



Foothills Caring Corps News

SEPTEMBER 2009

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



Upcoming Dates
To
Remember

**Volunteer
Orientation**

**October 8th
November 12th
9-11 a.m.**

Van Training

**Oct. 15th
Nov. 19th
9-10 a.m.**

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

Thanks to our
advertising
sponsor....

Donna Jean's
Salon



480-488-2244

7171 E. Cave Creek Rd. Ste
B

*behind the Bad Donkey

Hairstyling For Ladies, Gentlemen
& Children

Tues-Friday 9-5
Sat. 9-2

Executive Director's Corner

It has been a while since we have sent out our newsletter. **Thank you** for responding by sending folks here for orientation and training! We added 24 volunteers over the summer! Our upcoming events in October are so special, I'd like to outline those events for you.

- **October 3rd** we are helping out at the **Carefree 25th Anniversary**.
 - Please plan to come by and support us at the Exotic Car Show at the Carefree Market Place. We'll (with help from the Bad Donkey) be selling BBQ sandwiches. Help us make this a success. 9:00-3:00pm
 - Please plan to come by and support us at the Spirit in the Desert Retreat Center where we will have a table with antique purses, clothes and hats and of course information about the Caring Corps. Join us and have some fun! Theater, pets, and more from the other non-profits in town.
 - Also others activities such as Vintage Aircraft Display at Sky Ranch, tour of the new Town Hall and new Fire Station, will be part of the downtown shops, sites to see and the Carefree resort.
- **October 12th Kickoff-Luncheon** for the Caring Corps first Annual Campaign. Reception at noon and lunch at 12:30pm at Desert Mountain Cochise Geronimo Clubhouse. The keynote speaker is Dr. Connie Mariano who will speak on "Taking Care of the President of the United States" as the physician to Presidents George H.W. Bush Sr., William J. Clinton & George W. Bush. **Call 480-488-1105 for reservations.**
- **October 14th Kickoff - Evening** for the Caring Corps **volunteers** who will be helping with our **first Annual Campaign friend and fund-raiser**. Meet at Christ Anglican Church from 5:00pm-7:30pm for training.
- **October 20th Quarterly Meeting** for **partners** and Church **Liaisons** to get an update of what is happening at the Caring Corps and let others know what is happening in the community and congregations. Church liaisons meet for a special early meeting at 9:00am and then fall Quarterly meeting from 10:00-11:00am.
- **November 25th Ecumenical Thanksgiving Eve Service** at Desert Hills Presbyterian Church 7:00pm. Everyone is welcome to attend.

Our first Annual Campaign begins on October 15th and will end on December 31st. We then plan on holding our "Taste of the Foothills" and Cash & Caring Raffle on March 11, 2010. It is our hope that we can raise the funds necessary to continue to grow the programs of the Caring Corps.

Please note also our newest vans as they provide additional services to many of our older adults who would remain homebound without our services. Thank you so much for your ongoing support.

Watch Your Back

Here's why it's so important to watch your back. As a caregiver, you can expect to experience plenty of sleepless nights and long days. But did you know that all of this stress can be backbreaking?

A recent Spanish study found that the back is one of the most common places for caregivers to experience stress—even if your daily routine does not involve lifting a loved one in and out of a bed or a chair.

Chronic stress-related pain, says Beverly E. Thorn, PhD, professor of psychology, University of Alabama at Tuscaloosa, and author of *Cognitive Therapy for Chronic Pain: A step-by-step Approach*, is a very real and common condition. "Stress can cause back pain, or exacerbate pain originally caused by a previous injury. The intensity of back pain can range from constant and dull to intermittently piercing," she adds. No matter its strength, that pain can affect your ability to provide care to your loved one.

THE BRAIN, say experts, is the link between your back and the stress related to frustration, anxiety and feeling overwhelmed. "That stress opens the floodgate of pain signals to the brain," says Kelly McGonigal, PhD, who teaches yoga, meditation and psychology at Stanford University and specializes in the relationship between psychological stress and physical health. "This heightens your nervous system, making it more vigilant for signs of danger." This heightened state sends pain to your brain faster than normal.

Prevent the pain. Here are a few precautions to prevent a backache or injury.
~Stretch ~Drink water ~Lift wisely ~Eat right ~Good posture ~Take a break



Kitchen Korner Ginger Squash Soup

4 (about 1-cup) servings

Prep: 20 minutes

Cook: 20 minutes

INGREDIENTS:

1/2 cup chopped onion

2 teaspoons canola or olive oil

2 cloves garlic, minced

2 pounds buttercup squash,
peeled and cut into 1-inch pieces
(4 cups)

2 14-ounce cans reduced-sodium chicken broth or vegetable
broth*

4 teaspoons grated fresh ginger

1/2 teaspoon salt*

Pinch cayenne pepper

1 medium apple, cored and chopped (optional)



It's that time of year when squash is plentiful. What to do with it? Make soup! This food is very low in Saturated Fat and Cholesterol. It is also a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Calcium and Magnesium, and a very good source of Vitamin A, Vitamin C, Potassium and Manganese.

Directions:

In a large saucepan, cook onion in hot oil 3 minutes stirring occasionally. Stir in garlic; cook and stir 1 minute more.

Stir in squash, chicken broth, ginger, salt and cayenne pepper. Bring to boiling; reduce heat. Simmer, covered, 15 to 20 minutes or until squash is very tender. Cool slightly.

Transfer one-third of the soup mixture to a blender or food processor. Cover and blend or process until smooth. Repeat with remaining soup. Return mixture to saucepan; heat through.

Ladle soup into bowls. If desired, top with chopped apples.

*TEST KITCHEN TIP: If using vegetable broth, omit the salt.

Got a minute? Give yourself a break!

Give yourself a break!

- 1 minute
- 2 minutes
- 10 minutes
- 20 minutes
- An hour
- An afternoon
- Weekend

If you have...a minute, a couple of minutes or even as much as a weekend, it would be beneficial to give yourself a break!

Here are some ideas on what to do; If you only have a few minutes, take deep breaths, stand up, & stretch. Get a drink of water. This will clear your mind, bring fresh blood to your muscles and refresh you to continue on with your work.

If you have only 10 minutes, hold hands with your honey. A quick hug and 10 minutes of handholding greatly reduces the harmful effects of a stressful situation by reducing blood pressure and heart rate. Research shows, in a University of North Carolina at Chapel Hill study, couples who held hands were nearly twice as relaxed as those who didn't have comforting contact. To increase the stress-proofing powers of cuddling, do it daily. Unattached, hug a pal or your dog or cat. Petting a four-legged friend has also been shown to reduce anxiety. They love and need attention too.

If you have just 20 minutes, take a relaxation break. Meditation has been shown to trigger the body's relaxation response, reducing blood pressure, muscle tension and heart rate. For an easy variation, simply repeat a soothing phrase like, "Let it go", recommends Herbert Benson, MD, Director Emeritus, Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital in Boston. Do this in a quiet place for about 10-20 minutes a day.

When other thoughts come to mind, banish them by repeating the phrase again and again. "I've had people with severe symptoms of stress try this and they say it transforms their lives." Dr. Benson says.

Only have 30 minutes? Break a sweat.

Exercise is the number one tension tamer. And the more you pick up the pace, the lower your levels of stress, suggests a University of Missouri at Columbia study. While just 30 minutes of either moderate, or high-intensity exercise lowered anxiety, the more strenuous session worked best. The high-intensity group's anxiety decreased continuously until the last time it was measured, which was 90 minutes after exercise. Or...head outdoors for a natural high. Go for a walk in the woods or sit in the park. Simply looking at nature can put you in a peaceful state of mind, studies show.

Have an hour? Have lunch with a friend. Socializing with friends helps lower blood pressure, relieve anxiety and may even help you live longer. And it may be a woman's natural weapon against stress. During these times we produce oxytocin, a hormone shown to reduce stress. In men, however, testosterone blunts oxytocin's relaxing effects; in women, estrogen enhances oxytocin, encouraging them to bond with friends. And when they do, even more of the hormone is released, studies show. Or...take a yoga class. After 50 minutes, levels of the stress hormone cortisol dropped, even in those trying it for the first time, according to researchers at Thomas Jefferson University in Philadelphia.

Have an afternoon? Try Movie Therapy. Just make sure that you see or rent a comedy. Stress is no laughing matter-but getting relief may be. Chuckling over a funny video lowers blood pressure and stress hormones, suggest studies by Lee S. Berk, PhD, at Loma Linda University in California. In fact, simply anticipating tuning into a comedy that typically tickles your funny bone can ease anxiety.

Make time for a pleasurable hobby. Any repetitive activity, such as knitting or strumming a guitar, evokes the body's natural relaxation response.

If you have a few hours, you could take a drive through the country.

Have a weekend, get away for a few nights, even if it is just a short drive from home. It's amazing how refreshed you'll feel.

CAREGIVERS: BEWARE THE BURNOUT!

Do you ever lose patience with the person you're caring for? Does frustration ever lead you to a screaming fit? You're not alone. More than half of the family caregivers in a British survey acknowledged such incidents.

Screaming and yelling at the person was the most frequent form of abuse. Insulting and swearing is another form of abuse, along with threatening to send them to a nursing home. Hopefully it never is physical abuse.

This especially happens when taking care of dementia patients. People with dementia can act aggressively.

Where to get help. The Alzheimer's Association has a 24-hour telephone caregiver helpline (800-272-3900) that will connect callers to a live counselor, not an automated menu or recording, who can give you on-the-spot advice about an immediate problem as well as suggest appropriate resources.

The association also offers a caregiver stress quiz on it's website. (www.alz.org/stresscheck).

The important thing is that you *reach out* before you *burn out*.



We have our new wheel chair accessible van! It rides so smooth and is nice and cozy. We are proud of the community support for this needed vehicle. Please stop by and take a look at our vehicle and think about volunteering to help us keep this vehicle on the road. We are excited about helping to meet the greater needs of the older adult population. Come join us. Call 488-1105 and come to join us for training October 15th or November 19th from 9 - 10 a.m.

More to come in the November newsletter about this and our mini-van which should be coming in three weeks.



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www.FoothillsCaringCorps.com