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## **Farrington Cares Newsletter**

**December 2024**

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**Happy Holidays!**

**The Farrington Cares Center will be closed  
December 23 - January 3**

While the Farrington Cares Center is closed for the holidays our volunteers will continue to provide Transportation and Handyperson services. If you need assistance with either of these programs, call the Center at 919-542-6877 and leave a voice message in the appropriate Transportation or Handyperson mailbox; a volunteer will be in touch with you.

All other messages will be retrieved when the Center reopens on January 6.

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# UPCOMING PROGRAMS



## **Ferrington Cares Film Nite**

**Thursday, December 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@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.

## **Medicare Open Enrollment Assistance**

**Through December 7, by Appointment**

**At the Ferrington Cares Center**

Open Enrollment is a great time to evaluate your Medicare coverage and make sure it's still the best choice for your needs, since there are big changes coming this year. You can use the Medicare Open Enrollment window to decide if you would like to make changes to your Medicare plan including:

- Enrolling in Medicare Advantage
- Enrolling in a new Medicare Part D plan or comparing plans
- Switching back to original Medicare from Medicare Advantage

The Open Enrollment period extends through December 7, and our SHIIP (Senior Health Insurance Information Program) volunteers are available again by appointment to help you review your plan either in-person or over the phone. Fearington residents have saved tens of thousands of dollars in previous years through making changes to their plans, and the sessions are free!

**To Schedule an Appointment:**

1) Obtain and complete the Pre-Enrollment and SHIIP Disclosure Forms.

To get the forms:

- Click [here](#) to open and print, or
- Call the Fearington Cares Center (919-542-6877) to have them emailed to you, or
- Come by the Fearington Cares Center to pick them up

*\*\*The Fearington Cares Center is open Monday - Friday, 9 am to 1 pm\*\**

2) Submit the completed Pre-Enrollment and SHIIP Disclosure Forms to Fearington Cares in person, or scan and email to [ellen@fearingtoncares.org](mailto:ellen@fearingtoncares.org)

3) A SHIIP Counselor will contact you to set up a session!

## **Untreated Hearing Loss, Cognitive Decline, and Depression**

**Tuesday, December 3, 3 - 4 pm**

**at The Gathering Place**

Did you know that hearing loss is the biggest modifiable risk factor for cognitive decline, and it can account for up to 9% of new dementia cases? Hearing loss also is associated with increased instances of depression, from UNC School of Medicine Doctor of Audiology Program, associated with depression. Darla McDonald, Doctoral Student in Audiology, UNC School of Medicine will be presenter. Dr. Caitlyn Whitson, Audiologist, will also be present to answer questions.

## **Protect Your Generosity: Smart Charitable Giving Strategies for the Season**

**Wednesday, December 4, 3 - 4 pm**

**via Zoom (click [here](#) for Zoom link)**

Join Fearington Cares for an insightful panel hosted by Estate Planning Attorney Sophia Munson of Munson Law Firm, where financial, tax, and estate experts will guide you through maximizing your charitable contributions—without letting Uncle Sam take a cut. This virtual session offers the tools you need to make impactful, tax-efficient gifts that align with your values and financial goals.

What You'll Learn:

- Tax-Saving Strategies for Charitable Giving
- Incorporating Required Minimum Distributions (RMDs) into Your Plans
- Compliance-Friendly, Goal-Oriented Giving Approaches

Whether you're a seasoned donor or exploring charitable giving for the first time, this discussion will help you make the most of your giving this season while keeping your assets protected.

## **New Dance Mix Sessions: Learn the Carolina Shag!**

**Wednesday, December 4 & 18**

**Wednesday, January 8 & 22**

**Wednesday, February 5**

**3 - 4 pm**

**At the Fearington Cares Center**

As a prelude to an upcoming night of dancing at the 2025 Winterfest at The Barn event, the next five sessions of our Dance Mix class will focus on learning to shag

dance. This southern tradition is a basic six-count step that offers many possibilities for improvisation and imagination. The shag is often described as a slowed-down version of the jitterbug which is perfect for a party!

Come for as many classes as you can! We'll begin by learning the basics, and each week offer more options and opportunities to practice so you will be ready to dance the night away at Winterfest!

Our instructor, Janet Swepson, has been shag dancing for over 20 years with the Eno Beach and Chatham Shag Clubs—participating in competitions and hosting workshops. She enjoys the social aspects of shag dancing and claims that it keeps her young and is good for her heart and soul.

## **Lantern-Making Workshop** **for the Winter Solstice Lantern Walk**



**Wednesday, Dec 4**

**11:30 am – 1 pm**

**at the Fearington Cares Center**

*(Clear plastic container paper  
mâché lanterns)*

**Friday, Dec 13**

**1 pm – 2:30 pm**

**at the Fearington Cares Center**

*(Cut paper snowflake lanterns)*

To prepare for our Winter Solstice Lantern Walk on December 21 - and just for fun - Fearington Cares is holding workshops on lantern making! **Registration is required, limit 15 per session.** Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. \$5 materials fee payable to Beth Gold at the workshop.

## Ask a Financial Expert

Friday, December 6, 10:30 am - 1 pm

at the Ferrington Cares Center

Save your spot with Cindy Royal, 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.

## Holiday Open House

Wednesday, December 11, Noon - 1:15 pm

at the Ferrington Cares Center

No matter how you celebrate the season, you are invited to join your neighbors for festivities, friendship, and fun at Ferrington Cares! Drop in for light refreshments, activities, and socializing. ***This year we will be collecting items for CORA, so please consider bringing any of the following items to donate: cooking oil, cereal, pasta sauce, nut butters/ jelly, pancake mix, maple syrup, soup.***

## Talk with an Attorney

Friday, December 13, 10:30 am - 1 pm

at the Ferrington 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.

## UPCOMING FUNDRAISERS



### Light the Way with Farrington Cares Luminary Kits

to Celebrate the Winter Solstice on December 21

**(\$10 for a 10-Luminary Kit with Flameless Candles)**

Light the way in your neighborhood with luminaries in front of your home on December 21. Celebrate the solstice *and* support Farrington Cares by purchasing luminary kits (each kit contains 10 bags, 10 flameless candles, and sand to anchor your luminaries).

\*\* If you would like to volunteer to help assemble luminary kits on December 6, please email us [here!](#)

#### **Pre-Order Your Kits Now!!**

- Email [jennifer@farringtoncares.org](mailto:jennifer@farringtoncares.org) with the number of kits you would like to order, or
- Call the Farrington Cares Center at 919-542-6877, or come by in person

**Pick up and pay for your kits Dec 9-20** at the Farrington Cares Center.

## NOTES AND HIGHLIGHTS

### **An Invitation from the Brainiacs!**

**Wednesdays, 10 - 11 am**

**at The Farrington Cares Center**

Imagine a warm, friendly, welcoming group relaxing, sharing, and laughing. The Brainiacs is open to anyone who has neurodegenerative issues associated with stroke, traumatic brain injury, Parkinson's, and cognitive decline; partners/care partners are also welcome.

Every week we get together for camaraderie and one or two activities to enhance our lives: sharing stories, games (Black Jack, Jeopardy, Bingo, etc.), drumming to reduce anxiety/tension, and chair exercises to increase communication between our right and left brains.

Come and join the fun! Contact Fearington Cares at (919) 542-6877 if you're interested in participating. Let us know if transportation is an issue and the Brainiacs team will try to help you out.

## **Fearington Community Blood Drive**

**Thursday, December 5, 9 am – 1:30 pm**

**at The Fearington Barn**

To schedule an appointment to give blood, visit [redcrossblood.org](http://redcrossblood.org) and enter sponsor code: *Fearington*, or call 1-800-733-2767.

## **CLASSES AND GROUPS**

**All Fearington Cares Groups and Classes are cancelled for the holidays, December 23 - January 3**

### **Movement Classes**

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

**All movement classes are at the Fearington Cares Center**

#### **Otago\***

**Mondays 10:30 am**

**Fall Prevention Exercises**

### **Support Groups**

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

**Information on how to join a Zoom Support Group is on our website**

**under Services**

#### **Alcoholics Anonymous**

**Mondays 10 am**

**at the Fearington Cares Center**



## **Movement Classes (Cont.)**

### **Chair Yoga\***

**Tuesdays 11:30 am**

### **Dance Mix\***

**2nd & 4th Wednesdays,**

**3 - 4 pm**

### **Chair Tap Dance\***

**Thursdays 10 am**

### **Line Dancing\***

**Thursdays 11:30 am**

### **Intermediate Yoga\***

**Thursdays 2:30 pm**

### **Qigong\***

**Fridays 11:30 am**

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

## **Support Groups (Cont.)**

### **Parkinson's Group**

**1st & 3rd Tuesdays,**

**1:30 pm**

**at the Fearington Cares Center**

### **Caregivers Support Group**

**1st & 3rd Wednesdays**

**1 pm**

**on Zoom**

### **Living with Chronic Conditions**

**1st & 3rd Thursdays 1 pm**

**on Zoom**

## **Meditation**

**Fridays 10:00am**

**at the Fearington Cares Center**