



April 2024 Newsletter

The Ferrington Cares Newsletter is also included in the Belted Gazette.
This version has been updated with the latest information.

Message from Kim Schneider, Executive Director



As we anticipate the promise of spring with so many beautiful flowers blooming around us, at Ferrington Cares we have also been enjoying meaningful growth in program participation. I love seeing so many of your smiling faces every day!

In addition to participation, your input and feedback are critical to ensuring that we are meeting your needs, and we have heard you! Two of our upcoming programs have been developed specifically in response to your requests. And we are delighted that one of these programs, "Scam Detection and Prevention Strategies," is being sponsored jointly by Ferrington Cares and Women of Ferrington.

Ferrington Cares promotes a holistic approach to healthy aging at every stage of life, activity level, and health status, and we are particularly focused this year on addressing isolation through programs and services that facilitate social interactions and personal connections. Our staff, board, and committees are hard at work creating more opportunities to connect you to each other in so many ways, and your participation signals that we are moving in the right direction!



Ferrington Cares Film Nite

**Thursday, April 4, 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.

"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.

Sound Bath Meditation

Monday, April 22

12:30-1:30 pm

at the Fearington Cares Center

A sound bath meditation offers immersion in the healing power of sound. This special session lead by Jennifer Hansen of **Ancient Song Therapy** features the distinctive sounds of Himalayan and crystal singing bowls accompanied by voice, chimes, and percussion. It begins with a brief guided meditation, and then participants are “bathed” in sound. This experience promotes relaxation in the body and calmness in the mind which can lead to better sleep, restored emotional capacity, increased energy, and overall well-being. Chairs are provided, and participants are invited to bring additional comfort items like cushions and blankets, or even an eye mask if they would like.

To register, call Fearington Cares at 919-542-6877 Monday-Friday, 9 am-1 pm

\$10 Fee (Cash or check made out to Jennifer Hansen on day of event)

Jennifer Hansen is a polymath who has spent many years as a vocalist and ceremonialist and over a decade adapting both to sound healing work. She founded Ancient Song Therapy in 2018 and offers sound therapy sessions for individuals and groups throughout the Triangle.

"Talk With an Attorney"

Friday, April 26, 10:30am - 1:00pm

at The Fearington Cares Center

Fearington 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.



"Scam Detection and Prevention Strategies"

**Tuesday, April 30, 4-5:30 pm
at The Gathering Place**

Free to all residents of Fearington Village and Galloway Ridge

Sadly, the tools that help us connect with family, friends, and businesses are subverted daily to annoy us and attack our mailboxes, phones, and financial accounts. The Chatham County Sheriff's Department and SECU will highlight common consumer fraud schemes, how to protect yourself, and what to do if you fall victim to scammers. This program, sponsored by Fearington Cares, Women of Fearington, and the FHA, will help you be more skilled at

- Recognizing attempted fraud
- Avoiding scams
- Knowing what to do if you believe your computer or accounts have been compromised.

Please register [here](#).



PediCure Foot Care at Fearington 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 PediCure, 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 Fearington Cares Center (919-542-6877) to make an appointment to come to the Fearington 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

Intermediate Yoga*

Thursdays 2:30pm
No class April 25

**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
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

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 Fearington Cares Center

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

Fearington Cares fearingtoncares.org 919-542-6877