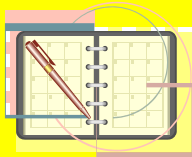


**FOOTHILLS
CARING
CORPS**

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



Upcoming Dates
To
Remember

**Volunteer
Orientation**

August 14

September 11

October 9

9-11 a.m.

Van Training

September 18

9-10 a.m.

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 Mon-
day, September 1 for
Labor Day

Foothills Caring Corps News

AUGUST 2008

A program of Foothills Community Foundation

Greater Demand for Services

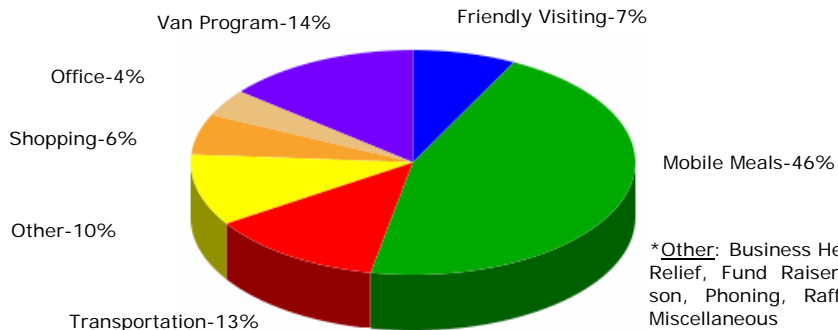
Nationally the rapid growth of the older adult population has been widely documented. In less than 20 years approximately 62 million adults will be over the age of 65, an increase of 79 percent from 2002. Even more important to note, of this aging population, America's "oldest adults" are increasing even more rapidly. Due to advances in medicine and preventive care, adults aged 85 and older (who are more likely to need the support of family, friends and the community to continue living independently) are expected to increase from 4.2 million in 2000 to 8.9 million by 2030.

Foothills Caring Corps continues to see more people in need of support to help them remain living independently. Our statistics for each succeeding year increases sometimes exponentially. The increase in demand is not only for the eight services we normally provide but also for a more expansive list of support services.

It is an exciting time for Foothills Caring Corps. Opportunities abound for community collaborations and creative use of volunteers' talents and new program development. We are looking toward a five year plan to help meet many of the needs of older adults in the community and we hope we can count on your support. Please help us to recruit talented volunteers to help meet the expanding needs at 480-488-1105.

PROGRAM SERVICES - Fiscal Years 2005 - 2008					
	FY 04-05	FY 05-06	FY 06-07	FY 07-08	Increase
Volunteer Hours	13,000	24,000	33,830	39,680	205%
Mobile Meals Delivered	3,386	3,930	5,506	6,855	102%
Van Trips	100	155	185	241	141%
Van Riders	201	817	1,215	1,588	690%
Transportation	1,935	2,238	2,277	2,105	9%
All Other Services	2,239	3,644	4,328	5,567	149%
Volunteers	284	271	444	424	49%
Neighbors (Clients)	256	326	359	410	60%

FCC YEAR-END by Program Based on Total Units of Service



How to Reach Us

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Services@FoothillsCaringCorps.com

Monday - Friday
Monday - Friday
Tuesday & Thursday
Monday, Tuesday & Friday
Tuesday - Friday
Monday & Thursday



Our Offices are located at 35500 N. Cave Creek Road in Carefree
Mailing Address: P.O. Box 5892, Carefree, AZ 85377

Phone: 480.488.1105
Fax: 480.488.8117

Office Hours: 8:30 - 4:30 Monday through Friday

Our offices are closed on holidays, but we will deliver Mobile Meals Monday through Friday all year around.



Donated Vehicles to help with our Increasing Demand for Services

The next newsletters will highlight the design of our transportation services beginning this fall. To start improving our transportation fleet we have received generous donations of two vehicles.

A special thank you to Usama Abujbarah and the Staff from Town of Cave Creek for the handicapped accessible caravan; and a special thank you to Richard Noreika for the car.



Kitchen Korner

Branana Nut Muffins Yield: 12 Muffins

Recipe by Lila Kleinkopf

Preheat oven 350°

Spray Pam on bottoms only of muffin pan cups

½ cup sugar

⅓ cup oil (Use canola or peanut oil, not olive oil)

1 egg

1 teaspoon vanilla

Place sugar, oil, egg and vanilla in mixer bowl and beat well.

1 cup ripe bananas, thoroughly mashed

¼ c. skim milk

Beat the mashed bananas and milk into the oil/sugar mixture.



¾ cup flour

¾ cup whole wheat flour

¼ c. bran

¼ teaspoon salt

1 teaspoon soda

1 teaspoon baking powder

Mix the above dry ingredients together in a separate bowl. Add dry ingredients to mixture of sugar, oil, egg, bananas, etc. Mix only until moistened.

1 cup chopped pecans or walnuts

Stir in chopped nuts. Spoon into muffin pan.

Bake 15 to 18 minutes. Do not over bake. Allow to rest in pan for 5 minutes and then remove to a cooling rack. When cool store in zip lock bags.

These muffins freeze well.

NEW VAN

We will keep you posted about our new transportation vehicles. We will receive a handicapped accessible van in September through RTPA and a new handicapped accessible van in May 2009.



DEMYSTIFYING THE WORD “DIET”

Whole grains help manage weight and maintain optimal



Whole grains are digested more slowly than refined grains and cause lower glucose and insulin responses. They help individuals manage weight gain due to their effect on satiety. People feel full with fewer calories and they are satisfied over a longer period of time resulting in reduced hunger between meals and less temptation to grab fatty snacks. According to the Tufts University Health and Nutrition Newsletter, a benefit of eating more whole grain is a trimmer waistline. In fact, several research projects have shown that not only do whole grains help with weight loss, but that the weight loss is in the abdominal area. An increased intake of whole grain products in the diet reduces a person's likelihood of being overweight or obese.

Along with weight management, a diet rich in whole grains can reduce the risk of several chronic diseases resulting in heart attack, stroke, high blood pressure, cancer and diabetes. Foods prepared with whole grains are nutrient dense and are excellent sources of B vitamins, minerals, fiber and complex carbohydrates.

When selecting whole grain foods, be vigilant

in reading the list of ingredients on packages. It is required that ingredients must be listed on food packages in the order in which they occur in the highest amount. Whole grain or whole wheat should be the first ingredient listed. Often “wheat” bread is brown, but is actually made with white flour that has been colored with molasses. You will notice this if you read the ingredient list. Some ready to eat cereals have sugar listed as the first ingredient meaning that the main ingredient is sugar.

This month's featured healthy recipe is for banana nut muffins made with half the flour being from whole wheat and additional bran. More fiber and nutrients are added with nuts and bananas. These are very nutrient dense muffins of an appropriate size supplying approximately 1½ servings from the grain group. A nutritional analysis is also supplied. Commercially prepared muffins have become very sweet, much like cupcakes. They are very large and often contain as many as 600 calories...3 or 4 servings. Home baked muffins usually have less sugar and include nutrient dense ingredients such as whole grains, nuts and fruit.

Sources:

USDA My Pyramid
Tufts University Health and Nutrition
Newsletter
Andrea Villarreal, RD, MS Nutrition –
Nutrition Instructor at Phoenix College

Lila Kleinkopf

AARP Classes

Reduce your car insurance !!! Attend our AARP sponsored class and receive a certificate that will reduce your insurance rates. We will have two classes each one totaling eight hours each. Space is limited to 25 people per class.

The first half of class #1 will be on October 20th (four hours) and the second half of class #1 will be on October 22nd (four hours) 8:00 a.m. to 12:30 p.m.

The first half of class #2 will be on November 3rd (four hours) and the second half of class #2 will be on November 5th (four hours) 8:00 a.m. to 12:30 p.m.

Call 480-488-1105 to sign up, now.

Classes are located
at Christ Anglican
Church
McGinnis Hall
35500 N. Cave
Creek Road



Free of Charge
Sponsored by
AARP
and
Foothills
Caring Corps

 **Foothills Caring Corps**
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