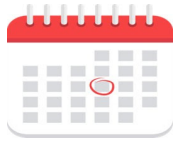




Ferrington Cares Newsletter

April 2025



Click [HERE](#) for our calendar!



Click [HERE](#) for recorded programs!

A Message from Our Executive Director

The *Ferrington Cares 2024 Impact Report* is here! This annual report highlights the incredible work we've accomplished together—expanding services, supporting neighbors, and strengthening our community. In 2024, we added new programs and classes, resulting in attendee numbers far surpassing our goal! **Read the full report [HERE](#) and see the impact you've helped create.**



Looking ahead, I hope you'll join us for an informative *Town Hall* meeting this spring. This gathering will be an opportunity for us to hear from you, answer questions, and share updates on new initiatives we're planning for the year ahead. Come talk with me, board members, and our Board President, Beth Coulombe. Stay tuned — more details will be coming soon!

As always, thank you for being part of this remarkable community. Your kindness and engagement truly make Ferrington Cares stronger.

UPCOMING PROGRAMS



Ferrington Cares Film Nite

**Thursday, April 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 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.

Demystifying Death: Navigating the Last Chapter of Life

**Wednesday, April 2, 10:30 - 11:45 am
at the Ferrington Cares Center**

Join Holly Lux-Sullivan for a discussion on what to expect during the end-of-life process and who may help guide you. You'll gain insights into the emotional, spiritual, and practical support that death doulas provide, and learn how to navigate the journey of dying with grace and understanding. Whether you're facing this time yourself or supporting a loved one, this program aims to de-shroud dying and help you understand the people who can accompany you in life's last chapter.

This program will be recorded and posted on the Ferrington Cares website.

Introduction to Line Dancing

Absolute Beginners Welcome!
Thursdays, 1 - 2 pm
At the Ferrington Cares Center



This is an opportunity for anyone curious about line dancing to learn the basics in an inclusive setting that offers instruction, entertainment, and a fun social activity.

Line dancing involves participants performing choreographed steps in lines without partners, set to various music genres ranging from big band and disco to country and classic pop. In this introductory class, you will learn to anticipate and move smoothly from step to step on your own instead of just copying the instructors. This helps strengthen the connection between cognitive and motor systems while offering exercise and fun! Participants who master the beginner-level dances are encouraged to advance to the higher-level line dancing class offered at 11:30 am on Thursdays.

Instructors Ellen and Jerry Grand are local line dancing enthusiasts. Ellen brings over 50 years of dance experience, including ballet and tap, along with 20 years of teaching while Jerry contributes his enthusiasm and energy. He regularly leads line dances and was the force behind the “Penny Lane” performance at Winterfest. Ellen and Jerry are offering this class gratis to the community and all contributions (\$5 per class is suggested) will go to Ferrington Cares.

Ferrington Cares is funded entirely through your donations. A suggested contribution of \$5 per class enables us to compensate quality instructors for this and other movement classes. Please consider a donation for the classes you attend!

“No, We Don't Eat Grass!”: An Introduction to a Plant-Based Diet

Monday, April 7, 12:30 - 1:30 pm
at the Fearington Cares Center and Via Zoom - [Join Here](#)

Fearington Village resident Dan Fitzsimmons will share the "What," "Why," and "How" of choosing good food for good health. Concerned about the multi-level failures of the Standard American Diet (SAD), Dan began studying nutrition with The Cornell Plant-Based Nutrition Program, Vanderbilt, and UCSF. He is certified as a Food for Life Educator and the Physicians Committee for Responsible Medicine. Dan has also completed chef training at the Rouxbe Institute, Food Future Institute, and Veecoco. Come learn about the basics of this diet.

Book & Puzzle Exchange

Tuesday, April 8, 10 - 11 am
At the Fearington Cares Center

Attention Book and Puzzle lovers! Come join a lively group of FV neighbors who meet monthly to share their favorite books and puzzles. Bring one or two (no more) books and/or puzzles that you really liked and would recommend to your best friend and exchange them for same number of books/puzzles that others brought. Be prepared to give a brief synopsis of your book(s) including why you liked it.

This group meets for one hour the second Tuesday of each month. Not only do we discover new books and authors, but we get to meet and make new friends.

Preventing Fractures: New Ways to Measure Bone Density and Quality

Tuesday, April 8, 11:30 am – 12:30 pm
at the Fearington 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 is key 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.

This program will be recorded and posted on the Fearington Cares website.

Breath for Life

(four-part series)

**Wednesday, April 9, 16, 23, 30, 10 – 11:15 am
at the Fearington Care Center**

Come learn proper breathing techniques. Effective breathing has been shown to improve health, well-being, and sleep. Facilitator Karen Betman, a Fearington Village resident, will discuss pulmonary physiology, why breathing from the diaphragm is essential, airway health, the benefits of proper breathing, and so much more! She will also teach breathing techniques that you will practice on your own and with the group.

Please plan to attend all four sessions because they build upon one another.

Fearington Connections

**Friday, April 11, 11 am – 12:30 pm
At the Fearington Cares Center**

This is a monthly meeting for those who may find it challenging to make meaningful connections with other Villagers. Fearington Cares invites you to participate in this new program, which has its roots in the Fearington Friends program. Experience how social connection, caring and friendship can enrich not only your own life but the lives of others.

Creative Collective

**Tuesday, April 15, 9:30 - 11 am
at the Fearington Cares Center**

Do you enjoy handwork? Would you like to craft with others, share your tips, get some help, and socialize? If you crochet, knit, make cards, draw, scrapbook, needlepoint, or engage in any other portable crafting, bring your project and join fellow Village crafters for this new monthly group.

The Downsizers: Love It, Save It, Sell It, Chuck It

**Wednesday, April 16, 11 am - Noon
Via Zoom - [Join Here](#)**

Elizabeth Hirsh, owner and co-founder of The Downsizers and The Consignors, will discuss smart and realistic ways to dispose of your extra stuff. She will provide information about today's market, who are the buyers

and what do they want; auction buyer behavior and what items do better in person vs. online.

This program will be recorded and posted on the Ferrington Cares website.

Ask a Financial Expert

**Friday, April 18, 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.

Drumming for Wellness and Connection

**Saturday, April 19, 10 – 11 am
At the Ferrington Cares Center**

Join us for 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.

Tech Café: Drop-in Help Session

**Tuesday, April 22, 9:30 – 11 am
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, in our multipurpose room to facilitate sharing, learning, and social connections around shared technology interests.

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.



Fabric Card-Making

Wednesday, April 23, 1 - 3 pm
At The Ferrington Cares Center

Village resident Kate West will guide you in making three cards with different fabrics. Create a heart, a flower, and a Beltie cow. No experience or sewing skills are required! Please bring a pair of short,

sharp scissors if you have them. Other materials will be provided.

Registration is required. Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. A fee of \$5 payable to Kate West will cover the cost of materials.

Talk with an Attorney

Friday, April 25, 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.

Multigenerational Living

Wednesday, April 29, 1 – 2:15 pm
At The Ferrington Cares Center

Local author, George Fuller, who wrote *Life Compass Living: A Guide for Growing Up and Growing Older Together*, will discuss the opportunities and challenges of living with or in the same area with children/parents/friends. He will provide you with tools for being able to share lives and build and receive trust and support. George will answer important questions, such as “how can I help those I love to know who I am when they see who I was and who they think I am?” and “how can I enjoy my life and be ready to make adjustments that come with age, cultural changes, job changes, health crises and other Life Transitions that are part of Real Life?”

Registration is required. Call the Center at 919-542-6877 Monday-Friday, 9 am -1 pm to register. \$10 fee payable to George Fuller for program materials.

FEATURES & HIGHLIGHTS

Everyone Has a Story

Check out Fearington StoryCorps to tell your story or listen to your neighbors

Since early 2023, Fearington Cares has sponsored the Fearington StoryCorps project. Volunteers in the Fearington community arrange to record stories that our neighbors wish to tell for family and posterity. In February the project recorded its 70th story. You can listen to excerpts online of all the stories by searching the Web for [FearingtonStoryCorps](#).



Among recent stories: **Forrest Greenslade** tells about the courage of his longtime friend, Do Won Hahn, who left Korea with \$8 and became a respected scientist and U.S. citizen . . . **Dave and Suzy Shaub** recount the stages during 60 years of marriage of “reinventing” themselves at college in Michigan, in the Lake Forest suburb of Chicago, in rural Maine and in Fearington . . . **Tresha (Terry) Lucas**, born with a serious heart condition, describes “seeing things a little differently” as she endured life-threatening surgery, then became a mother and a pediatric nurse.

To tell your story, or to join the StoryCorps team, send an e-mail message to FearingtonStoryCorps@gmail.com



PediCure Foot Care Services

Tuesdays and Thursdays
At the Fearington Cares Center

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