



Farrington Cares Newsletter

September 2024



Message from Kim Schneider, Executive Director

Hello from Farrington Cares! I hope you have had a fun-filled summer and are back in the village ready to join us for a very busy fall. We have been developing new Healthy Aging programming that we will roll out over the coming months, which includes a series of sessions focused on health promotion and maintenance, and age-related planning. We will also be sponsoring a Health and Technology Fair and unveiling a new health-focused Vendor List later this year. We are thrilled to be partnering with the FHA on several of these initiatives and appreciate the input from their valuable work on resident aging.

Please take some time to read our newsletter for announcements, updates, and our exciting September lineup, and keep an eye out for our weekly Farrington Cares Highlights emails focused on the activities scheduled for the coming week.

Dance-a-Thon was a Fantastic Fundraiser!

On Saturday, August 24, Galloway Ridge and the Duke Center for Living sponsored a Dance-a-Thon to benefit Fearington Cares. The event was a great success, raising over \$1,100 to support programs and services that foster healthy aging in Fearington Village. We are so grateful for the growing partnership we are developing with Galloway Ridge, and look forward to more collaboration in the future.



Intro to Improv

Wednesday, September 4, 1:30 - 3 pm
at the Fearington Cares Center

Come and learn the basics of improvisation by playing improv games. All you need is a desire to PLAY - no previous experience necessary.

When we are at play, we are engaging our minds and bodies in a unique way. Play is liberating, joyful and unbound from the constraints of overthinking things or judging ourselves. From this liberated, joyful and open space magic arises. Each person experiences magic differently. Some descriptions of magic that participants have shared are: confidence, new or renewed connectiveness to others, discovery of creativity, feeling seen and heard, feeling empowered to do what they were afraid to do previously, and joy.

Regina Bartolone, from Bartolone Coaching, is a Fearington Village resident who is experienced in improv and improv workshops. She will guide you in discovering your magic!

Registration is required. Call the Fearington Cares Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. Cost is \$20 payable by cash or check directly to Regina Bartolone.



Fearrington Cares Film Nite

**Thursday, September 5, 7pm
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@FearringtonCares.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.

Mindful Aging: Practical Tips for a Healthy Brain

Tuesday, September 10, 1 - 2 pm

Via Zoom [Click here for link](#)

Aging happens, so the goal for most of us is to do it as well as we can. Join Emily Cetrone, MD, who will discuss normal cognitive aging and distinguish it from more serious causes of cognitive changes. She will also share some practical tips that have been shown to slow cognitive decline.

Dr. Cetrone is Board Certified in Internal Medicine and is a geriatrician in the Geriatrics Specialty Clinic at UNC Health. She is also an assistant professor of geriatrics at the UNC School of Medicine. Dr. Cetrone has given presentations and written articles on normal cognitive loss.

Check out these links to learn more about [normal aging and cognitive loss](#), and [ways to prevent or delay dementia](#).

Thank you to the Fearington Homeowners Association for their support of this program!

Back by Popular Demand! Sound Bath Meditation

**Monday, September 16, 12:30 - 1:30 pm
at the Fearington Cares Center**

Be immersed in the healing power of sound. Jennifer Hansen of Ancient Song Therapy features the distinctive sounds of Himalayan and crystal singing bowls accompanied by voice, chimes, and percussion. After a brief guided meditation, 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.

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.

Registration is required. Call the Fearington Cares Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. The \$10 fee is payable by cash or check made out to Jennifer Hansen on day of event.

Living Through Loss Support Group

**Thursday, September 19, 2-3:30 pm
at the Fearington Cares Center**

This is a six-week program running weekly through October 24, 2024

This grief support group is for residents who have experienced the death of a loved one (spouse, partner, sibling, parent, friend, etc.) The group will meet on six consecutive Thursdays and will focus on sharing stories about the challenges of grief and exploring strategies for navigating this difficult

journey. Spending time with others who share the experience of loss may help you feel less alone. A supportive and confidential environment will be stressed.

The sessions will be facilitated by Anne Kissel, a Fearington Village resident with a PhD in counseling and specialization in gerontology. Anne is a trained instructor in “Powerful Tools for Caregivers” and “Respecting Choices.” Previously, Ann was a hospice bereavement counselor.

Space is Limited and Registration is Required. Call the Fearington Cares Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. Participants are encouraged to attend all six meetings.

What Aegis Home Care Can Do for You

Friday, September 20, 12:30 - 1:30 pm
at the Fearington Cares Center

Join us for an informational session with Fearington Cares’ trusted partner, Aegis Home Care. Aegis provides nursing services and care coordination in the Fearington Cares Clinic as well as nursing care, companion care and other services in resident’s homes. Representatives from Aegis will tell you about their services and answer your questions.

Click [here](#) to learn more about Aegis at Fearington.

Social for Singles

Friday, September 20, 7 - 9 pm
at the Gathering Place

*Co-sponsored by Fearington Homeowners Association and
Fearington Cares*

Join other Fearington singles in an evening filled with new friends, wine and light refreshments, games, and fun! This activity will occur monthly, so stay tuned for upcoming dates. Galloway residents are welcome!

Click [here](#) if you need transportation or more information.

Drumming for Wellness and Connection

**Saturday, September 21, 10 - 11 am
at the Fearington Cares Center**

Are you interested in joining a drumming group? Fearington Village resident and musician, John Makowski, will introduce you to the joys of drumming for wellness and connection. The actions and rhythm of drumming are associated with improved brain health, reduced stress and an increased sense of well-being. It also is a great way to connect with others. No experience required. Feel free to bring a drum (no timpani drums please).

For more information, please contact Beth Coulombe at lisbeth.coulombe@gmail.com

Reduce Your Risk of Falling

**Monday, September 23, 3 - 4 pm
at the Fearington Cares Center**

Join Liz Lahti of Chatham County Aging Services in learning some exercises and tips that can increase your strength, improve your balance and reduce your risk of falling. Liz is a certified instructor in “A Matter of Balance,” an evidence-based program that is designed to reduce the risk and fear of falling and improve activity levels in older adults.

Brainiacs Memory Cafe Returning in October!

Wednesdays 10 - 11 am

Brainiacs is coming back after a brief hiatus! This is a warm, friendly, welcoming group open to anyone who has neurodegenerative issues associated with stroke, traumatic brain injury, Parkinson’s, or cognitive decline. Partners and caregivers are also welcome. Join us for camaraderie and one or two activities to enhance our lives: sharing stories, chair exercises to increase communication between our right and left brains, drumming to reduce anxiety/tension, or fun interactive games.

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
(no class Sept 10)

Chair Tap Dance*

Thursdays 10:00am
(no class Sept 5, 12, 19)

Line Dancing*

Thursdays 11:30am
(no class Sept 5, 12, 19)

Intermediate Yoga*

Thursdays 2:30pm

Qigong*

Fridays 11:30am

**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

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

Page 7 | Page 7 | Page



Health Services Offered at the Ferrington Cares Center

Nurse Consultation Triage Clinic
Monday & Wednesday 9am-12pm

Routine Foot Care
Tuesday & every other Thursday

Appointment required, call 919-542-6877

Ferrington Cares ferringtoncares.org 919-542-6877

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