

## FOOTHILLS CARING CORPS

P.O. BOX 5892  
CAREFREE AZ 85377  
(480) 488-1105



Upcoming Dates  
To  
Remember

### Volunteer Orientation

June 12

July 10

August 14

9-11 a.m.

### Van Training To Be Announced

Classes Held at  
Christ Anglican  
Church

McGinnis Hall  
35500 N. Cave  
Creek Road in  
Carefree

Call 480-488-1105  
to register



FCC Office Hours  
Monday - Friday  
8:30 am - 4:30 pm

Note: The office  
will be closed on  
Friday, July 4th

# Foothills Caring Corps News

JUNE / JULY 2008

A program of Foothills Community Foundation

## Preventing Falls Among Older Adults

Falls are the leading cause of fatal and non-fatal injuries in people age 65 and older. Complications from falls can also lead to other related health issues both physical and psychological. In the United States, one of every three persons over the age of 65 falls each year, and two-thirds of those who fall do so again within six months. This means as Americans live longer, and continue to stay in their home, proper safety modifications are essential in households with persons over 65. **Falls are generally not the result of a single factor but rather a combination of both internal and external factors. Assessing the home is one method to reduce some detrimental external factors.**

- Install carpet or non-slip tile
- Light throughout including switches in reach and nightlights
- Install handrails on steps
- Install grab bars and slip-resistant mats in bathrooms
- Raised toilet seats
- Hand held showers & slip-resistant mats
- Shower stools



You can also reduce your chances of falling by doing these things:

### Begin a regular exercise program.

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful.

Lack of exercise leads to weakness and increases your chances of falling.

Ask your doctor or health care worker about the best type of exercise program for you.

### Have your health care provider re-view your medicines.

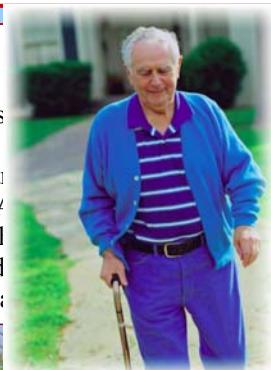
Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed which can lead to a fall.

### Have your vision checked.

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

## "Cool Trips"

If it's Tues  
Thursday the  
Monday we a  
we are up to /  
Amazing Tecl  
neighbors and  
better known :



more for a sandwich and homemade Italian Gelato. If it's  
alley Sr. Center for lunch and some "cool" bingo. If it's  
some indoor shopping, lunch or the movies. On Sunday  
ight Community Theater's production of "Joseph and the  
these are fun ways to beat the heat and be "cool" for our  
ventures on the Foothills Caring Corp's Party on Wheels



Photos by Leslie Grady



Trip to Botanical Gardens

n we picked up Gerrie for lunch last week she climbed on the van with a bag full of little  
gifts for everyone on the trip that day. With a smile and a nod she said, "They are my family you  
know." She is right. With each pick up the chatter grows louder and the laughter rings out as  
neighbors greet fellow riders they have come to depend on for social and emotional support.  
Arizona summers are long and hot but for those who live alone with no family and no transpor-  
tation, they can be very isolating. Another gentleman said, "I moved here last year at 90 years  
young with my daughter. If it weren't for my Caring Corps friends it would have been a very  
difficult move for my family and I. You are my community."



We are always looking for fun and new places to take our van, so please let us know if you have a good idea. One of the vol-  
ggested a water park with a sparkle in their eye. We laughed but also knew in our  
their tubes floating, laughing and having the time of their lives. If you enjoy going out  
you. Volunteers and neighbors wanted! *Jayne Hubbard, FCC Volunteer Coordinator*

## A ting or two from Helga



Vell de summer is here and a whole bunch a shickens have flown de coup or gone up nord...dey  
yust aren't here....but for sure, our "neighbors" are. De Caring Corps mission still be delivering  
dose meals on de wheels, takin neighbors shoppin, to de doctor appointments, doin friendly wisits  
and all dose tings dat allow our neighbors to stay in der own homes and live independently. De  
only trouble is der ain't as many of us troopers to fill de bill in de summer months. So if you  
know of anybody ve can recruit and add to our ranks, tell dem to call de Caring Corps at 488-  
1105 and Debbra vill git dem up to snuff and doing rearding vork, for sure! Den if you git de train-  
ing yew too can drive de "Happy" bus or assist neighbors on de trips dey take for shopping and social  
sprees! De neighbors named it de "Happy" bus because dey have such a good time der. Dey be like  
von big family always der for von anoter. Come ride along and see vat yew tink! By de vay, some say  
dat vat Helga be! Clink 'em, say "Ya"

## Kitchen Korner Stuffed Zucchini

Recipe by Lila Kleinkopf

- 3 medium-sized zucchini
- 1 tablespoon olive oil
- ¼ cup red bell pepper, chopped
- 2 tablespoons onion, minced
- 2 garlic cloves, minced
- 1 cup fresh mushrooms, chopped
- 2 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon oregano
- 1 cup (4 oz.) Provolone reduced fat  
cheese, grated



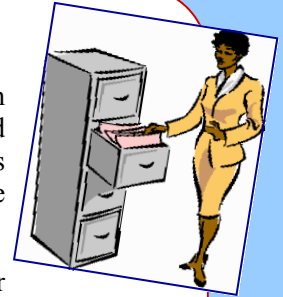
2. Place shells in baking dish sprayed  
with cooking spray.
3. Place 1 tablespoon olive oil into a  
medium skillet.
4. Place chopped mushrooms, red pep-  
per, onion and garlic into skillet and sauté.
5. Stir flour and seasonings together in a  
small bowl.
6. Remove mushroom mixture from heat  
and stir in flour and seasonings.
7. Stir in cheese and chopped zucchini.
8. Fill shells with mixture.
9. Bake 15 minutes at 350°. 6 servings

1. Scrub zucchini and cut off ends. Microwave  
whole for 2 minutes. Cut in half and scoop out centers  
with a melon ball leaving the shell. Chop center por-  
tion.

\*\*Using this simple recipe, practice determining the  
number of vegetable, fat, milk and carbohydrate  
servings in each serving.

## Special Skills Needed

Do people call you the most organized person they know? Do you keep all your documents in files and know exactly where to find every document you have in your office? Have you helped set up an office? Are you willing to take on a short term project this summer to help Foothills Caring Corps make the most efficient use of their cramped office space? If so, you may be the person to help us. Please call Debra at 488-1105. She'll be happy to hear from you!



Please note, we are planning to schedule both driving classes and CPR classes as part of our effort to bring the information to volunteers. Please feel free to contact Debra if you have other suggestions that you would like to see as we continue to hold education and information sessions as part of our thanking you for sharing your time and talents.

## DEMYSTIFYING THE WORD "DIET"



What do you think of when you hear the word "diet"? Usually the first thing that comes to mind is to lose weight. However, everyone has a diet that is controlled by a myriad of things such as culture, ethnicity, main-

taining optimum health, medical conditions, social events, weight gain and yes, weight loss. Beginning with this issue of the Foothills Caring Corps News we will begin a series of articles that will attempt to demystify various aspects of diets.

Whatever our diet or our reasons for restricting our diet, it is important to know universal serving sizes in order to be able to understand the amount of food we are currently consuming and how much we can have if we are told to eat so many servings of certain types of foods. Following is a list of serving sizes for a few common food items (Serving sizes may vary for some medical diets):

<u>Carbohydrates</u>	(15 grams = 1 serving)
Bread	1 slice any type
Tortilla	1 6"
English muffin, hot dog/hamburger	½ bun
Bagel	¼ (1 oz.)
Cereal	1 cup unsweetened ready to eat
Cereal	½ cup cooked
Crackers	4 -7
Pasta or rice	½ cup cooked
Potato	¼ large baked

### Meat (3 oz. = one serving)

Chicken, turkey, fish, beef, pork, lamb  
(A piece of meat approximately the size of a deck of cards.)

1 egg

### Vegetables

Raw leafy vegetables	1 cup
Other vegetables raw or cooked	½ cup

### Fruit

Fresh fruit	1 medium apple, banana, orange, pear, etc.
Chopped or canned fruit in natural juice	½ cup
Juice	¾ cup

### Milk

Fat free milk	1 cup
Yogurt	1 cup
Cheese	1 ½ oz.

### Fat

Butter or margarine	1 teaspoon
Vegetable oil	1 teaspoon
Salad dressing	1 tablespoon

These portions may seem very small to you, but it is important to remember that for each meal you may be able to have more than one serving depending on your diet. For example: A 1600 calorie regular diet for mature adults would consist of 6 servings of carbohydrates, 2 servings of meat, 3 servings of vegetable, 2 servings of fruit, 3 servings of milk and 3 -5 servings of fat. To begin any dialog about diets one must have an understanding of serving sizes.

The USDA Dietary Guidelines describes a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt and sugar.

*Lila Kleinkopf*

*BA in Home Economics, ASU*

*Teacher of Family & Consumer*

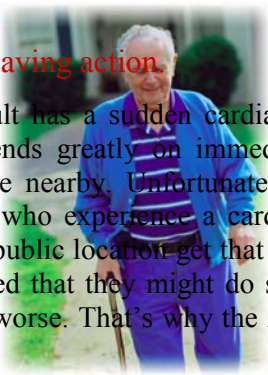
*Science Courses including Culinary Arts*



# Volunteer Classes

## CPR. A lifesaving action.

When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in a public location get that help. Most bystanders are worried that they might do something wrong or make things worse. That's why the AHA has simplified things.



## Two steps to save a life.

When an adult suddenly collapses, trained or untrained bystanders – that means a person near the victim – should:



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ly help.

*CPR and AED for Community & Workplace™* provides individuals with the basic knowledge and skills necessary to perform effective basic life support in an emergency. Persons who do not work in the healthcare field but are occupationally required or just desire to have CPR knowledge and skills would attend this course. Participants may include:

- **Volunteers**
- **Van Drivers**
- **Medical Transportation Drivers**
- **Caregivers**
- **Grandparents**
- **Teachers**

Steve Boyer, a Fire Department Captain with 20 years experience responding to fire and medical emergencies, will be teaching a CPR Class at Foothills Caring Corps. His teaching experience includes 19 years of providing the most current CPR, AED, and First Aid skills in a relaxed, easy to learn format. The class will be held on Wednesday, June 25th from 9 a.m. to noon at Christ Anglican Church, McGinnis Hall. FCC will cover the cost for those attending the class. If you would like your certificate updated, the cost will be \$5.00. Call 488-1105 to reserve a space. We need 8 people to hold the course and no more than 22 spaces are available.



## Foothills Caring Corps

Post Office Box 5892  
Carefree, Arizona 85377

FOOTHILLS  
COMMUNITY  
FOUNDATION

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U.S. Postage  
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