



May 2024 Newsletter

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

Ferrington Cares will be Closed on Monday, May 27 for Memorial Day

Message from Kim Schneider, Executive Director

I am so pleased to announce that the **Ferrington Cares 2023 Impact Report** is now available on our website - click [here](#) to see a snapshot of the impact that Ferrington Cares has had over the last year, and a brief preview of what's to come. We have accomplished so much with the help of our volunteers, and there is so much more we can do with your support!



Ferrington Cares Film Nite

Thursday, May 2, 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@FarringtonCares.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.

Walk and Learn About the Healing Power of Plants

Saturday, May 4th, 10 am-12:30 pm*
at the Fountain at the Roost

rescheduled only in the event of thunderstorms or severe weather

Sip on a comforting medicinal tea before embarking on a 2.5-hour guided journey learning the wonders of medicinal plants as your walk near the Village ponds. Enjoy a natural food treat and immerse yourself in nature's wisdom. Receive detailed information and notes on the plants you encounter and discover the magic of nature's pharmacy.

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

\$25 fee (Cash or check payable to Melanie Yukov on day of event)

Melanie is a Community Herbalist who has studied plants internationally and across the United States for the past 10 years. She began Root 2 Rise Wellness to connect people of all ages to their roots, nature, and healthy practices through conscious community. For more information, click [here](#).



Container Gardening 101

Tuesday, May 7, 3:00 - 4:30pm
at the Gathering Place

Matt Jones, Horticulture Extension Agent with NC State University and Chatham County, will share information about what makes a great container garden. This type of flexible garden uses pots, window boxes, and other containers for plants, flowers, herbs, or vegetables, instead of putting them in the ground. It also allows you to maximize a small space even if you have poor soil. This event is co-sponsored by Farrington Cares and the Farrington Garden Club.

Interested in a Group About Hearing Loss?

**Tuesday, May 14, 3pm
at the Ferrington Cares Center**

Do you or your loved one have hearing loss? If your answer is “yes,” you are not alone, as hearing loss impacts more than 60 million Americans over the age of 12. Unaddressed hearing loss in adults is associated with poor health outcomes, including dementia and isolation.

In this session, Caitlyn Whitson, AuD, CH-AP, will talk about current issues and hearing tech. With the recent attention on hearing loss and its impact on cognition, coupled with the recent explosion of nanotechnology, hearing aid tech continues to be a rapidly evolving field in the healthcare sector. With the addition of OTC hearing aids to the consumer marketplace, understanding where to start with hearing care can be confusing. Dr. Whitson's presentation will review the current state of prescription-based and OTC hearing aids, their available features, and other technology to improve hearing accessibility.

If there is sufficient interest, then there may be an opportunity to form a group that can affiliate with the Hearing Loss Association of America (HLAA). This group would meet quarterly to discuss hearing loss, share tips, and exchange information on managing this condition.

Dr. Whitson joined the UNC Hearing and Communication Center in 2019, where she is currently a Clinical Assistant Professor and Clinic Manager. A double graduate of UNC-Chapel Hill, she received her Bachelor of Arts in Linguistics in 2013 and her Doctorate in Audiology in 2019. Her clinical duties include graduate student precepting, diagnostic hearing evaluations, adult hearing aid fittings, and facilitation of the aural rehabilitation program. Outside of work, she enjoys spending time outdoors with her daughter and visiting the beach in her hometown of Wilmington, NC.

“Brush Up” on Estate Planning

Friday, May 17, 1:30 pm-3:30 pm
Ferrington Cares Center

Join us for a unique experience that is both enriching and practical. We'll be diving into the intricacies of estate planning with [Attorney Sophia Munson](#), co-founder of Munson Law Firm, while also unleashing your inner artist. Picture this: vibrant strokes on canvas, the aroma of freshly brewed coffee, and the sweet indulgence of cookies, all while we discuss the importance of securing our futures. It's an opportunity to learn, create, and connect, so mark your calendars and join us for an afternoon that promises both enlightenment and enjoyment. Art activity facilitated by Arielle Zorger of Chapel Hill.

To register, call the Ferrington Cares Center at 919-542-6877, Monday - Friday, 9 am-1 pm. \$25 fee (Cash or check payable to Arielle Zorger on day of event)

Upcoming Changes to Ferrington Cares Newsletters

After careful consideration and consultation, the Ferrington Cares Board of Directors has decided to discontinue publishing our newsletter in the Belted Gazette, effective July 2024. We will continue to distribute our e-newsletter directly to you and make it available on our website. The Belted Gazette will provide a link to that page.

Please share any newsletter questions or input at info@ferringtoncares.org or by calling or stopping by the Ferrington Cares Center.



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
No class May 27

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
No session May 27

Parkinson's Group

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

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 Ferrington Cares Center**

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

Ferrington Cares ferringtoncares.org 919-542-6877