



P.O. BOX 831  
CAREFREE, AZ  
85377



Upcoming Dates  
to Remember

### Volunteer Orientation

Second Thursdays  
February 14  
March 14  
9-11 a.m.

### Van Transportation Training Level I

February 21  
March 21  
9-11 a.m.

### SPONSORSHIP LEVELS:

"Ranch" \$10,000  
"Spread" \$ 5,000  
"Corral" \$ 1,500

For more information  
on being a sponsor for  
our Cash & Caring  
Raffle, please call  
Debbra at  
480.488.1105

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)

JANUARY-FEBRUARY 2013

## Cash & Caring Raffle



## Save the Date!

Please join us for the  
Cash & Caring Raffle  
and Taste of the Foothills

**Thursday, March 21, 2013**

5:00 - 8:30 p.m.

## Taste of The Foothills



Taste of the Foothills—Specialty dishes from:

- Bryan's Black Mountain Barbecue
- Café Bink
- Carefree Station
- El Encanto
- Janey's Coffeehouse
- Harold's Corral
- The Boulders Resort & Golden Door Spa
- Venues Café



Promoting Independence  
for Older Adults

### CASH & CARING RAFFLE

~ ENTRY TICKET FOR 2 ~

**!CASH PRIZES!**

\$5,000 ~ \$3,000 ~ \$1,000

EVERY TICKET HAS  
3 CHANCES TO WIN  
~ Sales limited to 500 tickets ~



• FILL IN ENTRY ON BACK •  
NEED NOT BE PRESENT TO WIN

**Purchase your  
raffle ticket today**

**Call our office at  
480.488.1105**

Credit cards accepted

Ticket purchase  
entitles entry for two

## 2013 'Taste of the Foothills' Community Gala

**Thursday, March 21  
5:00 - 8:30 p.m.**



**LIVE &  
SILENT  
AUCTIONS**



7:30 pm ~ Cash & Caring  
Raffle Drawing

Public Invited • Casual Dress  
ADMISSION AT ENTRANCE

**el Pedregal**  
34631 N. Tom Darlington Drive  
Carefree, AZ

ALL PROCEEDS TO BENEFIT



## Valentine's Day Party

Join the activities



Come prepared to sing!

*Foothills Caring Corps would like to invite all of our Neighbors that we serve to a Valentine's Day Party*

**Thursday ~ February 14, 2013**  
**11:30 a.m. - 2:00 p.m.**

*Desert Hills Presbyterian Church*  
34605 N. Scottsdale Road  
Scottsdale

**Volunteers Needed**

**RSVP**  
**by February 11th**  
**at 480.488.1105**

Any volunteers who would like to help host the event please call Maggie Palmer at 480.488.1105. We need volunteers to help serve and others to make sandwiches and baked goodies.

## Volunteer Recognition Celebration

**Thursday ~ February 21, 2013**  
**4 - 6 p.m.**



*Hacienda's Mexican Grill*  
Summit Shopping Complex  
32527 N. Scottsdale Road  
Scottsdale, AZ 85266

*Come for a fun social happy hour*  
*Network with other volunteers*  
*Enjoy many tasty appetizers*  
*Group photo at 5 p.m.*  
*No host Bar*

RSVP to the Caring Corps' office  
480.488.1105 or email Nancy at  
[NancyC@foothillscaringcorps.com](mailto:NancyC@foothillscaringcorps.com)

## Neighbor Corner

Dear Friends at Foothills Caring Corps,  
"What a delightful surprise to come home about a week before Christmas and find special gifts just for me on the chair by the door. A lovely blanket hand made by school children, a stocking from Santa, and a gift card for Target. What a lovely Christmas surprise!! Except for a box of "Christmas treats" from my sister in Washington, that was my Christmas gifts. But the true gift of Christmas is in the love that you put into all you do.

I am ever grateful to you, one and all for all the loving kindness you spread all year! May God bless you each one—may His love, joy and peace be yours all year."

Wendy Marino  
Foothills Caring Corps' Neighbor

A very big Thank You to all of the Santa's who delivered the "Santa to a Senior" gifts to our wonderful neighbors. Some special Santa's Elves that need to be recognized are Lanae Johnson, Jan Nichols, Donna Dean, Joan Chamberlin, Mike and Yoko Lien, Mickey Moss, Marian Umble, and Elyse Newton. A Special thank you to the ladies from Christ Anglican Church and St. Albans with Cassidy Silliman and Grace Daily for making the beautiful Christmas Stockings that were included with each of the gifts. Also, the 3<sup>rd</sup> and 4<sup>th</sup> graders at Heritage Elementary for the beautiful blankets they decorated.

A sincere thank you to all!

THANK  
YOU



## Fall 2012 Foothills Caring Corps Transportation Survey Summary

At the end of the summer the towns of Carefree and Cave Creek graciously coordinated with us in getting out a survey on transportation needs and possible solutions. The survey went out in the town water bills and we had a 9% return rate. The profile of the respondents reflected the average community members who are still able to drive and feel fairly secure in their ability to get where they need to go. They were middle class, retired and married with cars. Thirty percent of the respondents were veterans. The largest age group were 60-75 with a fairly steep bell curve on either side.

In describing respondents transportation, their average round trip is 34 miles. The average number of trips per household per month is 10 for shopping, 10 for recreation and 2 for medical. The greatest need for transportation assistance is first grocery shopping with medical appointments second. Sixty percent of those surveyed believe that local transportation is needed and would be very helpful to our local business. Fifty percent of the respondents said they would use transit if it were available to them, however, sixty percent would not support any taxes to help pay for this.

Those surveyed had a wide variety of written comments but there are some important clusters. The largest concern expressed is in the area of better sidewalks and safer bike trails. The second largest request is for Dial-a-Ride services. There were several requests for fixed shuttles down Cave Creek Road, Scottsdale Road and Carefree Highway to get to larger shopping areas and to connect with other transit. Some suggested that we organize our neighborhoods to ride share. Some say they use private transportation services. Some stated given the situation with transportation, it would be impossible for them to age in place here and they would have to move.

Other comments made include not wanting government involved in any way. Some felt people should not live here who need transportation beyond their car.

This survey helped to underline our community's transportation issues and some focus for us at Foothills Caring Corps to be an advocate for solutions. FCC has been working to find some funding to begin a neighborhood shopping shuttle for those residents who are homebound. We know that we need to continue to keep our fleet of vans on the road and our medical transportation vibrant as many mentioned in the comments that we are the only affordable (by donation) transportation for this community. We need to encourage our towns to think of ways they might facilitate and organize ride shares and find ways to get Carefree homebound to the post office on a regular basis. We can also stand by to be an advocate for Dial-a-Ride. Shuttles and fixed route trips could be long term transportation strategy. The very good news is that our towns are in the process of beginning a study with MAG for sidewalks and bike trails. Happy safe traveling to all our neighbors and if you would like to assist with the transportation programs please call the office at 480.488.1105 and ask for Nancy.

Jayne Hubbard  
Mobility Manager

## Nutrition Interns Are Here!

The Dietetics students from Paradise Valley Community College will be available to speak with neighbors February-April during various van trips, meal deliveries, and private appointments.

Nutrition students can discuss:



► **Healthy Cooking** – Cooking techniques and creative ways to increase fruit and vegetables in your diet!

► **Special Diets:** Diabetes, Heart Health, Weight Loss/Gain, Gluten Free, Dairy Free, Hypertension, and many others!



► **Food Safety:** Proper temperatures, food storage, expiration dates, etc.

► **Meal Planning** – Create a weekly menu for each meal.



► **Healthy Alternatives** – Learning to read food labels to make informed, healthier choices.

► **Grocery Shopping** – Make your list based on your menu plan!



For more information about scheduling an appointment or which van trips they will be going on contact Nancy Cohrs, Neighbor/Volunteer Services Coordinator at 480.488.1105.



**Training  
Classes**



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

**Friday, February 15, 2013**

**Tuesday, March 12, 2013**

The classes will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$25 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**

Fingerprinting will be handled on an individual basis for the month of February. Please make every effort 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) for further details.



## **Putt for the Putt Putt with the Foothills Caring Corps**

**Tonto Verde Golf Club**

**April 17, 2013**



### **SPONSORSHIP OPPORTUNITIES:**

Title Sponsor: \$10,000

Reception Sponsor: \$1,500 (Peter Slocum, Sponsor)

Hole Sponsor: \$1,000

(13 sponsorships still available)

Margaritas at Registration Sponsor: \$1,000

Wine Sponsor: \$1,000

Sponsor for the \$5,000 10/30/50 Putt Contest: \$500

(Al Lang, Sponsor)

Signage Sponsor: \$300



7275 E. Easy Street

Suite B103 & B104

P.O. Box 831

Carefree, AZ 85377

480.488.1105

[Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com)

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



Like us on  
**Facebook**

**Look for Foothills Caring  
Corps on Facebook**



## **“Mask”querade Ball ~ October 2012 (more photos)**

It is a lot of work volunteering to help at Foothills Caring Corps. You are sometimes asked to go above and beyond the “call of duty”.

Here are a few photos to share some of the fun-filled lighter side of volunteering. Photos include the “Mask”querade Party as well as our honor of being asked to lead the Carefree Christmas Parade.



The costumes for the October 2012 Ball were quite amazing. We wanted to share a few more with you.

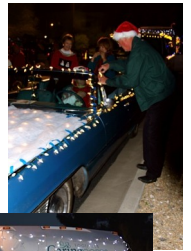
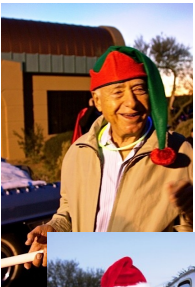


Congratulations to the “Mask”querade King and Queen of the Ball Dan and Debbie Wainwright



## **Carefree Christmas Parade ~ December 2012 Foothills Caring Corps' Grand Marshal**

As the Grand Marshal the lead vehicle was the 1965 Cadillac convertible owned by our Neighbor and Volunteer, Donna Cleveland-Cody. The Board President and the Executive Director enjoyed waving to the huge crowd of onlookers. Next came two of the wheelchair accessible vehicles. All vehicles were surrounded by elves and Santa's helpers. Thanks to all the volunteers who helped with the decorating, elfing and helping. Thank you to the Carefree Christmas Committee for honoring Foothills Caring Corps!



## SUPPORT NEWS



A special thank you to Desert Foothills Lutheran Church for hosting the Male Orpheus Choir for a benefit Concert for

Foothills Caring Corps on December 16th. It was wonderful music and a joyous event.

### Planned Giving

The Foothills Caring Corps is encouraging you to include us in your planned giving. Together we can make sure your bequest accomplishes exactly what you have in mind and gives us the opportunity to initiate you as a premier member in the Legacy Circle of Support. For more information, call Debra Determan at 480.488.1105.

Foothills Caring Corps' Treasurer reminded us:

### Contributions from IRA's must be done by February 1st to be deducted on 2012 tax return

A **qualified charitable distribution** is a distribution of funds from an individual retirement account (IRA) directly to a 501(c)(3) charitable organization. Individuals age 70.5 years old or older are permitted to make such distributions. Normally, the distribution occurs by being directly transferred to the charity from the IRA trustee. Qualified charitable distributions from an IRA are not included in the taxpayer's taxable income, and the taxpayer does not take a deduction for the charitable donation. Up to \$100,000 per year may be treated as a tax-free qualified charitable distribution. Further, qualified charitable distributions satisfy the required minimum distribution rules.

Since the qualified charitable distribution provision had been expired for the entire year of 2012 before being retroactively reinstated by ATRA, some individuals might not have made any qualified charitable distributions. ATRA provides two transition rules so that taxpayers wanting to make a qualified charitable distribution and have that apply retroactively for the year 2012.

**Option 1.** Individuals can make a qualified charitable distribution between January 1, 2013, and before February 1, 2013 by directing their IRA trustee to transfer funds from an IRA directly to a qualified charity. If done by January 31, the distribution will count as a qualified charitable distribution for 2012.

The IRS states, "An IRA owner can treat a contribution made to a qualified charity in January 2013 as a 2012 QCD .... [if] the contribution is paid directly from the IRA to the charity, provided that the contribution would have been a 2012 QCD if it had been paid in 2012."

**Option 2.** Individuals can contribute funds to charity between January 1, 2013, and before February 1, 2013, in an amount not in excess of any IRA distribution taken after November 30, 2012, and before January 1, 2013. That donation would then qualify the individual to exclude from income that portion of the IRA distribution as a qualified charitable distribution. In other words, an individual can donate cash to charity in January 2013 in an amount up to IRA distributions from December 2012, thereby turning the December distribution into a qualified charitable distribution.

The IRS states, "An IRA owner can treat a contribution made to a qualified charity in January 2013 as a 2012 QCD .... [if] the contribution is a cash contribution to the charity of all or a portion of an IRA distribution made to the IRA owner in December 2012, provided that the contribution would have been a 2012 QCD if it had been paid directly from the IRA to the charity in 2012."

The IRS also recommends, "IRA owners should keep records to substantiate the timing of contributions and distributions regarding any 2012 QCD made in January 2013." The IRS has also advised IRA trustees on how to report qualified charitable distributions on Form 1099-R for the years 2012 and 2013.

### 2012 - 2013 Annual Campaign

Thank you for supporting the Foothills Caring Corps. We are nearing the last months of our fiscal year. Our goal of \$500,000 is close but we still have two full months to reach our goal.

Please help us to help others remain living independently.

