



P.O. BOX 831  
CAREFREE AZ  
85377



Upcoming Dates  
To  
Remember

#### Volunteer Orientation

9-11 a.m.  
Thursdays  
February 11th  
March 11th  
April 8th

#### Van Training

9-10 a.m.  
Thursday  
February 18th

Call for additional  
Van Training  
Dates  
480-488-1105



For FCC  
New Offices  
Monday  
April 12th

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

# Foothills Caring Corps News

JANUARY / FEBRUARY 2010

## Inviting You!

We are inviting you to attend our **March 11<sup>th</sup> Cash & Caring Raffle & Taste of the Foothills**. This year we will be celebrating at **El Pedregal** from 4-8 p.m.

*The Taste of the Foothills will include specialty dishes from Cartwright's Sonoran Ranch House, Tonto Bar & Grill, El Encanto Mexican Restaurant, Carefree Station, Café Bink, Harold's Corral, and Latilla at the Boulders Resort.*

The Raffle will have \$15,000 in cash prizes. Tickets for the Raffle are available by calling 480-488-1105. Tickets will also be sold at the local post office, public buildings and retail shops. Tickets and invitations have been sent to those of you who have previously supported our events. Our goal is to sell 600 raffle tickets. Help us to make 2010 a successful year for the Caring Corps so we can continue to provide ongoing support services to maintain residents in their own homes.

### Foothills CaringCORPS CASH & CARING Raffle Ticket

3 Chances to Win!



Promoting independence  
for older adults

**\$100 each or 3 for \$275  
8 for \$500**

**Only 600 tickets will be sold.**

**Ticket activated upon receipt of payment.**

### 2010 Foothills Caring Corps CASH & CARING Raffle Ticket

**Thur., March 11, 2010  
4:00 - 8:00 pm**

Ticket purchase entitles  
admission for you & your guests.

**Taste of the Foothills  
Live music entertainment**

#### Event Highlights

4 - 6:30 p.m. Bountiful Baskets Drawing  
7:30 p.m. Cash & Caring Raffle Drawing

**Public is welcome. Dress Western!**

**El Pedregal Shops & Dining at The Boulders  
34631 N. Tom Darlington Drive  
Carefree, Arizona**

**Need not be present to win.**

**Proceeds to benefit**

**Foothills Caring Corps**



## Valentine Soirée



Board Members, Volunteers, Neighbors and Donors are invited to attend our 2010 Valentine Soirée.

**WHEN:** Tuesday ~ February 9th, from 3 p.m. to 5 p.m.

**WHERE:** Christ Anglican Church in Dorothy's Hall  
35500 N. Cave Creek Road

**ENTERTAINMENT:** Dr. Mort Berkowitz

**The show that has captivated America!** Dr. Mort Berkowitz was named "Hypnotist to the Stars" for his work in helping many Hollywood celebrities and top professional athletes. On stage Dr. Mort weaves a spell and creates hilarious fantasy which produces side-splitting laughter and if you volunteer you will have the time of your life. This sensational show captivates and enthralls audiences. People remember and talk about it long after the final applause.

**Refreshments provided by Christ Anglican ACW**

**Please call to RSVP at 480-488-1105**



A special **THANK YOU**  
to all the Santas.

Foothills Caring Corps would like to say thank you to all the generous volunteers who helped to make the Foothills Caring Corps Senior's Christmas a special Holiday time. A special thank you to all who attended the Maribel Tea at Desert Mountain and Par Tee Players Gold Group. A special thanks to Laura Ensign and Julie Williamson for their help in getting the gifts delivered by the Caring Corps volunteers to our seniors. Happy New Year to everyone involved in this program!

Thanks to all that purchased tickets for the Angel of Gratitude Christmas Tree designed by Sue Bickerdyke Interiors. Congratulations to our winner Melissa Price!

There's still time to  
**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 any checkout.

**Foothills Caring Corps Group  
ID Number: 24364**

2. Ongoing: March 31, 2010, be sure that your Thank You Card is scanned every time you shop at Bashas.

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!**

# Van Training

## Our very own van trainer!

We are so excited about our invitation to send our own van volunteer, Arthur Gimson, to a special training with ADOT. He will join 20 others from around the state to become a certified trainer on the new accessible van for the lift and tie downs for people who are wheelchair bound. He may very well be the only “volunteer” invited to participate in this training. This is a three day conference in early February that will teach him everything he needs to know to be ready to train our drivers and assistants on a regular basis. Some of you know Arthur as a Brit with a quick wit and lots of energy. He is just the right person for this important role in our expanding transportation program. Once we have others trained we will be able to take more neighbors on our new accessible van to appointments and fun outings. Let's be sure to cheer Arthur on and thank him for his time in helping the Foothills Caring Corps take a next step. Our first training for those of you who want to participate in this service will be February 16<sup>th</sup> from 9 -11 a.m. We will be sure to serve the “bus drivers delight” of coffee and donuts. Please email or phone the office to **register for this training by February 12<sup>th</sup>**.



## Foothills Caring Corps is moving to a new location on March 12, 13 & 14th!

### Our wish list:

- Office desks - please call for sizes we need
- Credenzas
- Heavy-duty cross-cut paper shredders
- Filing cabinets
- Desk lamps
- 8-ft folding tables
- Artwork
- Large bulletin board
- Reception chairs and tables
- Vacuum Cleaners (2)
- 2 wheel cart (for moving boxes, etc.)
- Broom & mop
- Computer monitors (22" or larger)

**We are looking for volunteers to help with moving along with donations of office furniture and equipment.**



# Upcoming Events

## Free Tax Help

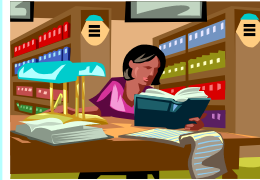
AARP Tax-Aide is the Nation's largest free, volunteer-run tax assistance and preparations service available to taxpayers with low and middle income, with special attention to those age 60 and older. The program was started in 1968 and AARP volunteers, trained in cooperation with the Internal Revenue Service (IRS), have helped over 2 million taxpayers file the federal and state tax returns.

Starting on February 3, 2010 and continuing through April 14, 2010, AARP Tax-Aide volunteers will be available **each Wednesday** afternoon from 12:30 p.m. to 4:30 p.m. at the **Desert Foothills Library**. They will help taxpayers file their personal federal and Arizona income tax returns. Appointments are required and can be scheduled by calling the Library at 480-488-2286.

## Community Events

### Friday and Saturday, March 19th and 20th

Rummage Sale at Black Mountain Community Church, 30600 N. Scottsdale Road, from 8 a.m. to 5 p.m.



### Desert Broom Library Needs Our Help

The City of Phoenix is cutting services and hours because of the budget shortfall. Hearings are being held in the city of Phoenix from February 10th to 24th. The link is [phoenix.gov/BUDGET/index.html](http://phoenix.gov/BUDGET/index.html). Please go to the hearings and speak on their behalf. Cards of support can also be signed at the Desert Broom Library.



P.O. Box 831  
Carefree, AZ 85377



# Come see the FCF - Holland Community Center

## Check out the Resource Fair

### *Foothills Senior Resource Fair*

This informative event will be an opportunity to learn about a large number of community resources available to seniors in the Foothills area. There is no charge to attend and reservations are not necessary.

**February 26<sup>th</sup> from 9am to Noon**

Foothills Community Foundation Center at 34250 N. 60<sup>th</sup> St., Carefree, AZ

Time	Presentation Topics & Speakers
9:00	<b>Aid &amp; Attendant Benefits Available to Veterans to Pay for Care</b> Martha Alderman of Arizona Department of Veteran Affairs
9:20	<b>Strategies to Address Challenging Behaviors in Alzheimer Disease</b> Emily Nock, Education Coordinator of the Alzheimer's Association
9:40	<b>Qualifying for ALTCS Benefits</b> Stephanie Bivens J.D., C.E.L.A. of Bivens & Associates, P.L.L.C.
10:00	<b>Be a Powerful Consumer Regarding Your Hospice Medicare Benefits</b> Kim Shaw RN, CHPN, CHPCA of Sojourn Care
10:20	<b>Alleviating Fear of Out of Home Placement Into Assisted Living</b> Mary Carpenter LCSW of Adult Care Connection
10:40	<b>A Layered Approach to Your Market Recovery</b> Robert DiCarlo of Cole Wealth Management
11:00	<b>Right Sizing Your Home for Your Life</b> Vickie McDermott ABR, SRES of Coldwell Banker
11:20	<b>Waterworks – Products and Care for Incontinence</b> Jolene Capparelle of Comfort Plus Medical Supplies

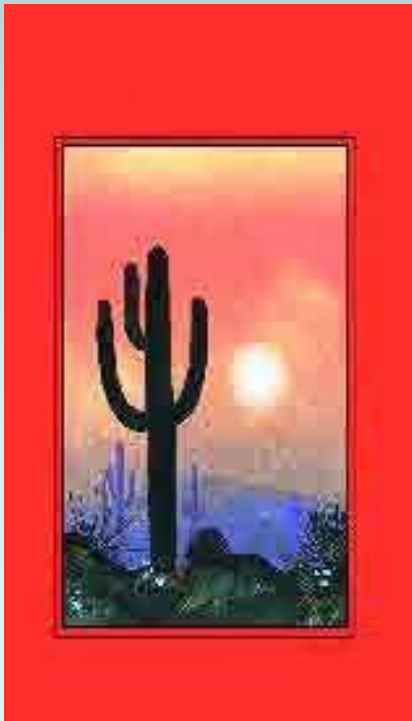
Time	Screenings and Demonstrations
9:00 to 10:30	<b>Blood Pressure Screening</b> by Kevin Griffith RN of MD Home Health; Small Conference Room
10:30 to Noon	<b>Hearing Tests</b> by Wade Hendrickson BC-HIS of Mobile Hearing Solutions; Small Conference Room
10:30 to Noon	<b>Lifeline Medical Alert Service</b> by Barbara Mezinko of Philips Lifeline; Large Conference Room

This event is sponsored by the Northeast Valley Senior Resources Group which is an organization of professionals offering services to seniors in the Northeast Valley. Members will have exhibits and be available to provide additional information on their services.

Website - [www.nevalleyseniorresources.com](http://www.nevalleyseniorresources.com)

Email –[lindab@adultcareconnection.com](mailto:lindab@adultcareconnection.com)

# Foothills Caring Corps



You are invited  
to our  
10th Anniversary  
Celebration

Taste of the Foothills  
Cash & Caring Raffle

Thursday ~ March 11, 2010

from 4 - 8 pm

at El Pedregal

34631 N. Tom Darlington Drive in Carefree  
Southeast Corner of Scottsdale Rd. & Carefree Hwy.

4:00 Taste of the Foothills begins  
Raffle & Live Auction throughout  
Country Music under the stars

7:30 Cash & Caring Raffle Drawing

For more information call our  
office at 480 488-1105