



Ferrington Cares Newsletter

January 2025

Happy Holidays!

The Ferrington Cares Center

will reopen on January 6

While we are 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.

A Message from

Our Executive Director

Happy New Year from Ferrington Cares! As we step into 2025, we are excited to continue offering programs and services designed to support healthy aging in Ferrington Village. From nursing services, wellness activities and informative programs, to social engagement and volunteer opportunities, we remain committed to fostering connections and enhancing quality of life for all of our neighbors. Here's to a year filled with health, growth, and community—together, we can make it extraordinary!



Looking ahead, we are thrilled to announce the return of *Winterfest at The Barn*, sponsored by Ferrington Cares and the Ferrington Homeowners Association, on February 7, 2025. This annual gathering promises to be a fun and energizing event, with fantastic silent and live

auctions to support Fearington Cares, and plenty of opportunities to connect with neighbors and friends. See below for more details!

UPCOMING PROGRAMS



Fearington Cares Film Nite

**Thursday, January 2, 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@FearingtonCares.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.

Fearington Friends Organizational Meeting

**Monday, January 6, Noon - 1 pm
At the Fearington Cares Center**

Are you looking for a friend to go for a walk, lunch, or coffee, play a game, read a book, watch TV, shop, etc. ? Or are you interested in being a friend to another adult so they do not feel isolated and have a reason to smile? Come to this organizational meeting to learn more about how Fearington Friends matches Village volunteers to visit (one-on-one) with other Village residents. This new program aims to end loneliness one new friend at a time.

New Dance Mix Sessions: Learn the Carolina Shag!

Wednesday, January 8 & 22

Wednesday, February 5

3 – 4 pm

At the Ferrington 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.

Tech Café: Drop-in Help Session

Thursday, January 9, 11 am – Noon

at the Ferrington Cares Center

Do you have technology questions, problems with your Windows laptop, iPhone, iPad, email, or other technology? Ferrington Cares will host a technology help session to assist you with issues on a one-on-one basis. Please bring your device with you and we will do our best to solve your issue. No appointment necessary – first come, first served! This session will occur monthly.

Ask a Financial Expert

Friday, January 10, 10 - 11:30 am

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.

What Aegis Home Care Can Do for You

**Friday, January 10, 11:30 am – 12:30 pm
at the Ferrington Cares Center**

Learn more about what Ferrington Cares' trusted partner, Aegis Home Care, can do for you. Aegis provides free nursing services and care coordination in the Ferrington Cares Clinic, as well as nursing care, companion care, and other services in residents' homes at special village rates. Representatives from Aegis will tell you about their services and answer your questions. Click [here](#) to learn more about Aegis at Ferrington Village.

Preventing Fractures: New Ways to Measure Bone Density and Quality

**Friday, January 10, 1 - 2 pm
At the Ferrington Cares Center**

Dr. Andrew Bush, MD, a Board-Certified Orthopedic Surgeon and expert in bone health, will discuss the importance of bone health to overall health. Learn why a proactive approach to bone assessment plays a key role in maintaining strong bones. Dr. Bush will also share some exciting new and accessible technology to measure the degree and quality of bone density so you can develop strategies to maintain a healthy and active life.

Book & Puzzle Exchange

**Tuesday, January 14, 10 - 11 am
At the Ferrington Cares Center**

Share books, jigsaw puzzles, or wood puzzles that you have enjoyed with others. Bring 1-2 fiction books that you will swap for books brought by others. You may bring up two puzzles to swap as well! Enjoy conversation with fellow book and puzzle lovers whether you bring something to swap or not. This group meets on the second Tuesday of each month.

The Art of Downsizing: Our Top 10 Downsizing Tips

Wednesday, January 15, 11 am – Noon

at The Gathering Place

An expert on senior moves, Elizabeth Hirsh, Owner and Founder of The Downsizers and The Consignors, will present on downsizing and consigning your home's contents and liquidating estates. She will share The Downsizers best practices and help you navigate the pitfalls of the downsizing process. Stay tuned for other monthly presentations by the Downsizers in February, March, and April 2025.

Drumming for Wellness and Connection

Saturday, January 18, 10 – 11 am
At the Fearington Cares Center

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. Bring your own drum or percussive instrument.

Green Burial: Bluestem Nature Preserve & Conservation Cemetery

Tuesday, January 21, 4 - 5 pm
At the Fearington Cares Center

Bluestem is an approximately 90-acre nature preserve in Cedar Grove (North of Hillsborough) that emphasizes conservation and provides an environmentally friendly alternative to traditional burial practices. As the Piedmont's first green burial site, bodies are not embalmed or encased in vaults or impervious containers. Bodies are returned to the earth in a shroud or biodegradable coffin so that they may decompose naturally and contribute to enriching the soil.

Creative Impressions with the NC Museum of Art at Galloway Ridge

Thursday, January 23, 10:30 am -12:30 pm
At the Chapin Auditorium B at Galloway Ridge

This program is being offered at Galloway Ridge, and Fearington Village residents are welcome to attend. The program is designed for pairs—a person living with memory loss and their care partner. The intention is for both to have an enjoyable and inspirational experience together. During this program, staff from the North Carolina Museum of Art will guide participants through a fun and mindful observation of artwork from the Museum's collection,

sensory engagements, and an art-making activity related to the object. This is an interactive experience where sharing and discussion are encouraged.

Limited to 18 total participants; materials provided. To register, please contact Charell Harper at charper@gallowayridge.com or 919-545-2697.

Intro to Improv

Thursday, January 23, 1:30 – 3 pm
At the Ferrington 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 Ferrington Village resident who is experienced in improv and improv workshops. She will guide you in discovering your magic!

Registration is required. Call the Ferrington 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.



Let's Get Crafty: Pop-Up Box Cards

Tuesday, January 28, 1 – 2:30 pm
At the Ferrington Cares Center

Chriss Weiseman of Ferrington Village will guide you in making this fun pop-up box card that can be used for various occasions, and will help us remember that spring is on the way! The

card folds flat for mailing and all materials to design, make, and assemble your card will be provided. Colors and patterned paper will vary.

Registration is required. Call the Center at 919-542-6877 Monday through Friday, 9 a.m. to 1 p.m. to register. To cover the cost of materials, please bring \$5 cash or a check payable to Chriss.

Talk with an Attorney Friday, January 31, 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 EVENTS AND FUNDRAISERS

Winterfest at The Barn Friday, February 7, 7 - 10 pm at The Ferrington Barn

Winterfest is back! Sponsored by Ferrington Cares and the Ferrington Homeowners Association, this event promises to be a heartwarming celebration of community and support, with plenty of opportunities to connect with neighbors and friends.

Our team will be bringing you many exciting silent and live auction items, so stay tuned for details after the first of the year. In the meantime, be sure to join our Line Dancing and Dance Mix classes at the Ferrington Cares Center to be ready to dance the night away! Information on class schedules is below.

CLASSES AND GROUPS

All Ferrington Cares Groups and Classes are cancelled for the holidays through January 3.

Movement Classes

www.ferringtoncares.org

All movement classes are at the Ferrington Cares Center unless otherwise indicated

Otago*

Mondays 10:30 am
Fall Prevention Exercises

Chair Yoga*

Tuesdays 11:30 am

Dance Mix*

January 8, 22
3 - 4 pm

Chair Tap Dance*

Thursdays 10 am

Support Groups

www.ferringtoncares.org

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

Alcoholics Anonymous

Mondays 10 am
at the Ferrington Cares Center

Parkinson's Group

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

Caregivers Support Group

1st & 3rd Wednesdays
1 pm
on Zoom

Living with Chronic Conditions

Line Dancing*
Thursdays 11:30 am

Intermediate Yoga*
Thursdays 2:30 pm

Qigong*
Fridays 11:30 am
at The Gathering Place

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

1st & 3rd Thursdays 1 pm
on Zoom

Meditation
Fridays 10:00am
at the Fearington Cares Center

