



# Ferrington Cares Newsletter

October 2024

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## Message from Our New Board President, Beth Coulombe

I am honored to join Executive Director Kim Schneider and our Board in leading this extraordinary Village resource.

My passion for the work ahead stems from facilitating focus groups with Villagers last year. Participants expressed high admiration for Ferrington Cares, yet most incorrectly assumed we only serve the old, sick, and declining. That sentiment resonated with me, because when my husband Marc and I moved here in 2005, we were healthy and active and had the same perception.

The focus groups and subsequent survey feedback propelled Ferrington Cares to adopt a more contemporary definition of health that does not solely focus on physical health but recognizes the importance of social, emotional, cognitive, and spiritual well-being. We refer to this as “healthy aging” because the goal is not just to age, but to age well.

You suggested many of our new programs and services. Please keep these great ideas coming! I would be glad to attend your club meetings, neighborhood gatherings, or one-on-one meetings to continue to gather ideas and share more about what Ferrington Cares is doing to serve this community.

I want to thank Linda Patterson, outgoing president, for her dedication to Ferrington Cares. Thanks also to everyone who supports their fellow Villagers by volunteering in various capacities, and to all of you who donate financially to keep Ferrington Cares going. Your generosity of time, talent, and financial resources are critical to our long-term success. I cannot wait to see what we will achieve together!

*-Beth Coulombe*



## **Ferrington Cares Film Nite**

**Thursday, October 3, 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@FerringtonCares.org](mailto: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.

## **New: Dance Mix**

**Wednesday, October 9 and 23, 3 - 4 pm**  
**at the Ferrington Cares Center**

Come meet fellow dance fanatics who have an interest in dancing various types, steps, and styles. Dancing is a full body workout, stress-reliever, and is just plain fun! Come to this first meeting to learn more.

## **A Matter of Balance**

**Monday, October 14, 3 - 5 pm**  
**at the Fearington Cares Center**

*This eight-week program meets on Mondays and runs through December 16. No class November 11 or 25.*

Are you concerned about falling? This award-winning, evidence-based program can help reduce the fear of falling and increase the activity level of older adults who have this concern.

Classes help participants:

- view falls and fear of falling as controllable
- set realistic goals for increasing activity
- change their environment to reduce fall risk factors
- promote exercise to increase strength and balance

Facilitators are Liz Lahti, Manager of Pittsboro Center for Active Living, and Donna Costa, occupational therapist and educator.

**Registration is required.** Call the Center at 919-542-6877 Monday - Friday, 9 am - 1 pm to register to participate in this **free** evidence-based program.

## **Medicare 101**

**Tuesday, October 15, 10 am - Noon**  
**at the Auditorium at Galloway Ridge**

Learn about Medicare benefits, including the importance of reviewing your current Medicare plans during the upcoming Open Enrollment Period between October 15 and December 7. There are important changes in prescription drug plans this year based on the Inflation Reduction Act (IRA) and we will share what we know to date.

Several certified counselors with the Seniors Health Insurance Information Program (SHIIP) will provide information on the Medicare landscape for 2025 and help us sort out fact from fiction.

**This program is for current Medicare recipients, those who are planning to enroll, and anyone who is approaching age 65 and wants to learn more!**

## Oktoberfest and Luminaries Presale

Tuesday, October 15, 5 - 7 pm  
on the Upper Lawn of the Swim & Croquet Club

Look for Fearington Cares at this year's Oktoberfest event. We will be launching our fall fundraiser with presales of Winter Solstice Luminary Kits. Come see us for information, fun and games, treats, and giveaways!

## Ask a Financial Expert

Friday, October 18, 10:30 am - 1 pm  
at the Fearington Cares Center

Save your spot with Cindy Royall, Financial Advisor at Edward Jones. Bring your questions about goal setting, financial planning, tax strategies, wealth transfer and investing, and positioning yourself to deal with life events.

**Registration is required.** Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to schedule your free 30-minute session.

## Social for Singles

Friday, October 18, 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.

## Book Exchange Interest Meeting

Tuesday, October 22, 10 - 11 am  
at the Ferrington Cares Center

Do you love reading fiction? Would you like to share books you have enjoyed with others and learn about books and authors unfamiliar to you? If so, then come to the Fiction Book Exchange's inaugural meeting and bring one or two good fiction books that you are willing to trade for two other book selections.

**Registration is required.** Call the Center at 919-542-6877 Monday-Friday, 9 am - 1 pm to register. For more information, contact the facilitator, Donna Truax, at 410-271-8448.

## Drumming for Wellness and Connection

Saturday, October 19, 10 - 11 am  
at the Ferrington Cares Center

Are you interested in joining a drumming group? Ferrington 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 [BethCoulombe](#) at [lisbeth.coulombe@gmail.com](mailto:lisbeth.coulombe@gmail.com)

## How to Have an Empowered Aging Journey

Friday, October 25, 10 - 11:15 am  
at the Gathering Place

Please join us for a presentation by Allison O'Shea, speaker, author, and founder of Openly Aging to learn how to create a plan for aging. Allison has over 20 years of experience working with individuals and their families as an executive director of senior living. While aging is a universal experience, everyone's journey is unique.

Allison offers her vast knowledge and experience to help people take a proactive approach to their aging journey to ensure that how they age is aligned with what matters most to them. Using "4 Pillars to Keep Control of Your Aging Journey," Allison will guide you in navigating your aging journey. Look for fun and useful door prizes!

Thank you to FHA for their support of this program.

## Talk With an Attorney

Friday, October 25, 10:30 am - 1 pm

at the Fearington Cares Center

Reserve your spot to meet with Sophia Munson, managing partner at the Munson Law Firm. Bring your questions regarding your estate documents, advanced directives, or estate administration. Is it time to consider an update your existing will or other documents because your children are now grown, your life situation has changed, or you have a child with a disability? 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 at 919-542-6877 Monday-Friday, 9 am -1 pm to schedule your free 15-minute session.

\*Coming in November\*



## Piano Concert

Sunday, November 10, 3 - 5 pm

at The Gathering Place

*Sponsored by the Fearington Concert Series, with Proceeds Benefitting Women of Fearington and Fearington Cares*

Enjoy an afternoon of musical magic with pianist Steve Baddour. Mr. Baddour promises lively entertainment and will introduce his pieces ranging from European classical offerings to compositions by Latin American and African composers with some jazz in the mix. Please join this accomplished musician and raconteur as he shares his talents to benefit these two worthy organizations. Seats are general admission and limited, so early purchase is recommended.

Seats may be purchased for \$25.00 per person, and payment can be made by check, cash, or credit card, either by phone (919-542-6877) or in person at the Fearington Cares Center 9:00 am-1:00 pm, Monday through Friday. Checks should be made payable to Fearington Cares with Baddour Benefit Concert included on the memo line of the check, and proceeds will be shared between Women of Fearington and Fearington Cares.

Meet the artist and share refreshments at a reception to follow the performance at the Gathering Place!

## StoryCorps News

Fearington StoryCorps was honored to be identified by the national StoryCorps project as a successful community project. Our Fearington StoryCorps Team had an opportunity to meet with Helena Richardson, of StoryCorps, to describe our process and to offer advice for other groups across the US who might hope to undertake a similar effort. As a follow up, the Fearington StoryCorps Team shared some of the materials we have developed to guide our work which will be made available to other projects thru the StoryCorps DIY site. Click [here](#) for more information on Fearington StoryCorps, and let us know if you're ready to tell your story!

## Benefits of Chair Yoga

Yoga is known to be beneficial for the mind and body, but did you know that chair yoga offers many of the same benefits as the more rigorous standing version? And it's for everybody (and every body)!

Click [here](#) for a link to a recent CNN article on the topic, and come join our Chair Yoga classes on Tuesday mornings at the Fearington Cares Center.

## Movement Classes

[www.ferringtoncares.org](http://www.ferringtoncares.org)

All movement classes are at the  
Ferrington Cares Center

### Otago\*

Mondays 10:30am

Fall Prevention Exercises

**No Class Oct 14**

### Chair Yoga\*

Tuesdays 11:30am

### Chair Tap Dance\*

Thursdays 10:00am

### Line Dancing\*

Thursdays 11:30am

### Intermediate Yoga\*

Thursdays 2:30pm

### Qigong\*

Fridays 11:30am

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

## Support Groups

[www.ferringtoncares.org](http://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



## 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**