



November 2023 Newsletter

The Fearington Cares Newsletter is also found in the FHA newsletter.
This version has been updated with the latest information.

Happy Holidays! The Fearington Cares Center Will Be Closed November 20-24

The Center may be closed for the holidays, but our volunteers will be busy providing Transportation and Handyperson services. If you need assistance with either of these areas, *call the Center at 919-542-6877* and leave a voicemail message in the appropriate mailbox; a volunteer will be in touch with you. Messages left in the general mailbox or for Kim Schneider will be retrieved on November 27.

Message from Kim Schneider, Executive Director

Happy Fall! This is one of my favorite times of the year, with cooler temperatures, autumn colors, and the many seasonal activities and events in Fearington Village. The Fearington Cares Center is bustling with meetings, classes, and support groups. We are particularly excited about our lineup of special workshops in November, including candle and wreath-making. I had the opportunity to visit with many of you at Oktoberfest and Film Nite last month, and I look forward to many more opportunities to get to know you individually and as a community.



I hope you will join us for Film Nite, movement classes, support groups, and more in the coming months. I would also like to encourage you to consider volunteering at Fearington Cares. Volunteers are vital to our ability to offer some of our most popular services, like transportation and minor home repairs. Our volunteer interest form is available on our [website](#) or at the Center.



Fearington Cares Film Nite

**Thursday, November 2, 7:00pm
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 FearingtonFilmNite@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.

Michael J. Fox Foundation Speaker: "Parkinson's Disease Updates"

**Tuesday, November 7, 1:30pm
at The Gathering Place and by Zoom**

Jocelyn Pietro of the Michael J. Fox Foundation will present the latest research findings in the search for a cure for Parkinson's Disease. She will also describe the first proven method that can lead to diagnosis of Parkinson's years before other methods currently in use. For more information contact Jen Buckmire (jenbuckmire@gmail.com) or Doug Zabor (JDZabor@gmail.com).

To join the meeting by Zoom, click [here](#) and enter the Meeting ID (867 7243 1504) and Passcode (865070).

Candle-Making Workshop

Tuesdays, November 7 & 14, 10-11am

Location will be shared at time of registration

Ferrington Cares and the Ferrington Garden Club are sponsoring a candle-making class given by resident Julie Davis. These beautiful candles are great to keep or to give as a gift. There is no participation fee, *but reservations are required and you must attend both classes to complete your project*. For more information and to save your spot, email Debbie Liebttag (dliebttag50@gmail.com).



"Insights into Low Vision and Vision Rehabilitation"

Wednesday, November 8, 1:30pm
at the Ferrington Cares Center

Low vision has many causes, including diabetes, glaucoma, macular degeneration, and eye injuries/trauma. Night blindness, blurred vision, loss of peripheral or central vision, increased sensitivity to glare, and reduced ability to distinguish between light and shade are the most common low vision conditions. Duke Eye Center's Vision Rehabilitation and Performance Division is one of the best in the country and only one of two such centers in the Southeast. Join us to learn more about low vision conditions and strategies, tools and resources that support continued independence and quality of life.

"Managing the Holidays When Someone You Love Is Missing"

Tuesday, November 14, 1:30pm
at the Ferrington Cares Center

The holiday season seems to begin earlier each year and can be stressful for even the most ardent celebrants. For those grieving the loss of a loved one, this time isn't always merry and bright. How do you not just "manage" this time, but survive it and hopefully enjoy some of your seasonal traditions? Join Anne Kissel (former Ferrington Cares Executive Director) at the Ferrington Cares Center for a facilitated discussion on how to help yourself and show others how they can support you in this challenging journey.

Lantern Making Workshops

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

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

Lantern Walk

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

The Third Annual Winter Solstice Celebration in Ferrington 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 Ferrington Cares and the FHA.

Wreath-Making Workshops

Friday, December 1, 9am-12pm & 1-4pm
at The Gathering Place

Wreaths are great decorations for the holidays, and Ferrington Cares and the Ferrington Garden Club are sponsoring two workshops to help you prepare yours (you may only register for one time slot). There will also be a *\$15 participation fee*. For more information and to reserve your spot, email Debbie Liebttag (dliebttag50@gmail.com).

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 Medicare Open Enrollment period will extend from October 15 until December 7, and our SHIP (Senior Health Insurance Information Program) volunteers are available 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. Fearington residents have saved tens of thousands of dollars in previous years through making changes to their plans!

Call the Fearington Cares Center by November 27 (919-542-6877) for more information.

Check Your Smoke Detectors!

Smoke detectors are a valuable safety component of our homes. Remember that the detector itself is only useful for about ten years. After that period, the sensor may not be effective and the detector should be replaced. The condition of the battery is irrelevant if the sensor is no longer functioning properly.

Many of us have smoke detectors that are hard-wired into our electrical circuits, and those have a battery backup in case of power failure. Some houses may have only battery-powered detectors or a combination of hard-wired and battery-powered. Many also have detectors with ten-year batteries, so we never have to replace the battery during the useful life of the detector.

No matter what kind of smoke detectors you have, it is important to make sure that the batteries are still functioning (even the ten-year batteries). That's what the little test button is for. You need to hear that ear-splitting noise to assure yourself that the battery is still working. Of course, batteries are supposed to chirp when they are going bad; that usually happens around 2 am. However, don't be passive and wait for the battery to complain; push the button and get a positive test. If you cannot reach the detector, try using a broom handle to push the button. And remember that the Handyperson volunteers of Fearington Cares are always happy to come push your buttons.



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.



Health Services Offered at the Ferrington Cares Center

Nurse Consultation Triage Clinic
Monday & Wednesday 9am-12pm
Appointment required, call 919-542-6877

Movement Classes

www.ferringtoncares.org

All movement classes are at the
Ferrington Cares Center

Otago*

Mondays 10:30am
(No class Nov. 13, 20)
Fall Prevention Exercises

Chair Yoga*

Wednesdays 11:30am
(No class Nov. 22)

Chair Tap Dance*

Thursdays 10:00am
(No class Nov. 2, 23)

Line Dancing*

Thursdays 11:30am
(No class Nov. 2, 23)

Intermediate Yoga*

Thursdays 2:30pm
(No class Nov. 23)

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

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
(No meeting Nov. 20)
at the Ferrington Cares Center

Parkinson's Group

Tuesday, Nov 7, 1:30pm
(Special presentation at
The Gathering Place)

Brainiacs Memory Cafe

Wednesdays 10:00am
(No meeting November 22)
at the Ferrington Cares Center

Caregivers Support Group

Wednesdays 1:00pm
November 1 & 15
on Zoom

Living with Chronic Conditions

Thursdays 1:00pm
November 2 & 16
on Zoom

Meditation

Fridays 10:00am
(No meeting Nov. 24)
at the Ferrington Cares Center

Ferrington Cares ferringtoncares.org 919-542-6877