



P.O. BOX 831  
CAREFREE, AZ  
85377



Upcoming Dates  
To  
Remember

**Volunteer  
Orientation**

**Second Thursdays**  
**October 13**  
**November 10**  
**9-11 a.m.**

**Van Transportation  
Training  
Level I**

**October 20**  
**November 17**  
**9-10 a.m.**

**The next Cancer  
Support Group  
meets Saturday,  
November 5  
at 10 a.m.**

**Good Shepherd of the  
Hills Episcopal Church**



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

**Phone 480.488.1105**  
**Fax 480.488.8117**

# Foothills Caring Corps News

[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)

OCTOBER 2011

## "MASK"querade Ball

**Friday, November 4, 2011**

**6:30 p.m. Social**

**7:00 - 10:00 p.m.**

**Dinner & Dance**

**Sonoran Serenade  
Big Band**

**Dine & Dance**

**Tohono Ballroom at el Pedregal**  
**34505 N. Scottsdale Road, Scottsdale**

**RSVP required by  
October 28th**

**To purchase tickets**  
**Call 480.488.1105**  
**or pay online at**  
**[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)**



## Golf Tournament November 21

**Where:** Mirabel Country Club

**When:** Monday, November 21, 2011  
10:00 a.m. Scramble Format

**How:** Call 480.488.1105

**Why:** Tournament proceeds help  
Foothills Caring Corps  
501(c)3 support older adults  
quality of life



**MIRABEL**

**480.488.1105**

**[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)**

## \*\*\*Matching Volunteers and Neighbors\*\*\* Contributes to Foothills Caring Corps



Ron and Vickie Crowe are a perfect example of Caring Corps' volunteers working with others in the community to support older adults. Together in coordination the community has allowed a homebound neighbor, gifted sculptor Robert Thornley, to lead a full life by remaining independent and in his home, despite debilitating medical conditions.

Robert, 70, a popular and well-known Cave Creek artist who created the Cave Creek Cross at Christ Anglican Church in Carefree, has numerous friends and a great support network.

He was left homebound and unable to drive to much needed medical appointments because of health conditions that included a recently amputated limb.

At the urging of friends who were involved with the Caring Corps, the Crowes began volunteering in the spring of 2009 by providing respite caregiver relief and handyman help.

One thing led to another and soon

the Cave Creek couple, who have been married 40 years, were trained to operate the Caring Corps' wheelchair accessible van.

While Robert was able to continue his work as a sculptor at his in-home studio despite his physical condition, his existing support network lacked a wheelchair accessible vehicle in which to transport him to his doctor appointments and medical treatments.

Although from time to time Robert must go to a rehabilitation center for therapy, he remains fiercely independent and the man who lives by the motto, "take every day and make it a masterpiece."

Ron Crowe, a retired engineer from Honeywell and his wife Vickie, a retired school teacher who raised their three children, initially met the artist when they volunteered to drive him to a doctor appointment in the wheelchair accessible van.

Over time, it became apparent that the Crowes were going to be an excellent match for Caring Corps' neighbor Robert. With the frequency of medical visits that he required, the volunteers and Robert got to know each other during the frequent drives, and became good friends. According to Robert, "the Crowes have kind of be-

come like part of my family."

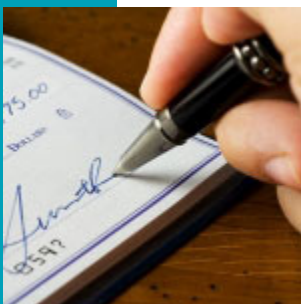
When asked, Ron and Vickie Crowe said they felt the same. "Robert reaches out to so many friends. It amazes me how he keeps in touch with so many people and even his customers who have bought his art over the years. We enjoy his friendship and the friendship of all of those we have met through the Caring Corps," said Ron Crowe.

While Robert's strong support network of community and friends could meet many of his needs, only the Caring Corps had the ability to provide him with wheelchair accessible transportation for critical medical visits that allowed him to remain happy and living in his home.

The story of Ron and Vickie Crowe's work with Robert Thornley, exemplifies how the Caring Corps provides critical services, creates unique bonds of friendship, and can be woven into an already existing but incomplete network of support systems for the homebound and elderly.

"As a community we came together to provide Robert with the tools he needed, because it was important for him to stay in his home despite immobility and health issues," Ron Crowe said.

*Kim Prince*



## Making Your Gift Last

Do you want to have lasting impact for Neighbors served by Foothills Caring Corps? Consider leaving a planned gift to Foothills Caring Corps' endowment fund that will provide annual revenue after your lifetime. Once your gift is received, a portion of the investment return will be used annually and the difference will continue to be invested to provide income for the future. Planned gifts come from those we serve, members of our partner churches, supporters, family members and others who share our goals. Your gift would make an extraordinary difference to those you leave behind. Other options are available to you as you choose to leave a legacy. For more information, please contact Executive Director, Debbra Determan at 480.488.1105.



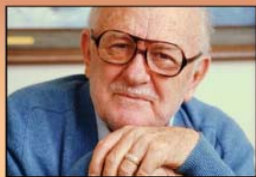


Supported by Scottsdale Healthcare and Foothills Caring Corps, in partnership with the Arizona Living Well Institute



## Healthy Living Workshops

### LEARN HOW TO TAKE CONTROL AND MANAGE YOUR HEALTH



Do you have diabetes, heart disease, COPD, arthritis, fibromyalgia, chronic pain, or other ongoing health condition?

The Healthy Living workshop can teach you the skills you need to manage your condition and get your life back.

Workshop is 6 weeks. Enjoy the company and support of others living with chronic conditions.

Suggested donation is \$ 20 and includes text book. Financial assistance is also available.

Space is limited, call to register.

#### Workshop is offered:

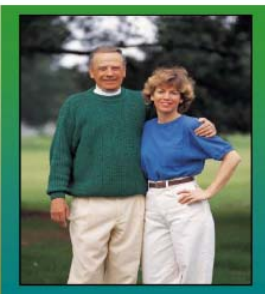
Time: 1:00—3:30 pm

When: Monday, Oct. 24<sup>th</sup>—Nov. 21<sup>st</sup>

Where: Scottsdale Healthcare, Thompson Peak Hospital

#### To Register, Contact:

Debbra Determan  
Foothills Caring Corps  
480-488-1105



Arizona Living Well Institute  
[www.azlivingwellinstitute.org](http://www.azlivingwellinstitute.org)

## Community Outreach

Blood Drive

**Saturday, October 29th**

**8:00 a.m. - 12 noon**

Desert Hills Presbyterian Church

Fellowship Center (main room)

34605 N. Scottsdale Road, Scottsdale

For more information visit

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

Grand Opening of

Chapter2Books, the new bookstore

at Desert Foothills Library

**Saturday, October 29th**

**10:00 a.m. - 4:00 p.m.**

[www.CHAPTER2BOOKSAZ.com](http://www.CHAPTER2BOOKSAZ.com)

Grief and the Holidays

Presented by Hospice of the Valley

**Friday, November 4th**

**10:00 - 11:15 a.m.**

at Desert Foothills Library

38443 N. School House Road, Cave Creek

Information for all events at the Library:

Contact David Court at [dcourt@dfila.org](mailto:dcourt@dfila.org) or

Dereh DeHaan at [ddehaan@dfila.org](mailto:ddehaan@dfila.org)

480.488.2286 [www.desertfoothillslibrary.org](http://www.desertfoothillslibrary.org)

## Mobility Management comes to the Caring Corps

Jayne Hubbard is wearing a new name tag these days that says Mobility Manager. This is the new term from the national world of transpiration that speaks to a change in emphasis that is very important. A mobility manager is charged with coordination and collaboration with other agencies, non profits and services to get people where they need to go. In our case it is older adults and persons with disabilities. This change represents the understanding that it is only by working together that we can have great communities that meet the needs of our neighbors and those needs must drive our services and programs. We are in our first year of a grant awarded through Maricopa Association of Governments from ADOT that funds this position. We are very fortunate to have been chosen as one of what will be 4 local managers in the county. Our area is the NE quadrant.

This is nothing new for FCC as we have always been about coordination and partnering with others in our community. It is a natural outflow of our mission to promote independence and enhance the quality of life for our neighbors. We are now increasing our lead role in this area. We will continue to work with our local libraries, Kiwanis, Holland Community Center, Habitat for Humanity, Scottsdale Healthcare North and Hospice in providing transportation for their programs. Once grants are confirmed we are looking at beginning a monthly program that will get older adults and persons with disabilities to this community's new Walmart, a perfect one stop store for so many of their needs. We are looking forward to working with the Kiwanis Action Club and Valley Metro in mentoring and educating these great young adults with disabilities to be able to ride the light rail. We will get them to the light rail so they can access the opportunities that exist in downtown Phoenix.

What is truly incredible is that we do this with the most amazing and dedicated volunteers. This makes us very unique and a role model for other endeavors. This past week Jayne Hubbard was a presenter of "Best Practices" at the Transportation Ambassadors Team that networks transportation providers in Maricopa County and beyond. Our volunteers and supporters are our best practice. It is because of your service that some 5,000 trips are taken each year by neighbors who would otherwise be unable to go where they not just need to go, but want to go. You are all to be thanked for the part you play in this service of the Foothills Caring Corps. Thank You!

## Sign-up for these Important Dates



**Training  
Classes**



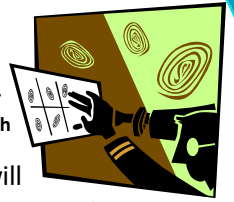
AED/CPR classes will be held on the following dates:

**Thursday, October 13<sup>th</sup>**  
**Wednesday, November 16<sup>th</sup>**

The classes will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$20 fee requested. We need to have 10 people signed up for each class to make it a productive class. It is critical that all volunteers be trained in AED & CPR. With the new guidelines and methods, this class is quite valuable for all of you to feel comfortable to do something when someone needs help. Call Nancy at 480.488.1105 or e-mail, [NancyC@foothillscaringcorps.com](mailto:NancyC@foothillscaringcorps.com) to reserve a space.

### Fingerprinting

We are having another opportunity for fingerprinting on **Thursday, October 13<sup>th</sup>** from **11 a.m. to noon**. Marshall Stein will be coming to Foothills Caring Corps' office to do fingerprinting on all volunteers that have not been fingerprinted. Please make every effort to come in to complete your fingerprinting if you have not done so already. Call Nancy at 480.488.1105 or e-mail [NancyC@foothillscaringcorps.com](mailto:NancyC@foothillscaringcorps.com) to reserve a space.



Free blood pressure checks  
Every **Thursday from 9:00 a.m. to noon**  
Carefree Homecare Companion Service  
25 Easy Street, Suite C in Carefree

**No appointment necessary**



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