



February 2024 Newsletter

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

Message from Kim Schneider, Executive Director



I would like to take this opportunity to express my deep appreciation for your support in response to our 2023 year-end campaign. December donations were the highest in recent history! Your generosity will help us achieve our goal to become the best healthy aging residential organization in the country.

This year we will offer more activities to connect you with neighbors, provide nursing and homecare services through our trusted partner, Aegis Home Care, and communicate with you in new ways about our programs and future growth. We look forward to seeing you in our classes and groups, and at our upcoming social events in 2024!



Ferrington Cares Film Nite

**Thursday, February 1, 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 FilmNite@FerringtonCares.org 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.



The Paper Garden

**Wednesday, February 14, 11:30am
at The Ferrington Cares Center**

Meet Cynthia Woodsong, who is a paper flower artist. Cynthia will discuss how she makes these extraordinary paper flowers and her passion for making replicas of live native North Carolina plants, including pitcher plants and Venus Flytraps. Her work can be found at the North Carolina Botanical Garden. To learn more about her, click [here](#). This event is co-sponsored by Ferrington Cares and the Garden Club.



Dialogue with Sera Cuni: Chef, Restaurateur, and So Much More!

**Monday, February 26, 12:30pm
at The Ferrington Cares Center**

Sera Cuni, chef/ owner of Cafe Root Cellar, will share stories about her life as a chef and restaurateur, winner of Food Network's "Supermarket Stakeout," co-founder of Feed-Well Fridges (addressing food insecurity), and occasional Strong Man contestant. Come meet Chef Sera at the Ferrington Cares Center!



Forest Therapy: Mindfulness in Nature

Saturday, March 4, 10am-12pm
Meet in Ferrington Village in front of
McIntyre's books by 9:50am

Registration runs February 7-28 at the
Ferrington Cares Center

\$30 fee
(Cash, or check made out to
Denise Pastoor)

Come experience Forest Therapy, also known as Forest Bathing, a mindful immersion in nature, using sight, sound, smell, taste, and touch to deepen sensory awareness. The aim is to slow down and tap into the powerful health benefits of nature to boost immunity, improve mood, and decrease stress.

Denise Pastoor, a resident of Ferrington Village, Certified Forest Therapy guide, RN psychotherapist, yoga teacher and healing touch practitioner, will guide you as you savor the sights, sounds, and smells of nature to create stillness and calm. Listen to the sounds of the forest, touch the textures of trees, smell nature's scents, and bask in sunlight dabbling through the trees.

This practice is slow-paced and suitable for all fitness levels. Please dress for the weather, as we will be outdoors for the entire program. You may wish to bring water, insect repellent, or anything else that will help you be comfortable. Feel free to bring something to sit on (yoga mat, outdoor chair/stool) that you would not mind carrying. The program is RAIN or SHINE. Come unwind in nature's wonders!

Contact Denise at ddpastoor@gmail.com with any questions.

Denise DeForest Pastoor is a certified Forest Therapy guide through the Association of Forest and Nature Therapy Guides.



Record Attendance for December 2023 Lantern Walk and Lantern-Making Workshops

Jointly sponsored by Fearington Village, the FHA and Fearington Cares, the third annual Winter Solstice Lantern Walk on Thursday, December 21, 2023, drew 190 participants and spectators.

In November, Fearington Cares sponsored two lantern-making workshops facilitated by Beth Gold. Over forty Villagers participated, many of whom were inspired to invite friends and neighbors to their homes to make lanterns of diverse materials and patterns. The lanterns were beautiful additions to the walk, and participants enjoyed chatting with each other while exercising their creativity!

2023 Holiday Open House a Great Success!

Thanks to everyone who attended the Fearington Cares Open House on December 15. Over eighty residents enjoyed holiday cheer and joined in our festive activities, and even learned their special "elf names"! Of course, we also provided opportunities to learn more about Fearington Cares programs and services and about options to join our cadre of volunteers.

Special congratulations to Wendy Snodgrass who won a gift card for her “Spine Poetry” poem. These free-form poems are a unique way of expressing ideas and are created by arranging the titles found on book spines. Regarding her experience, Wendy wrote, “Thanks for offering such an insightful activity! Book titles can be compelling on their own, but it’s surprising how they can be thoughtfully arranged to create a poem with a message more profound than expected. This one speaks to balancing one’s life so that there is time for personal pursuits, volunteering, and engaging in one’s community.”

The Breakthrough

How Can I Help?

Doing Good

Planting Seeds

In the Company of Others

Take Time for Your Life

~Wendy Snodgrass



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.fearringtoncares.org

All movement classes are at the
Fearrington 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

Intermediate Yoga*

Thursdays 2:30pm

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

Support Groups

www.fearringtoncares.org

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

Alcoholics Anonymous

Mondays 10:00am
at the Fearrington Cares Center

Parkinson's Group

1st & 3rd Tuesdays,
1:30pm

Brainiacs Memory Cafe

Wednesdays 10:00am
at the Fearrington Cares Center

Caregivers Support Group

1st & 3rd Wednesdays
1:00pm
on Zoom

Living with Chronic Conditions

1st & 3rd Thursdays 1:00pm
on Zoom

Meditation

Fridays 10:00am
at the Fearrington 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 919-542-6877

Fearington Cares | 2020 Fearington Post, 28 Swim & Croquet, Pittsboro, NC 27312