



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



Upcoming Dates  
To  
Remember

**Volunteer  
Orientation**

**9-11 a.m.**  
2nd Thursday of  
each month  
\*Next one is  
**December 10th**

**Van Training**

**Call for dates  
480-488-1105**



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

# Foothills Caring Corps News

NOVEMBER 2009



## *Community Thanksgiving Eve Ecumenical Service Hosted by Desert Hills Presbyterian Church*

*Wednesday, November 25, 2009  
7 p.m. Service*

Several local congregations will participate with the Desert Hills Presbyterian Church in presenting this uplifting evening of music, song, prayer and Thanksgiving.

The service will honor the Foothills Caring Corps. The Caring Corps helps older adults and homebound individuals to remain healthy and living independently in their homes. The programs of the Caring Corps currently serve more than 400 of our neighbors in the local community. Donations collected at the service will directly benefit those served by the Caring Corps.

Bring your family and guests to this festive celebration of Thanksgiving.

*Desert Hills Presbyterian Church  
N. Scottsdale Rd. & Carefree Hwy.  
480 488-3384*

Foothills Caring Corps  
(480) 488-1105  
[Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com)



# The Foothills Caring Corps' Fleet

With the community's support we received matching funds to add to the ADOT grant and received two new vans which makes our fleet of three ideal.

Come join us — volunteer and help us promote the independence of older adults. Driving the van is almost as easy as driving your personal vehicle.

Thank you  
Business Owners



Maxi-van  
Wheelchair accessible



Maxi-van



Mini-van

Thank you  
Donors

Thank you  
Civic Clubs

Thank you  
Congregations



Thank you  
Philanthropists

Thank you  
Benefactors

Thank you  
Patrons

For learning more about the opportunities for advertising on our vans,  
please email us at [Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com)

## Kitchen Korner Breakfast Casserole

1 pound tiny new potatoes, cut into ¼ inch slices  
 ⅓ cup thinly sliced leek  
 ¾ cup chopped lower-fat and lower-sodium cooked ham  
 3 ounces reduced-fat Swiss cheese, cut into small pieces  
 1 ¼ cups fat-free milk  
 1 tablespoon all-purpose flour  
 ¾ cup refrigerated or frozen egg product, thawed  
 2 teaspoons snipped fresh thyme  
 (or ½ teaspoon dried thyme, crushed)  
 ¼ teaspoon black pepper  
 Nonstick cooking spray  
**\*Makes: 6 servings**



### DIRECTIONS

In a covered large saucepan cook sliced potatoes in a small amount of boiling, lightly salted water about 10 minutes or just until tender, adding the leek the last 5 minutes of cooking. Drain potato mixture. Coat a 2-quart rectangular baking dish with cooking spray. Place potato mixture in bottom of the prepared

baking dish. Sprinkle with the ham and Swiss cheese. In a medium bowl stir the milk into the flour until smooth. Stir in the egg product, thyme, and pepper. Pour the egg mixture over potato mixture. Bake in a 350° oven for 35 to 40 minutes or until a knife inserted near center comes out clean. Serve immediately.

## Volunteers Needed

Help us drive neighbors for evening and weekend medical trips. We have two special immediate situations that need services five times per week. Could you help transport one time per week? Please send an e-mail to [MaggieP@FoothillsCaringCorps.com](mailto:MaggieP@FoothillsCaringCorps.com).

# Thank You!

- A special thank you for those of you who have donated toward our first Annual Campaign. As you know, our goal is to raise \$200,000 by December 31, 2009. As of November 10th we have reached \$60,000. Please help us to help the older adults in the Foothills communities by asking those you know to join you in contributing toward our goal. 480-488-1105. [Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com).

- Save the date of March 11th for our Annual Taste of the Foothills and Raffle at El Pedregal.



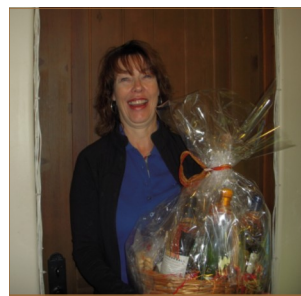
- A special thank you to Jean and Dick Segil for sponsoring the Annual Campaign kick-off Luncheon at the Desert Mountain Cochise-Geronimo Clubhouse.

- Thanks to special supporters who gave us promotion at the Carefree 25th Anniversary:

The Bad Donkey  
Sue Bickerdyke Interiors  
Advance Food Company  
Total Source and Food Sales West

- Thank you to Dan and Debbie Wainwright, Phil and Marian Abramowitz, and all the volunteers who made the day a success.

We had fun at the Desert Mountain Expo. There was fabulous food and beverages from the restaurants, and we had a winner of our wine and cheese basket.



Verna Shewchuk

## An Ode to Caring Corps

The last of life turned not as I hoped.  
There remains a daunting challenge to cope.  
A Taxi to the store, what a bore.  
A visit to a physician, what a decision.  
I wish I could drive.  
I've lost my remote.  
Why should I care?  
The programs are a joke.  
Should I forget my aches and pains,  
or should I sit and become insane?  
Know what it's like to be alone,  
To wait and wait to hear the phone,  
and then it rings, too bad I didn't hear it.  
It might be someone I hold dear.  
Do not dismay, probably another survey.  
A life to drama tragedy and laughs  
A trip to the Herberger would be a bash  
And a lunch in a box, by gosh  
No one my age cares to cook  
So if you can open a can or try a  
Chef who makes TV dinners  
More rice than meat and he's a winner.

Nobody living knows  
how much I would love to go to Trader Joes.  
So stifle your tears and your whine,  
There's a Caring Corps that is divine!  
It didn't begin by a whim but by fate,  
All they ask is a time and a date.  
They come with a caring inspired from above,  
they understand emotions, they understand love.  
A man who recently lost his wife,  
serving others has become his life.  
A lovely young woman with a career and a child,  
add school and soccer and drive to the doctor.  
A good humored man who comes with this wife,  
A truck-driving career has been his life.  
An elegant woman from Terra Vita,  
has guests coming for drinks and dinner.  
Time is precious, she makes the call,  
I hope once home, she has a ball.  
May others take time to serve,  
give them the thanks and applause  
they all deserve!

Frances Van Buskirk

## The Flu Season

### Flue is serious!

- At the first sign of illness, contact your doctor immediately. Effective treatment is available.
- Sick people should remain home until they are fever-free, for at least 24 hours without the use of fever-reducing medications.
- While sick, limit contact with others to keep from infecting them.

### Hygiene counts!

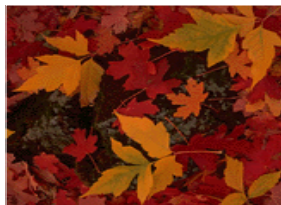
- Cover your nose and mouth with a tissue when you cough or sneeze. If tissue is not available, please cough or sneeze in your sleeve.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes nose and mouth, as germs spread this way.
- Try to avoid close contact with sick people.

For more information or vaccine locations, please call Community Information Referral: 602-324-2814 or 1-877-764-2670, TDD 800-367-8939 or 7-1-1.

[www.StopTheSpreadAZ.org](http://www.StopTheSpreadAZ.org).



P.O. Box 5892  
Carefree, AZ 85377  
480.488.1105  
[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)



Enhancing the quality of life and promoting independence  
for homebound residents.





## **Foothills Caring Corps Holiday Luncheon and In-service**

**Tuesday, December 1, 2009  
10 a.m. – 1:30 p.m.**



### **Agenda**

**10:00 – 11:45 Speaker**  
Maribeth Gallagher, MS, Psych. NP  
Hospice of the Valley

**11:45 – 12:15 Lunch**  
Provided by Hospice of the Valley

**12:15 – 12:30 Update**  
Debbra Determan

**12:30 – 1:30 In-service for  
Foothills Caring Corps Services**

### **All Services Update**

**Group I**  
Medical Transports  
Van Transports

**Group II**  
Mobile Meal Delivery  
Grocery Shopping

**Group III**  
Intake  
Respite  
Friendly Visits

**Group IV**  
Handiperson  
Special Projects

As a Foothills Caring Corps volunteer, you are likely to encounter people with memory loss. Sometimes forgetfulness is a normal part of the aging process. But when memory issues interfere with daily life, the person may have dementia. Come learn techniques and strategies for dealing with people with dementia.

At this event, you will learn:

- Recognize the signs of dementia
- Alleviate behavior disturbances by using a soft approach and meeting basic needs.
- Use pleasurable distraction and sensory stimulation.

Held at Christ Anglican Church, Dorothy's Hall  
35500 N. Cave Creek Road, Carefree

**Please RSVP by November 25th to [Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com)**



Extra  
Extra  
Read all  
about it:

# Volunteers Needed

What an amazing way to spend the day! Helping someone get to a much needed appointment, delivering a hot meal, or driving the Party Van to the Thanksgiving Eve Service. Help someone and brighten your day!

Please plan to attend our **December 10th** orientation and help during these upcoming months. When you join us, you will be trained to drive the vans, assist on the van as well as drive and visit as part of the Mobile Meals Program. Our policy is very flexible and you can volunteer when you have the time.

Upcoming dates for  
2010 Orientation Training:

**January 14th**

**February 11th**

**March 11th**

**9:00 to 11:00 a.m.**



Caring Corps' services depend on Volunteers to deliver the services. We need you to help us provide our services to the community you live in. Please call the Caring Corps and sign up to attend an Orientation Training and for an opportunity to lend a hand and help your Neighbors. 480-488-1105.

Orientation meetings are held Christ Anglican Church, Dorothy's Hall  
35500 N. Cave Creek Road in Carefree



## Office Closures

**Foothills Caring Corps will be closed on  
Thursday, November 26th  
and Friday, November 27th.  
Mobile Meals will be delivered  
on all days of the year.**