



Fearrington Cares Newsletter

June 2025



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Executive Director's Message

As summer begins to settle in with its longer days and brighter light, it's the perfect time to slow down, reconnect, and enjoy the beauty of the season. At Fearthington Cares, we know that summer brings shifting rhythms, so whether you're traveling, hosting visitors, or simply savoring the quiet joys of home, our programs and services will continue to support healthy aging and community connection in Fearthington Village.

Please note that our newsletter will take a brief summer hiatus in July and August. But we won't leave you out of the loop! You'll continue to receive timely updates,

news, and reminders through our *Friday Highlights* emails, so be sure to keep an eye on your inbox each week.

Thank you for your continued engagement and support. May the summer months bring you peace, joy, and a touch of adventure—however you define it!

SMART SOLUTIONS FOR AGING WELL

In this new feature, we will share information about devices and technology that support independent living, enhance safety, and improve the quality of life for older adults. This will include smart and low-tech devices, apps, and other "gadgets." Fearrington Cares does not endorse any products; you must determine whether the product suits your needs.

If you have a suggestion for a device or technology that you would like us to highlight, please email Lisbeth.coulombe@gmail.com.

This month's focus: Wellness Check Technology and Service

Snug Safety

This is a free daily check-in service for individuals, especially those who live alone. Users set a daily check-in time and, when notified by the app that it is time to check in, tap a green button on their screen to indicate that they are okay. If users

do not check in after a 10-minute grace period, a text reminder is sent to them. If they do not respond, the emergency contact(s) they have identified are notified via text that the user has not checked in and given their last known location. This app is available on iOS and Android.

Snug's "[Dispatch Plan](#)," for \$19.99/month or \$199.99/year, includes up to three daily check-ins backed by human responders. If users miss their check-in deadline, a Snug dispatcher will call them on their cell phone. If they do not answer, the dispatcher will leave a voicemail and then call their emergency contacts. If they cannot reach an emergency contact who can confirm that the user is okay, the dispatcher will request a wellness check from emergency responders close to the user's last known location. They'll also provide emergency responders with access details such as garage door and lock box codes.

For more information on **Snug Safety**, click [here](#).

AARP Friendly Voice Program

Individuals experiencing feelings of isolation may request that a trained volunteer call them weekly at a pre-set time to say hello or chat. This service is free; no AARP membership or subscription is required. Social isolation is associated with increased rates of depression and dementia among older adults. For more information on the **AARP Friendly Voice Program**, click [here](#).

UPCOMING PROGRAMS

Fearrington Cares Film

Nite

**Thursday, June 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@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!

The Downsizers: Preparing Your Estate for the Next Generation

Wednesday, June 4, at 11 am - Noon
Via [Zoom](#)

Downsizing can simplify estate planning, especially as it impacts the next generation. By organizing and reducing the size and complexity of your physical estate, you can reduce the burden upon your heirs. This program will highlight key lessons the Downsizers have learned about prioritizing what truly matters.

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

Introduction to Life Compass Living: Flourish as You Age

Wednesday, June 4, 2 - 3:15 pm
Via [Zoom](#)

George Fuller, author of ***Life Compass Living: A Guide for Growing Up and Growing Old Together***, will introduce you to his six-step protocol for having a “Good Life” as you age where you have the tools to navigate life’s inevitable transitions. Learn the importance of identifying your Family of Choice, so that you are not alone and can build a future with support and dignity.

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

Fearington Connections

***** Different location this month! *****

**Monday, June 9 & 23, Noon - 1 pm
At the Fearington Cares Center**

Would you like to get to know your neighbors and make meaningful connections? Are you feeling isolated or alone? Connect with other residents to share social conversation about life, aging, self-care, or whatever is on the group's mind. This group will meet on the second and fourth Monday of each month except when Monday is a holiday, but you are welcome to come as your schedule permits.

If attending a group does not work for you, let us introduce you to a friend whom you can meet one-on-one, via FaceTime, by email, or by phone. For more information, contact Debbie Liebttag at dliebttag50@gmail.com.

Book & Puzzle Exchange

**Tuesday, June 10, 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!

****New** Drawing Atelier (uh-teh-lee-ay)**

**Wednesdays, June 11 & 25, 10 - 11 am At
the Fearington Cares Center**

Atelier is the cool French word for the studio where an artist creates. This program is designed for individuals of all skill levels who want to learn to draw or expand their existing skills. Village resident and experienced artist [Leslie Palmer](#) will guide you in drawing, ranging from fundamental techniques such as line weight and the interplay of light and shadow, to more advanced topics like composition and perspective.

Participants will practice their skills in various exercises and projects and receive constructive feedback. Explore using various drawing instruments, including pencils, pens, and markers, and learn which ones suit your artistic vision.

A materials review and list will be provided during the first class, and **participants will provide their own materials**. The program will be offered twice monthly, but participants may join as their schedule allows. As Picasso said, *"Learn the rules like a pro, so you can break them like an artist."* Unlock your artist potential!

Game Time!

Thursday, June 12, 6:30 - 8:30 pm

Tuesday, June 24, 2 - 4 pm

At the Fearington Cares Center

Put on your game face and join your neighbors for some fun at the Fearington Cares Center with board games, cards, Mexican Train, dominoes, etc. Feel free to bring your favorite game. Light snacks will be provided.



Drumming for Wellness and Connection

**Saturday, June 14, 10 – 11 am
At the Fearington 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.

*** NEW ***

Financially Savvy Coffee Club

**Friday, June 20, 9 - 10 am
At the Fearington Cares Center**



Financial advisor Cindy Royal of Edward Jones invites Village residents to enjoy coffee and pastries while discussing current events, the economy, and investing. **RSVP directly** to Cindy at royal@edwardjones.com or call her at 919-969-9104.

For a one-on-one appointment with Cindy between 10:30 a.m. and 1 p.m. on the third Friday of each month (the next is May 16), call the Fearington Cares Center (919-542-6877) Monday through Friday, from 9 a.m. to 1 p.m.

Ask a Financial Expert

**Friday, June 20, 10:30 am - 1 pm At
the Fearington 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.

Tech Café: Drop-in Help Session

**Tuesday, June 24, 9:30 – 11 am
At the Fearington Cares Center**

Do you have technology questions, problems with your Windows laptop, iPhone, iPad, email, or other technology? Fearington 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.

Talk with an Attorney

**Friday, June 27, 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 to 1 pm to schedule your free 15-minute session.

FEATURES & HIGHLIGHTS

Fearrington StoryCorps



Listen to Stories Told by Your Neighbors

Judy Graham: “One of the fun things there was to discover was who's the spy.”

In her story, “From Russia With Love and Cigarettes,” Judy Graham tells about coming to the Research Triangle Park when the U.S. Environmental Protection Agency was brand new. She was the office’s first woman supervisor and remained with the EPA for 32 years. Her stories

glide delightfully through her times with the EPA in Russia, Europe and the U.S.

Fearrington StoryCorps, sponsored by Fearrington Cares, records stories told by our Fearrington Village neighbors. You can listen to excerpts online at [FearringtonStoryCorps](https://fearringtonstorycorps.org).

Other recent stories include:

- **Carol Ferguson**, a retired nurse who had to react quickly when she and her husband were attacked by a mad fox on their farm in Silk Hope
- **Ruth Russell** traces the journey of her ancestors from the Mayflower through their pioneering migration westward to settle in Siouan territory that later became Geneva, Illinois

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