



June 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



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 in our community over the last year. We have accomplished so much with the help of our volunteers, and there is so much more we can do with your support!

Our focus in this month's newsletter is volunteerism and the meaningful impact that your time and effort on behalf of your neighbors benefits both them and you! Be sure to look for articles in this issue from Carolyn and John Boyle and Karen Schectman about their Ferrington Cares volunteering experience.

Ferrington Cares Volunteer Appreciation Event

The annual Ferrington Cares Volunteer Appreciation event was May 22, when our hard-working volunteers had the opportunity to enjoy delicious treats, engage in lively conversation, and hear some updates from Ferrington Cares leaders. Our volunteers left the Center with something sweet and a "swag bag" full of fun and handy items.



Ferrington Cares Film Nite

Thursday, June 6, 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.

Tango is for Everyone

Sunday, June 9, 7-9 pm
at The Gathering Place



Tango has captured the hearts and minds of people around the world - from the dance halls of the 1880s to current-day Fearington Village!

Fearington Cares is hosting a special night of Live Argentine Tango Music by musicians Juan and Patricio of Villarreal Crom (<https://villarrealcrom.com/>).

This is a rare opportunity to learn about the history of tango, its music and orchestras, and to discover the benefits of dancing tango. Enjoy live music, a tango demonstration, and a brief tango lesson to end the evening.

To register, call the Fearington Cares Center at 919-542-6877, Monday - Friday, 9am - 1pm, and bring the \$25 fee (cash or check payable to Luis Del Rio) to the Fearington Cares Center prior to the event.

A big thank you to Fearington Homeowners Association for their support!

Living Healthy with Chronic Conditions

Mondays, June 10 - July 22, 3-5pm
at the Fearington Cares Center

Do you have diabetes, arthritis, high blood pressure, heart disease, pain, anxiety, or another chronic condition? Attend a **FREE 6-session workshop** to learn how to "Live a Healthy Life with Chronic Conditions."

The workshop is sponsored by Fearington Cares and will be facilitated by certified instructors Liz Lahti and Tim Smith of NC Aging Services of Chatham County. Learn how to eat well and exercise safely, cope with pain and fatigue, explore new treatment options, and talk to your doctor. The workshop is based on an evidence-based program developed at Stanford University, and a workshop companion book will be provided.

Classes will be held every Monday for six weeks, running through July 22. Note that Fearington Cares is closed the first week in July, so class will not be held on July 1. Participants are strongly encouraged to attend all six sessions.

Space is limited. **To register**, call the Fearington Cares Center at 919-542-6877, Monday - Friday, 9am - 1pm



Game Day!

Wednesday, June 26 2-4pm
at the Ferrington Cares Center

Join us for some friendly competition and fun! Play board, card, trivia and other games while socializing with your neighbors. Games, snacks, and drinks will be provided.

SAVE THE DATE! We will also be hosting a Game Night on Wednesday, July 10. If you are a "player," feel free to attend both. Watch your email for details!

Why Volunteering is Good for Your Health

By John and Carolyn Boyle

Ferrington Cares says that we are “Friends helping friends!” It turns out that helping others also helps us. Two scientific articles in a recent issue of *Psychology and Aging* provide evidence that volunteering is an “effective strategy for older adults to help themselves while helping others.” One article is a meta-analysis in which the authors combined research from 14 different studies dating from the 1980s until present day. The populations studied were all older than 55 and the cumulative results showed that **overall mortality rates were significantly reduced** in those who did volunteer work. The researchers were careful to control for a variety of potentially confounding factors such as the health of the individuals involved. After adjusting for those factors and for the variable nature of the combined studies, they found that **volunteering reduced mortality risk by 24% on average**. They eloquently state in their conclusion, “The results of this meta-analysis suggest that it is no longer a question of whether volunteering is predictive of reduced mortality risk; rather, our results suggest that the volunteering–mortality association is reliable, and that the magnitude of the relationship is sizable.”

The second article in the same issue (while you guys are doing Wordle, we are slogging through these scientific journals just for you – but hey – we volunteered!) tries to pull out more specific effects of why volunteering is good for you. It shows that people over 50 who did 200 hours of volunteer work in a year (less than four hours a week) were less likely to develop hypertension. Those who were in the volunteer category were 40% less likely to develop

hypertension over a four-year period. Of course we know that hypertension is a risk factor for cardiovascular disease, the leading cause of death of older Americans. The authors point out that the hypertension effects were seen over the entire demographic range of their study population. They also point out that the effects may be seen for more limited numbers of volunteer hours but their study was not designed to be able to see that. Nevertheless, they state "...volunteerism may be an effective, nonpharmacological intervention for reducing hypertension risk."

If all this seems like an ad for Fearington Cares, well.... We provide multiple volunteer opportunities. **Click [here](#) to volunteer!** Clearly, this is important for your health, and we don't even charge you to volunteer!

Fourteen Years of Caregiving Support

By Karen Schectman

June 2024 marks the beginning of the fifteenth year of the Caregiver's Support Group. Originally a group for dementia caregivers, the group soon opened to all caregivers in the Village.

We learned quickly that caregivers share many issues in common - exhaustion, anger with themselves or their loved one, difficulty in finding reliable and trained persons to help, loneliness and isolation, a willingness to learn from the experiences of others, and an understanding of others that comes from having traveled the same path.

We estimate that 150 people have participated in this group over the years. Many made friendships which extended long after group attendance. Some people came once; others attended for years. We've had members caring for spouses, for a parent or both parents at once, for siblings in other states, for an ill twin, at home or in a facility. We shared reactions to treatments that worked, that failed, medical personnel who were angels and ways to confront insensitive care providers.

In short, we have become a caring, therapeutic community within Fearington Cares, the heart of this Village.

Confessions of a Not-So Handy Person

By John and Carolyn Boyle

I am a volunteer and I like it! I do it to help people but also to help myself. It gets me out of the house, is good for my blood pressure, and coincidentally helps other people too. I am a not-so handy Handy Person but I have the virtue of being stubborn. I will not let that toilet flapper defeat me nor will I give in to that ridiculously high light bulb. I am better than that dripping faucet!

This is perhaps a little too dramatic, but being a Handy Person does give me a way to help people who may not be able to do some things for themselves. Our mantra could be that what is difficult for some may be easy and obvious for others. We just have to find that easy route. And if that fails, there is always YouTube! We have tackled seemingly impossible tasks like a dryer that is not working or a sound system that is silent. In each case, all that was required was pushing the right button! But the homeowner was too frustrated to realize what was needed, and we were too stubborn to give up hope.

Join our volunteer Handy Person cadre and help discover the easy way to solve what may seem like intractable problems. No experience necessary; only stubbornness! **Click [here](#) to volunteer!**

Scam Resources

Ferrington Cares recently co-sponsored a program on Scam Detection and Prevention. Click [Here](#) for some resources to help all of us become more “scam aware”.

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.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

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.)

www.farringtoncares.org

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

Support Groups (Cont.)

www.farringtoncares.org

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 Farrington Cares Center**



Health Services Offered at the Farrington Cares Center

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

Farrington Cares farringtoncares.org 919-542-6877

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