



Ferrington Cares Staff News

Ferrington Cares is delighted to welcome Teresa Balatico, (teresa@ferringtoncares.org) as the new Administrative Coordinator and at the same time wish Pat Skiver a happy retirement! Although Pat nominally retired years ago when she moved from Michigan to NC, she subsequently became the first direct employee of Ferrington Cares and has served creatively and generously since 2008. Years of Board volunteers (especially treasurers!) and FC staff have been inspired by her big heart and have been enriched by her friendship. We are all grateful for her service!

Good fortune continues to shine on Ferrington Cares as we welcome Teresa. After an extensive search and now several days of orientation, we are discovering Teresa's talents and compassion for others. Previous work has prepared her well for the multiple aspects of the role of Administrative Coordinator.

Three Sauces, Two Sides, and One Chicken: A Zoom Cooking Class Thursday, June 10, 7:00 pm via Zoom

Nationally certified personal chef, former hospitality manager, and restaurateur, Leslie Chartier, is now the Chef/Owner of The Travelling Cafe (thetravellingcafe.com), where she offers a custom meal delivery service, dinner party catering, and cooking classes. At the Cafe's culinary studio in Pittsboro, she and other local chefs teach and entertain via online, in-home private, and in-studio public cooking classes. She is also renowned for her bespoke cakes for special occasions and weddings. Leslie received her formal culinary training and bachelor's degree in Hospitality Management at Chatham County Community College. She was a class lead and culinary instructor for The Cooking School at Southern Season during its final two years.

Leslie will instruct us in the preparation of Mustard-Tarragon Cream Sauce (a tasty French classic), Zhoug (Israeli Spicy Cilantro Pesto), and Monkey Gland Sauce from South Africa (no monkeys will be harmed in the making of this Zoom class!). She will show us how to make haricot vert and new potatoes to accompany a roasted chicken and complete the lesson by using leftovers to prepare cold chicken and potato salads. Recipes will be provided.

Advance Directive Check-Up

No one should receive less care than they desire when living with a disability or chronic condition. How much medical care would you want if you had Alzheimer's disease or another type of dementia? Many of us have real concerns that cognitive decline might impair our last years, but advance directives or living wills typically do not document our wishes in this specific situation. Unfortunately, dementia is an important factor that prevents people from guiding their own care. If, when you review your own documents, you find you want to add specific directives for dementia, a form may be downloaded from the nonprofit website dementia-directive.org.

Ambassador, Anyone?

Have you been wondering how to help maintain the high quality of life that Ferrington Village provides? One good way to "give back" is to serve as an Ambassador for Ferrington Cares. The main job of an Ambassador is to greet new

neighbors soon after they move in and acquaint them with the services and programs of Fearrington Cares. Also, each Ambassador is asked to host at least two informal get-togethers a year—simple coffees or wine and cheese socials to which both new and established neighbors are invited to come, meet one another, and learn about current Fearrington Cares services.

Fearrington Village has twelve Ambassadors now, but we are seeking many more to cover every neighborhood. We need Ambassadors for Bush Creek, Camden Park South, Countryhouse Closes (except Weymouth), Henderson Place, the Historic District, The Knolls, McDowell Place, Montgomery, Richmond, Rutherford Close, and The Woods.

Please contact one of the following people if you'd like to know more about becoming a Fearrington Cares Ambassador: Janine Griffin (336-209-4204, jkgriffin001@gmail.com), Anne Henkels (919-542-2164, henkelsanne@gmail.com), Cathy Somer (919-533-6559, cathysomer2@gmail.com), or Karen Metzguer (919-542-6877, karen@fearringtoncares.org).

Zoom Movement Classes, Support Groups, & Education Programs Links Are on Our Website, www.fearringtoncares.org

Zoom Movement Classes, Support Groups, and Education Programs links are on our website, www.fearringtoncares.org. Click on the blue Zoom button on our home page and scroll to the correct program/class/support group. If you would like to practice a Zoom connection and meeting, email info@fearringtoncares.org and we will set that up.

<p style="text-align: center;">Join Movement Classes via Zoom www.fearringtoncares.org All classes 11:30 am</p> <p>Mondays—Chair Yoga</p> <p>Wednesdays—Otago Fall-Prevention Exercises</p> <p>Thursdays—Line Dancing</p>	<p style="text-align: center;">Join Support Groups via Zoom www.fearringtoncares.org</p> <p>Caregiver's Support Group: Wednesdays, June 2 and 16, 12:30–2:00 pm</p> <p>Living with Chronic Conditions: Thursdays, June 3 and 17, 1:00 pm</p> <p>Parkinson's Support Group: No June meeting.</p>
<p style="text-align: center;">Health Services Offered at the Fearrington Cares Center</p> <p>Nurse Consultation: Appointment required, call 919-542-6877.</p> <p>Foot Clinic: Thursday, June 17, appointment required, call 919-542-6877.</p>	<p style="text-align: center;">Support Groups Meeting in Person</p> <p>Alcoholics Anonymous: Mondays 10 am, Fearrington Cares Center</p>

Are Pet Owners Healthier? Our Pets & Our Hearts

We all know our pets warm our hearts with their unconditional love and acceptance, but do you know how good they are for the physical health of our hearts as well?

1. Pet owners have lower blood pressures, lower cholesterol levels, and lower triglyceride levels than non-pet owners, all of which reduce risk factors for cardiovascular disease. These markers also decrease after pet adoption. (American Heart Association)
2. When pet owners encounter physical or psychological stress, they show smaller increases in heart rate and blood

pressure and a faster return to baseline values after the stress has ended. The reactivity to stress is even lower and recovery faster when the person's own pet is present. This resilience in the face of stress reduces cardiovascular risk. (American Heart Association)

3. Petting and stroking a dog or cat decreases levels of cortisol (the stress hormone) and increases levels of serotonin (the "feel good" hormone). (Cleveland Clinic) Petting an animal also releases oxytocin, a hormone associated with bonding. (Scientific American) All of these chemical reactions benefit heart health and create a sense of physical and mental well-being as a bonus.

The responsibility of a pet is not for everyone; if you choose it, Fearington Cares encourages an ongoing thoughtful review of safety in your home with a pet. When we open our hearts to our pets, they may repay us by helping to keep those very same hearts healthy. In return for our care of them, our pets can take care of us, not only emotionally, but physically. Chatham Animal Rescue and Education (CARE) is a non-profit animal welfare organization that promotes responsible pet ownership through educating the community, providing targeted spay-neuter programs, and fostering homeless dogs and cats until they are placed in loving, permanent homes. Please visit them at www.chathamanimalrescue.org.

Swallowing Disorders Support Group

If you or someone you know has been diagnosed with dysphagia or another swallowing disorder, you are invited to join a local support group facilitated by speech pathologist Nancy Vallejo Smith that meets via Zoom. Email SSGCarolinas@gmail.com for more details and a link to join. Additional information is found on the National Foundation of Swallowing Disorders website at swallowingdisorderfoundation.com/swallowing-support-groups/.

Hurricane Season 2021: Plan Ahead!

Although we are all weary from living with a novel threat for more than a year, we can't forget about ordinary seasonal threats, especially hurricanes. Fearington Village is over 200 miles from the coast, but our area can still be threatened by the high winds, heavy rain, flooding and tornadoes generated by a hurricane. We all need to be ready to deal with an emergency before it develops!

Chatham County Emergency Management provides three programs to help residents be prepared for emergency situations. The **READY Chatham** initiative encourages residents to take steps in advance to prepare themselves for predictable adverse events. Supplies to keep on hand include water, batteries, non-perishable food, and a manual can opener. More information about assembling an emergency kit for you and your pets is available at www.chathamcountync.gov/government/departments-programs/emergency-operations/ready-chatham/build-a-kit.

The County has also established **SAFE Chatham**, a voluntary disaster access and functional needs registry (formerly called the special needs registry). The registry provides residents with a secure means to report the nature of their special assistance needs before a disaster strikes. This database enables first responder agencies to contact registered residents and to provide assistance, such as transportation to the designated long-term shelter for residents who may need a ride to get there. Details on registering for this service are available at www.chathamcountync.gov/government/departments-programs/emergency-operations/safe-chatham.

Village residents can register for the free **ALERT Chatham**, which will notify you about imminent threats to health and safety, such as severe weather, flooding, and gas leaks (www.chathamnc.org/government/departments-programs/emergency-operations/alert-chatham).

In addition, the FHA Health, Safety, and Security Committee blog has curated emergency preparedness resources more specific to Fearington (fhahss.blogspot.com/p/p.html). The blog also explains how to sign up for emergency email notifications from the FHA about conditions that are of immediate concern and could affect Fearington residents.