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## December 2023 Newsletter

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

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### Happy Holidays! The Ferrington Cares Center Will Be Closed December 18 - January 1

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. All other messages will be retrieved on January 2.

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### No Newsletter in January

We will not be publishing a Ferrington Cares newsletter in January, and instead will send weekly program highlights and schedule reminders for movement classes and support groups. Stay tuned!



## **Ferrington Cares Film Nite**

**Thursday, December 7, 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 [FerringtonFilmNite@gmail.com](mailto: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.

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## **Blood Drive**

**Monday, December 11, 9am-1:30pm  
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. We are currently experiencing a national blood shortage and The Red Cross must collect 10,000 additional blood products each week over the next two months for the blood supply to reach sufficient levels and meet hospital and patient needs. Call 800-733-2767 to schedule your life-saving appointment or go to [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code: Ferrington. Thank you in advance if you can join the community of blood donors in December!



## Snowflake Lantern Workshop

Tuesday, December 12, 10am-11am  
at the Ferrington Cares Center

To add variety to the Solstice Walk on December 21 (see below), Ferrington Cares is offering a Snowflake Lantern Workshop. This is a simple project made from white paper bags, glue sticks and fairy lights - just takes some finger strength. There is a \$5 fee payable to the Workshop to cover supplies. Call Ferrington Cares at 919-542-6877 to register. Limit 8 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.

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**Ferrington Cares**  
**Holiday Open House**  
December 15, 11am-1pm  
at the Ferrington Cares Center

No matter how you celebrate this festive season, join your neighbors for festivities, friendship, and fun. Drop in anytime between 11:00 a.m. and 1:00pm on Dec 15 for light refreshments. Wear your favorite holiday accessory (eg. hats, socks, ties, jewelry, scarves)! Share your best holiday pet pictures, and favorite holiday traditions!

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## "Living Through Loss" Series

January 18, 1pm-2:30pm

Weekly on Thursdays, through February 22  
at the Ferrington Cares Center

This grief support group is for residents who have experienced the death of a loved one (spouse, partner, sibling, parent, friend, etc). The group will meet on six (6) consecutive Thursdays and will focus on sharing stories about the challenges of grief and exploring strategies for navigating this difficult journey. Spending time with others who share the experience of loss can help you feel less alone. A supportive and confidential environment will be stressed.

Our facilitator, Anne Kissel, is a Ferrington Village resident who holds a PhD in counseling and certifications in Counseling, Thanatology, Powerful Tools for Caregivers and Family Mediation. Anne previously was a hospice bereavement counselor.

*Registration is required.* Please call Ferrington Cares at 919-542-6877  
Limit 6 participants. Participants are encouraged to attend all six meetings.



## 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.*

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## Movement Classes

[www.ferringtoncares.org](http://www.ferringtoncares.org)

All movement classes are at the  
Ferrington Cares Center

### Otago\*

**Mondays 10:30am**  
(No class Dec. 18, 25)  
Fall Prevention Exercises

### Chair Yoga\*

**Tuesdays 11:30am**  
(No class Dec. 19, 26)

### Chair Tap Dance\*

**Thursdays 10:00am**  
(No class Dec. 21, 28)

### Line Dancing\*

**Thursdays 11:30am**  
(No class Dec. 21, 28)

### Intermediate Yoga\*

**Thursdays 2:30pm**  
(No class Dec. 21, 28)

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

## Support Groups

[www.ferringtoncares.org](http://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 Dec. 18, 25)  
at the Ferrington Cares Center

### Parkinson's Group

**1st & 3rd Tuesdays,**  
**1:30pm**  
(No meeting Dec 19)

### Brainiacs Memory Cafe

**Wednesdays 10:00am**  
(No meeting Dec. 22, 27)  
at the Ferrington Cares Center

### Caregivers Support Group

**Wednesday Dec 6, 1pm**  
on Zoom

### Living with Chronic Conditions

**Thursdays 1:00pm**  
December 7 & 21  
on Zoom

### Meditation

**Fridays 10:00am**  
(No meeting Dec. 22, 29)  
at the Ferrington Cares Center



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

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

**Fearington Cares [fearingtoncares.org](https://fearingtoncares.org) 919-542-6877**