

**FOOTHILLS
CARING
CORPS**

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



Upcoming Dates
To

Remember

**Volunteer
Orientation
September 11
October 9
9-11 a.m.**

**Van Training
September 18
9-10 a.m.**

**AARP Driving
Classes
October 20 & 22
November 3 & 5
8 a.m. - 12:30 p.m.**

Classes Held at
Christ Anglican
Church
McGinnis Hall
35500 N. Cave
Creek Road in
Carefree



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

Foothills Caring Corps News

SEPTEMBER 2008

A program of Foothills Community Foundation

FROM THE DIRECTOR

Hello Friends,

As we continue experiencing steady growth, Foothills Caring Corps has been working to creatively meet the demand for services. Each time we ask for your support we seem to be blessed with resources to help us. Please support us once again.

We have come to a critical growth point and we would like to ask for your support in reaching our latest goal of increasing our volunteer base by 20 percent. In real numbers, that means either we will find 85 people who will reactivate their volunteer status or we will orient and train 85 people new to Foothills Caring Corps. We hope to reach our goal within the next 9 months. I know this is a major recruitment effort and I also know the only way we can manage this is with your help. Perhaps you can spread the word and help us meet our goal. Your support and creative resource development will make the difference. Please contact me or the office with your suggestions.

As we move forward with our mission to help older adults remain living in their homes independently, we find that constant vigilance in keeping a healthy base of resources is necessary. Our Speakers Bureau is poised for action. If you know of a club, Church, Civic organization that could be helpful in our quest for potential volunteers, we are ready to share our story.

Our standard volunteer orientation meetings are held the second Thursday of every month. We can use some compassionate souls willing to become a Neighbor Helping Neighbors.

Thank you for your ongoing support and strength in making Foothills Caring Corps a caring "home" to both volunteers and Neighbors.

I look forward to hearing from you.

Debbra Determan
480-488-1105





Vell, it be de end of de long hot mont of August, but dat didn't stop de neighbors from having a good time together on de party bus! Tanks to de drivers and assistents, dey be goin to lunch, de library for movies, lunch teater at de Herberger and Nunsense at Broadway AZ. Dey even go shopping at Val Mart and de 99 Cent store. Von ting tho, der now is a nort and sout route for some outings and de neighbors complain dat dey don't get to see all der friends so often, but dat also means a shorter time on de bus and less gas. Now, yew betcha, you could be havin a good time too if you ver to drive or help vit de trips! De next trainin will be September 18th at 9:00 a.m.

De vonderful gals in de office held an ice cream social for de volunteers at Dorothy's Hall last week. Dey played Caring Corps Jeopardy and der be tree tables competin....vell, de men, dey weren't doin too vell until Helga yoined der table...and vat do yew know? Dey von de game! Herb vas so happy! Come be happy vit de rest of us who be happy to serve oters in our community!

Clink'em ...say "Ya" Helga

Shop & Give

It's easy to support us every time you buy groceries Bashas'.

1. Link your Thank You Card to our Group ID Number (just once at the beginning of the program) at any checkout.

Foothills Caring Corps Group ID Number: 24364

2. From September 1, 2008 - March 31, 2009, be sure that your Thank You Card is scanned every time you shop at Bashas'.
3. Bashas' designates a portion of your purchases back to us at the end of the program.

Raise funds for us at absolutely no cost to you!

For more info, visit www.bashas.com/charity



Kitchen Korner

Fat Free Potato Topping
Recipe by Lila Kleinkopf



Prepare a delicious fat free baked potato topping by processing fat free cottage cheese in a food processor or blender until fluffy and smooth. It may be necessary to add a tablespoon or two of fat free milk or buttermilk to get the desired

creamy consistency as the liquid in cottage cheese often varies. *This topping is better than sour cream!* Sprinkle with chives or chopped green onions.

1 cup fat free cottage cheese = 1 serving dairy
½ large baked potato = 2 servings carbohydrate

Room at the Table?

Foothills Caring Corps and Foothills Food Bank are planning to match those of you alone for the upcoming Thanksgiving and Christmas / Hanukah holiday meals with those of you who have room at your table.

Call us and let us know your interest. We'd like to get this lined up by mid-October. More to follow later.



DEMYSTIFYING THE WORD “DIET”

Know your fats...Which types to choose and how much to include in your diet



Your body needs some fat to function properly. Fat is a nutrient that provides energy, it is used in the production of cell membranes as well as hormone-like compounds that regulate blood pressure, heart rate, constriction of blood vessels and helps the nervous system. Additionally, dietary fat helps carry the fat-soluble vitamins A, D, E and K from your food to your body. Fat also helps maintain healthy hair and skin, protects vital organs, keeps your body insulated, provides a sense of fullness after meals and is digested more slowly. Thus, one should not eliminate all fat from the diet. Rather, the key to including fat in a healthy diet is knowing which types to choose and the amount to eat each day.

Most dieticians and health experts recommend that individuals limit their intake of all types of fats to no more than 30% of their total calories consumed daily. This equates to about 5 teaspoons of fat daily for women over the age of 50 and about 6 teaspoons for men over 50. It is important to remember that fat is a hidden ingredient in many food products. Fat is a vital dietary nutrient, but intake of all fat should be limited to prevent excessive weight gain resulting in diseases such as diabetes, heart disease, cancer, osteoarthritis, etc.

When choosing fats, your best options are unsaturated fats: monounsaturated and polyunsaturated fats. These fats, consumed in the recommended amounts, may help lower blood cholesterol levels when used in place of saturated fats and trans fats.

- Monounsaturated fat remains liquid at room temperature, but may solidify slightly in the refrigerator. Examples of monounsaturated fat are olive, peanut and canola oils as well as fat found in avocados and most nuts.

- Polyunsaturated fat remains liquid at room temperature and in the refrigerator. Vegetable oils such as safflower, corn, sunflower, soy and cottonseed are polyunsaturated.

Saturated fats and trans fats should be avoided as they can increase the risk of heart disease by increasing total LDL (“bad”) cholesterol.

- Saturated fats are solid at room temperature. Saturated fat occurs in foods from animal sources such as beef, pork and poultry fat and butter. It is also hidden in dairy products such as whole milk, cream, sour cream, ice cream and cheese. Hydrogenation, a process that converts vegetable oils to solid fats for products such as shortening and margarine, also produces saturated fats.

Recommendations for cooks when selecting fat for various uses:

- Select cooking oil for frying and sautéing. Olive oils add a distinctive flavor. Peanut oil is clear and tasteless and holds up under high heat for deep frying.
- Select the most liquid form of spread for foods such as toast. Squeezable margarine is the best choice followed by tub margarine. Read labels for trans fat content.
- Use olive oil for many salad dressings and to flavor sautéed foods. Do not use olive oil in sweet baked products as the flavor may not complement the product.
- Use vegetable oils, canola oil or peanut oil for dessert products as these oils have little flavor.
- Use fat free or low fat dairy products.
- Occasionally, it might be necessary to use a hydrogenated shortening to produce high quality pie crusts, biscuits or cakes for special occasions.

Sources:

USDA My Pyramid
Mayo Clinic
American Heart Institute

Lila Kleinkopf

Upcoming Events

Driving Safety Classes

Driving safety classes at no cost to you! 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. Space is limited to 25 people per class.



- First half of class #1 - October 20th (4hours)
- Second half of class #1 - October 22nd (4 hours)
- First half of class #2 - November 3rd (4 hours)
- Second half of class #2 - November 5th (4 hours)

Free of Charge
Sponsored by
AARP
and
Foothills
Caring Corps

Each class is held from 8:00 a.m. to 12:30 p.m.
Classes are located at Christ Anglican Church, McGinnis Hall, 35500 N. Cave Creek Road. Call 480-488-1105 to sign up now.

The Way We Were Fashion Show

The Way We Were Fashion Show to benefit Desert Foothills Library will be held on Friday, October 10 at 4:00 p.m. at the Desert Foothills Library. If you would like to attend and want information about transportation, please call the office at 480-488-1105.

Low Vision Expo

Mark your calendars now for the next Vision Rehabilitation and Technology Expo. The event will include excellent speakers and an exhibit hall with the latest in technology and services for individuals who are blind or visually impaired.

Friday, November 14, 2008
9 a.m. to 4:00 p.m.

Glendale Civic Center
5750 W. Glenn Drive in Glendale

Technology that will change your life!

If you, or someone you know has experienced a loss of vision — plan to attend this event!
To reserve your space, call Jayne at 480-488-1105.

Foothills Caring Corps Annual Booklets
are available at the office



Foothills Caring Corps

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Carefree, Arizona 85377

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