

FEARRINGTON CARES

2008 ANNUAL REPORT

Address: 2020 Swim & Croquet, 2020 Fearington Post, Pittsboro NC 27312

Telephones: 542-6877 (office and nurse) 542-1930 (volunteer services)

Email addresses: fearingtoncares@earthlink.net (nurse)
fcvolunteers@earthlink.net (office and volunteers)

Office hours: 9 a.m. to 1 p.m., Monday through Friday

Staff hours: Nurse Manager (Joyce Baird) – 8:30 a.m. to 1 p.m., Mon. through Fri.
Administrative Assistant (Pat Skiver) – 7 a.m. to 3 p.m., Mon. & Thurs.

Mission Statement:

Fearington Cares provides services for the health and well being of the Fearington community.

Vision Statement:

We are a flexible, more active and more affluent organization. We have expanded facilities housing a larger paid staff that is supplementing active volunteer programs and providing services meeting the needs of residents at all stages of their lives. The community is well-informed and respects the quality of our services and of our collaboration with local organizations both in Fearington and in the surrounding area.

2009 Board of Directors

Linda Stryker-Luftig, President
Kay Hunt, Vice President
Ann DiGiano, Treasurer
Diane Heisig, Secretary
David Ayres, Member-at-large
Phil Burke, Medical Advisor
Connie Eby, Information Technology
Phil Morse, Communications
Carol Sherrod, Volunteer Coordinator
Barbara Terry, Historian
Allan Vesley, Service Development

2008 - Year End Nursing Report

Routine Responsibilities:

- Perform home visits
- Hold blood pressure clinics – Weekly on Wednesdays
- Provide foot care – on a request/as-needed basis
- Provide care for walk-in patients
- Administer routine/scheduled injections
- Administer shingles vaccine (N=14)
- Host flu shot clinic with Chatham County Health Department (N=241)
- Provide referrals for health services
- Provide health and wellness counseling
- Collaborate with primary care physicians, care providers and family members to coordinate and improve care for Fearington residents
- Assess homes for risk of falling; make recommendations for home modification
- Respond to crises situations as needed (falls, fractures, deaths, injuries)
- Attend Fearington Cares functions and Board meetings
- Serve on Fearington Cares committees – Building, Communications, Education, Service Development
- Collaborate with Fearington Cares volunteers in providing services (as needed)
- Prepare monthly FHA newsletter articles and articles for Fearington Cares bi-annual Newsletters
- Supervise/oversee volunteer receptionists and nurses

Accomplishments – 2008

- Hosted UNC nursing student – Spring semester
- Hosted 5 BTI massage therapy students (Spring/summer)
- Analyzed and reported data from Community Survey (January)
- Supported efforts of Peripheral Neuropathy Support Group
- Provided leadership/co-led Parkinson’s Support/Education Group
- Planned and initiated Brain Injury Support Group (November)
- Wrote policy/procedures for Medication Assistance program (September)
- Wrote policy/procedures for and implemented Infection Prevention and Control (October)
- Participated in county Preparedness planning and Strategic Stockpile planning (September)
- Represented Fearington Cares as a Chatham County stakeholder in “Community Connections for Seniors” project funded by Duke Endowment
- Continued expansion of collaborations with UNC and community organizations in benefit and support of FC programs
- Made provisions to resume Foot Care Clinic for 2009
- Served on Chatham County DSS Multi-disciplinary team to address aging issues in Chatham County (November)
- In conjunction with Emilee Hendrix/Pam Rademacher, initiate Fearington Friends program (November)

Programs Held/Initiated – 2008

- Massage Therapy – hosted 5 students (N= 92 massages)
- Balance Screening/Testing –initiated in February
- Low Back Pain Prevention and Treatment (Series of 3) – March/April

- Initiated/Led Parkinson's Disease and Caregivers' Support Group – January
- Collaborated with UNC/Orange Senior Center on Preventive Home Visit Study
- Initiate Brain Injury Support Group - November
- Initiated Medication Assistance Program - October
- Medicare Part-D Evaluation – Fall program
- AARP Driving Program – April/October

Continuing Education – 2008

- Attended “Evidence Based Practice” –UNC School of Nursing - January 30, 2008
- Attended Alzheimer's Disease Research Center Conference - Duke Medicine – March 3-4, 2008
- Attended “Keys to Infection Prevention” – Greensboro AHEC – September 29, 2008

Other

- Attended and supported Independent Living EXPO – September
- Represent Fearington Cares in Geriatric Care Coalition meetings
- Represent Fearington Cares in “Community Connection for Seniors” – Duke Endowment grant
- Collaborate with UNC Hospice for Grief Support Group and Annual Hospice Memorial Gathering

Plans for 2009

- Support efforts of Independent Living Group
- Support efforts of Fearington Friends
- Continue mentoring UNC nursing students (as assigned by UNC School of Nursing)
- Continue mentoring BTI students choosing FC as clinic practice site
- Expand and/or revise services identified by community survey/Service Development Committee
- Represent Fearington Village in Geriatric Care Coalition
- Represent Fearington Cares in “Community Connections for Seniors” (Duke Endowment grant)
- Represent Fearington Cares in County initiatives toward aging population
- Serve on committees – Building, Communications, Education, Service Development
- Build on formal and informal community relationships

Joyce Baird, Nurse Manager

Building & Grounds: This committee assures maintenance, upkeep and regulatory compliance of current FC facilities and grounds, and assesses the need for expanded space to support additional staff, new programs, services, and meetings.

Projects Completed in 2008

- Conference room
 - Two (2) 72” long by 36” wide folding conference tables were purchased and installed
 - Twenty (20) new stackable chairs were purchased
 - Chair rail was installed around perimeter of room
- Building HVAC
 - A programmable thermostat was installed
 - The semi annual HVAC inspection was done
- Building exterior
 - Rain gutters were installed

- Power washing was done
 - Landscaping
 - Special grasses and pine straw mulch were installed on slope behind building
 - Regrading was done behind building for drainage improvement
 - Large catch basin was installed at NW corner of building for storm drainage
 - 8 large bushes were moved from close proximity at front of building and replanted
 - 2 potted plants at entrance were removed and replaced
 - Termite control – the annual inspection was done in August
- The approximate cost of these items was \$4,350

Miscellaneous Items for 2009

- Install crushed stone behind building to eliminate muddy condition
- Install splash blocks and drain pipes from downspouts

Projects under Consideration at Year End

- 6 ft. by 17 ft. addition to multipurpose room for medical equipment storage. Best cost estimate – \$10,000

David McGrain, Chair

Bylaws: This committee is responsible for ongoing review of the FC bylaws to assure compliance. It recommends needed revisions to the Board of Directors. FC bylaws were revised in 2008 for the first time since the merger of Stay Put for Now and Home Care Connection in 1990. Significant changes include:

- Increasing to board size from nine to a maximum of fifteen (at this time, the number is eleven)
- Changing the term of office from three to two years, renewable up to three consecutive terms
- A full description of Powers and Duties of the Board of Directors
- A new section defining Conflicts of Interest
- New articles on Dissolution and Indemnification

Please contact the Ferrington Cares office if you would like to have a copy of the bylaws.

Kay Hunt, Chair

Communications: This committee builds Ferrington Village community awareness of the value of FC programs and services, and helps other FC committees meet their goals and objectives. Monthly meetings are held to determine items to be sent to the FHA Newsletter editor that month and notices on the FHA bulletin board, as well as other forms of publicity.

From time to time, FC publishes a special purpose newsletter of its own. The spring 2008 issue honored Barbara McMullan, introduced the new board chair and highlighted major 2007 activities. The summer issue summarized the results of the 2007 Community Assessment Survey. The fall issue was a tribute to our volunteers. This year a task force composed of several members of the Communications Committee spent many hours developing a new web site which is nearing completion. Other 2008 accomplishments included cook book marketing and a new programs and services list.

A Communications Plan for Fearington Cares has just been completed, and work on the spring 2009 newsletter, focusing on FC services, is underway.

Phil Morse, Chair

Cook Book: FLAVORS OF FEARRINGTON

This unique and beautiful book was the outcome of a community fundraising project to benefit Fearington Cares. More than 200 Fearington residents participated in the project from recipe testing to the auction and gala fundraising dinner. In 2004 the first printing of 2000 books was sold at McIntyres, A Southern Season and Quail Ridge Books as well as at the Fearington Cares office. In 2007 an additional printing of 1000 books continued the project. A recent review of tax issues for the organization has found that revenues from the book project are considered unrelated business income and the proceeds must be taxed. Since the annual tax preparation fees are high and the proceeds are modest, the Board has determined that sales will not continue. Instead, the books will be made available at the Fearington Cares office and it is hoped that recipients will be inspired to make a contribution to the organization.

Flavors of Fearington is truly a book to share with family and friends. Features include

- A fully documented history from the 1700's; the Fearington family land where Fearington Village now stands, with old family photographs.
- Their story: Learn how the dream of Jenny and R.B. Fitch for an English country village on farmland in the heart of North Carolina came to fruition.
- A full color hard cover book with interior spiral. More than 30 full color photographs of Fearington Village locations.
- Kitchen-tested recipes: 250 recipes printed from more than 600 submitted.
- Chef's recipes: All Fearington House Executive Chefs since the restaurant's inception submitted a recipe (all were tested). Chefs include the iconic Southern chef Edna Lewis, Ben Barker of Magnolia Grill in Durham and the Fearington House Executive Chef, Graham Fox.

Barbara Terry, Chair

Education: This committee provides Fearington residents with the facts and expert advice they want and need to help them optimize their health and well being at all stages of their lives. In 2008 the following lectures were sponsored by the Education Committee:

February 21, 2008 - "What is Health Services Research and What Has It Done for Me?" - Dr. Tim Carey

April 24, 2008 - "Exchanging Joints: Orthopedic Replacement of Aging Joints" - Dr. Paul Lachiewicz

September 25, 2008 - "Pain and Issues at the End of Life" - Dr. Alan Finkel

October 23, 2008 - "Making Our Lives Easier: Self-help Tools to Improve Daily Living" - Renee Luberoff

November 13, 2008 - "Symptoms and Symbols: the Relationship between Medicine and the Humanities" - Dr. Frank Wilson

January 16, 2009 - "Healthy Hips and Knees" - Mr. David Parker

Beginning in February 2009, we will be offering two educational events a month except during the summer months.

Barbara Terry, Acting Chair

Emergency Preparedness: Fearington Cares supports and assists the FHA in its mandate to promote the health, safety and welfare of the Fearington Community. Board member Dr. Phil Burke serves on the FHA Emergency Preparedness Committee and acts as liaison to the FHA from Fearington Cares. He is meeting regularly with Chatham County health professionals in order to assist the FHA in developing appropriate medical emergency plans which follow State and County guidelines.

Phil Burke, M.D., Medical Advisor

Finance: This standing committee is responsible for providing financial oversight of Fearington Cares' fiscal operations.

In spite of all the troubles in the overall economy during 2008, financial support for Fearington Cares by residents of Fearington Village and Galloway Ridge continues to grow. During 2008 we had 56 households that made donations that exceeded our recommended contribution of \$150 per couple. This number includes nine very generous residents who gave between \$500 and \$1,500. In addition, through the hard work of our president and vice-president, several grant applications were approved. This income has allowed the organization to start expanding the number of programs offered in 2009.

New programs and expanded services will require additional funding. We hope that individuals will continue to support Fearington Cares at the same generous levels as in 2008. At the same time the Board of Directors will work hard to obtain grant funding and to identify additional sources of income.

A report is attached showing income and expenses for 2007 and 2008, and the budgets for 2007, 2008, and 2009. For the second year in a row, a certified financial review by an independent accountant was completed and is on file in the office. I wish to thank the members of the Finance Committee for the expert advice they provided to Fearington Cares during 2008. Members of the committee are Mark Luftig, Doug McAllister, and Gene Stunck.

Ann DiGiano, Treasurer and Finance Committee Chair

Fund Development: This committee is responsible for assuring adequate financial resources to support the FC Strategic Plan goals. It works to increase revenue from all sources to support organizational and program growth.

2008 efforts focused on the annual resident campaign in March, with a follow-up effort in September.

We were fortunate to obtain several significant grants from outside sources, most notably from the Arthur Carlsen Charitable Fund of Triangle Community Foundation. Mr. Carlsen was a Fearington resident who received help from Fearington Cares during his lifetime. When he died, his will specified that a permanent trust fund be established in his name to help Chatham County charities, including Fearington Cares. The fund's first round of grants was made in October, 2008; Fearington Cares received \$17,438. We hope to be notified if there are opportunities to apply for new grants in 2009, but expect that earnings on fund investments will be reduced due to the economic climate.

Kay Hunt, Interim Chair

Historian: The position of Historian was appointed in 2008 to locate, accumulate and organize the historical documents of Fearington Cares. This work will continue in 2009. These records are comprised of such items as Articles of Incorporation, Board policies, financial reports and other items dating to the early 1990's when Stay Put for Now was founded and on through the establishment of Home Care Connection and the merging of the two into Fearington Cares in 2000. A secure permanent repository for long term storage has been designated in the Fearington Cares office. A written narrative is planned which will include information from interviews with Fearington residents who worked with all three organizations as well as printed materials.

Barbara Terry, Chair

Independent Living Resources: This committee collects information from local government, social service agencies, and private fee-based businesses that are available to help Fearington residents remain living at home independently as long as possible. This information is kept up-to-date in office files and online.

The Independent Living Resources files evolved from information a committee member compiled in order to keep her husband at home during an illness. She kept all her files, aware that this information could be of use to the whole community. The members of the ILR Committee met often and ultimately her files were combined with newly acquired information to form the ILR files which are held in the Fearington Cares building and are available to all Fearington Village residents who wish to gain information on living independently.

The ILR files contain information about organizations outside of Fearington Village that provide services for a fee. Committee members and the Administrative Assistant go through the files periodically to update and add to the information. Eventually, much of this information will also be available on the new web site. The ILR files are organized as follows:

LIFE STYLE OPTIONS

- Living Independently
- Care Managers & Providers

HOME SUPPORT

- Home Modifications
- Maids, Aides & Companions
- Home Medical Alert Systems (Panic Buttons)
- Medical Equipment & Helpful Devices
- Food/Meals - Preparation & Delivery
- Pet Sitters, Groomers and Emergency Lodging
- Transportation
- Safety & Crime Prevention
- Community Emergency Response Team (CERT)

MEDICAL SUPPORT AT HOME

- Specific Medical Conditions
- Counseling & Mental Health
- Alcohol & Drug Abuse Information

- Physicians, Hospitals, Nursing, Pharmacies
- Exercises & Rehab Therapies
- Respite Care
- Adult Day Care

PLANNING

- Insurance, Financial & Legal Issues
- End of Life Considerations

FACILITIES AND PROVIDERS

- Rental Apartment & Homes for Seniors
- Assisted Living and Nursing Facilities (Temporary & Limited)
- Continuing Care Communities

If you want help with the Independent Living Resources files, call Fearington Cares at 542-6877 to make an appointment with a knowledgeable volunteer.

Karen McGrain, ILR Committee member

Information Technology: This committee is responsible for maintaining up-to-date, user-friendly information and communications systems for FC. Working with the Volunteer Coordinator and Office Administrator, it assures appropriate orientation and training of all volunteers and staff in system usage. In 2008, a **Data Base Task Force** developed an entirely new Access-based data system for Fearington Cares.

Beginning in March, 2008, this task force evaluated existing data-tracking capability and solicited from staff and board members a “bucket list” of data they wished captured and reported. Access2007 software was chosen as the best option for function and flexibility, and a database structure was designed to accommodate the needs.

By October, volunteer information from the existing database had been converted and/or manually entered into the new one, and all resident information in the FHA database had been added. For this, I thank Bob Steen, who wrote the data conversion programs. Beginning in October, the Administrative Assistant, Pat Skiver, has maintained these resident and volunteer records and has provided invaluable assistance with testing and design.

Since the first of this year, all programs, equipment, nurse services, and support groups are now being tracked. I will also soon add a secure segment tracking contributions, and will continue to develop other reports as needed.

Connie Eby, Chair

Nominating: This standing committee is responsible for identifying, recruiting and orienting qualified persons for election to the Board of Directors. After the Board of Directors approved the 2008 bylaws revisions, we were able to restructure the board, develop board position descriptions and add several committee chair positions for 2009.

Kay Hunt, Chair

Service Development: This committee is responsible for developing proposals for new services based on external research, Farrington community needs, professional staff recommendations, and available funding. The following programs, all initiated in 2008, are now available to all residents at no charge:

Foot Care Clinic: With the help of a professional nurse we will resume offering foot care to residents with impairments that prevent them from providing adequate care on their own.

Medication Assistance: Our Nurse Manager is prepared to visit residents who need help in setting up their own medication trays for the timely dispensing of needed medications.

Brain Injury Support Group: Two new support groups, one for patients and one for their caregivers have been put in place.

Parkinson's Support Group: This group was launched in late 2007 and has had a very successful first full year of operation. Participants meet every two weeks.

Farrington Friends Initiative: For residents who are socially or physically isolated, we will match them with a volunteer who will keep in touch in person and by telephone to help them with ordinary chores and to help them access community offerings and services.

Balance and Fall Prevention Training: In cooperation with the Duke Center for Living we are offering a series of training sessions open to all residents, emphasizing techniques for improving balance and strengthening the body against falls.

Alcoholic Anonymous and GreySheeters Anonymous: We are providing space, support and publicity to these self-administered support groups.

Allan Vesley, Chair

ILR Expo: This task force planned the logistics of the September 24, 2008 ILR Expo.

EXPO II, despite a slightly smaller attendance, according to survey responses was as successful as EXPO I. The comments offered by attendees were similar to those on the earlier event. The exhibitors (many repeaters) must have had good responses last year or they would not have come back. Exit survey results showed that 132 of 135 people who filled it out felt that we should offer the Expo again. The exhibitors considered most helpful were those offering home care services.

Florence Shapiro, Chair

Strategic Planning: This task force of board members is responsible for monitoring progress on the FC Strategic Plan. It reviewed and revised the Plan approved in November, 2007 quarterly in 2008. In December, we began to develop a list of new objectives that we want to integrate into the Plan. We will begin work on a revised Plan in March, 2009.

Kay Hunt, Chair

Web Site: This task force is designing, building and launching a redesigned FC web site in 2009. Writing is finished and design is underway. Look for the new web site in late spring.

Linda Stryker-Luftig, Chair

Volunteer Services Report for the Year 2008

Ferrington Cares Database: A new database to record data about volunteers and services provided was created this year. As part of this effort, a new Volunteer Registration Form was developed, to be completed and submitted by all residents to sign-up to assist with Ferrington Cares activities.

Transportation: During meetings held over the year with volunteers of driver services, a number of people indicated they felt a need for a more definitive statement of the scope of volunteer driver services that are available from Ferrington Cares. Questions were raised requesting clarification of such things as: distance traveled; legitimate destinations other than medical and professional appointments; lifting heavy wheelchairs; and, payment for parking fees and gas. As a result of these meetings a proposal was submitted and approved by the Board of Directors on August 18, 2008. A summary of these new guidelines for volunteer drivers and those requiring this transportation service follows:

1. Each driver has the discretion to provide a service which he or she may consider reasonable and doable
2. Services typically within scope are:
 - Doctor or lawyer visits
 - Prescription pickup and delivery
 - Meal pickup and delivery
 - Grocery shopping
 - Bank deposits and check cashing
 - Mail pickup
 - Medical equipment
 - Any “on-campus” event within Ferrington Village or Galloway Ridge
3. Services not provided:
 - Transportation to social events “off-campus”
 - Payment of parking fees by driver
 - Lifting or carrying riders or heavy equipment
4. A person can request up to two (2) weeks of rides at a time. Routinely, a ride will not exceed 70 miles round trip.

A new requirement was added this year to meet liability requirements. A current record of an individual’s driver license as well as their auto insurance is on file at Ferrington Cares. The total number of volunteer drivers is 188. They contributed 323 hours to fill 155 transportation requests.

Home Repairs: The two coordinators for the Handypersons this year were Ray Albers and Carol Kurtz. They coordinated 35 volunteers who provided 36 hours of services, including:

- Minor electrical repairs
- Light bulb changes in hard-to-reach locations
- Leaky faucets
- Garage door programming

Carol Sherrod, Volunteer Coordinator

Ferrington Cares 2009 Programs and Services

The following services are provided by Ferrington Cares free of charge:

NURSING SERVICES

Blood pressure monitoring
Dress wounds or change bandages
Suture Removal
Foot care clinic
Allergy, B12 or other injections
Flu shots
Shingles vaccine
Diabetes education and monitoring
Balance testing
Nurse recommendations
 Health care providers
 In home post-operative care

VOLUNTEER SERVICES

Transportation to

- Doctor or lawyer visits
- Prescription or meal pick up and delivery
 Grocery shopping

Repairs and home maintenance

- Minor repairs
- Change hard to reach light bulbs

Ferrington Friends

LECTURES AND WORKSHOPS

Health care lectures
Strength and Balance Class
AARP Safe Driving Course
Medicare Part D
Arthritis self help course

SUPPORT GROUPS

Alcoholics Anonymous
Brain Injury Support
Grief Support
Greysheeters Anonymous
Parkinson's Support
Peripheral Neuropathy Support
Morning Walking Group

EQUIPMENT LOANS

Medical equipment
Child care equipment

COMMUNITY PARTNERSHIPS

- American Red Cross
- Body Therapy Institute School of Massage
- Chatham County Health Department
- Chatham County Department of Social Services
- Chatham County Council on Aging
- Duke Center for Living
- Galloway Ridge
- Geriatric Care Coalition
- UNC Institute on Aging
- UNC School of Nursing
- UNC Hospice

**For information or referrals call
542- 687**

