Center

Parkinson's Group

Tuesdays 1:30-3:30pm
October 3 & 17
at the Ferrington Cares Center

Intermediate Yoga*
Thursdays 2:30pm

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

Brainiacs Memory Cafe
Wednesdays 10:00am
(no meeting October 11)
at the Fearington Cares Center

Caregivers Support Group
Wednesdays 1:00pm
October 4 & 18
on Zoom

Living with Chronic Conditions
Thursdays 1:00pm
October 5 & 19
on Zoom

Meditation
Fridays 10:00am
at the Fearington Cares Center



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

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

Fearington Cares fearingtoncares.org 919-542-6877

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