



March 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 am writing this message while basking in the glow of Winterfest 2024. Over 200 Villagers attended this inaugural event on Friday, February 9, in the festively decorated Ferrington Barn. The event was co-sponsored by Ferrington Cares and the Ferrington Homeowners Association, with generous support from Fitch Creations.

Everyone enjoyed food, drink, and lively conversation while a customized playlist kept the dance floor full all night long. The feeling of community was palpable.

The silent auction prompted some friendly competition among enthusiastic bidders, and generated thousands in funds that will help Ferrington Cares provide programs and services that foster the well-being and healthy aging of all who reside in Ferrington Village.

A big THANK YOU to the many volunteers who made it all happen, to the auction donors and bidders for their generosity, and to everyone who came out to spend the evening with friends and neighbors. Let's do it again next year!



Ferrington Cares Presents Film Nite

**Thursday, March 7, 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 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.

Health Fair

**Saturday, March 9
10am – 2pm
at the Ferrington Cares Center**

A key component of Healthy Aging is knowing your "numbers." UNC Cardiology and UNC Wellness will be on site to perform a health screening including blood pressure, glucose and cholesterol.

This event is sponsored by Ferrington Cares and is designed to encourage healthy lifestyles and personal awareness of your own risk factors. Ferrington Cares' trusted partner, AEGIS Homecare (<https://ferringtoncares.org/staying-healthy/aegis-home-care/>), and a representative of 501 MedSpa - a new venture of 501 Pharmacy (<https://medspa501.com/>) will also be on site to tell you about services available to contribute to the health and well-being of residents and to answer your questions.

The Health Fair is being held inside the Ferrington Cares building so come rain or shine. No appointment need!

Join the Ferrington Community Emergency Response Team (CERT) and Make a Difference!

**Tuesday, March 12, 7pm
at the Ferrington Cares Center**

Are you ready to make a positive impact during emergencies? The Community Emergency Response Team (CERT) program is your opportunity to learn essential disaster response skills and contribute to the safety and well-being of our community.

CERT is a free, voluntary program that educates volunteers about disaster preparedness for the hazards that may occur where we live. By participating in CERT training, you'll gain valuable knowledge and skills to assist during emergencies when professional responders are unable to reach us immediately. These include fire safety, light search and rescue, and basic first aid and medical triage. By joining CERT, you will improve your disaster response abilities and become part of a Ferrington network helping neighbors in an emergency.

Come to our orientation session on **March 12** to get more information about CERT. No prior experience is necessary; everyone is welcome, regardless of experience level. Whether you're a seasoned volunteer or a newcomer, your dedication matters. If you have any questions or need further information, please feel free to reach out to us at ferringtoncert@gmail.com.

"Talk With an Attorney"

**Friday, March 29, 10:30am - 1:00pm
at The Ferrington Cares Center**

Ferrington Cares is offering an exciting new free opportunity for residents to talk with an attorney about estate planning. Reserve your spot to meet with Sophia Munson, managing partner at the Munson Law Firm.

Were your estate documents (will or trust) written in a different state? Have your children grown into adults since the last time your will was updated? Do you have advanced directives and are they current? Do you have a child with a disability? Do you need guidance with estate administration?

Bring your questions to Sophia to learn what changes may need to be made to your estate plan to gain peace of mind, one piece at a time. *Registration is required.* Call the Center to schedule a 15-minute session at (919) 542-6877.

****SAVE THE DATE****

**"Penny Lane Farm"
Guest Speaker
Thavagunan Mahadevan, MS, LCAS**

Wednesday, April 17, 2024

1:30–3:00pm

at The Gathering Place

This presentation is co-sponsored by Women of Ferrington and Ferrington Cares and is part of the WoF general meeting.

Mahadevan is Clinical Instructor and Director of Operations at UNC's Center for Excellence in Community Mental Health. He will explain the work at nearby UNC Farm at Penny Lane. The 40-acre tract is the therapeutic setting for persons with mental illness.

To register, please click [here](#). This program is free to WoF members and \$5 for non-members.

501 Focus Program Now Enrolling

During last summer's Ferrington Cares focus groups, many residents expressed an interest in using medical technology in their homes to monitor chronic health conditions. Ferrington Cares' Trusted Pharmacy Partner, 501 Pharmacy, is offering a new program called "501 Focus" that is for individuals aged 65 and above, who have been diagnosed with high blood pressure and/or diabetes.

This program includes services like medication synchronization, medication adherence packaging, and dietary supplement consultations. A key component is remote patient monitoring where participants will use free medical devices supplied by the program that will securely bank their results and send them to their primary care provider at the end of each month. The benefit to participants and their primary care providers is that these devices provide real time monitoring of sugars and/or blood pressure with any out of range test results being quickly identified by a clinical pharmacist, who can make recommendations to their providers. Most insurances cover Remote Patient Monitoring (RPM).

Interested residents should call 501 Pharmacy at 984-999-0501 for information or to set up an approximately 30 minute enrollment visit to review their medical history, current medications and set goals for their condition.



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

1st & 3rd Tuesdays,
1:30pm
at the Ferrington Cares Center

Brainiacs Memory Cafe

Wednesdays 10:00am
at the Ferrington Cares Center

Movement Classes

(Cont.)

All movement classes are at the
Ferrington Cares Center

Intermediate Yoga*

Thursdays 2:30pm

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

Support Groups

(Cont.)

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

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 Ferrington Cares Center



Health Services Offered at the Ferrington Cares Center

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

Ferrington Cares ferringtoncares.org 919-542-6877