



**P.O. BOX 831
CAREFREE, AZ
85377**



**Upcoming Dates
to Remember**

**Volunteer
Orientation**

**Second Thursdays
October 10
November 14
9-11 a.m.**

**Van Transportation
Training
Level I
October 17
November 21
9-11 a.m.**

**Quarterly Meeting
October 22
9 a.m.**

**Heritage at Carefree
36590 North Pima
Road #3481
Carefree, Arizona**

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

**Office Address
7275 E. Easy Street
Suites B102, 103 & 104
Carefree, AZ 85377
Phone 480.488.1105**

Foothills Caring Corps News

www.FoothillsCaringCorps.com

OCTOBER 2013

Mask"querade Ball *Charity Ball*



Saturday, October 26, 2013

6:00 p.m. Registration & Cocktails

7:00 - 10:00 p.m. Dinner & Dance

Terravita Golf & Country Club

34034 N. 69th Way

Scottsdale, AZ 85266

Cost: \$75.00 per person

**\$30 of your entrance fee is a tax-deductible donation
for Foothills Caring Corps**

Tables of 10 available for early reservation

No Host Bar (Only Visa or MasterCard accepted)

To purchase tickets

**Call 480.488.1105 or pay online at
www.FoothillsCaringCorps.com**

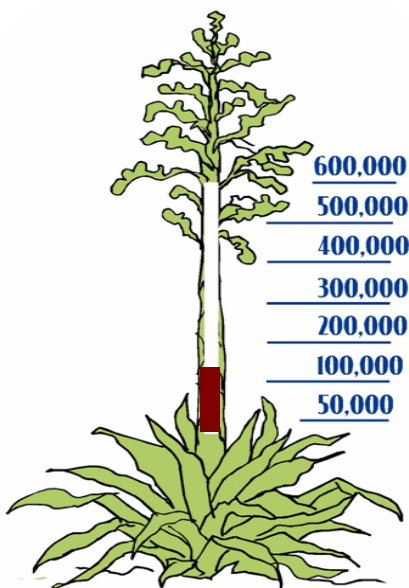
**Dine
&
Dance**



AFFINITY

**RSVP required by
October 18th**

Annual Campaign FY 2013-2014



Your ongoing support keeps Foothills Caring Corps maintaining and enhancing our programs. It is with the greatest admiration and respect that I thank each of you who made 2012-2013 (FY April-March) a very successful year. We will be sending out our 2013-2014 Annual Campaign letter within the next three weeks and hope that your support will help us to reach our Annual Campaign target for 2013-2014. Please know that your review of the letter and the support that you can give to Foothills Caring Corps will help us maintain our steady growth and help us plan for our ever looming future needs. From the Board of Directors, staff, volunteers and Neighbors we serve, thank you to our supportive individuals, committees, congregations, businesses and corporations! Your attention to this year's Annual Campaign is most appreciated.

**Debbra Determan
Executive Director**

**Foothills
Caring Corps**
480-488-1105



Charity Golf Tournament at Mirabel

*Bring your relatives & friends
Join us for the Foothills Caring Corps
2013 Golf Tournament*

Monday, November 18, 2013

8:30 A.M Continental Breakfast and Registration

Shotgun Start 10:00 A.M. Scramble Format

Food station on the course

Drinks and hors d'oeuvres following play

Raffle Prizes to be picked up following play

Tournament limited to 120 players

Individual players: \$350

Tournament proceeds help Foothills Caring Corps

501(c)3 support the quality of life for older adults

480.488.1105

www.FoothillsCaringCorps.com



Photos by
Cynthia Baloh Photography
Proven Media

Presented by Sanderson Ford & Sanderson Lincoln

Taste of Cave Creek 2013

Wednesday, October 16

Thursday, October 17

5 - 10 p.m.

Taste delicious samplings from 25+ famous Cave Creek area restaurants

Stagecoach Village
7100 E. Cave Creek Road, Cave Creek

Entry Tickets \$10
Food & Drink Tickets \$2 - \$5
Children 12 & under free admission

For more information visit
www.TasteofCaveCreek.com

Or call 480.488.1400 to purchase tickets



November 27, 2013

**7 p.m. Community
Thanksgiving Eve
Ecumenical Service**

Hosted by

Light of the Desert Lutheran Church
33175 N. Cave Creek Road, Cave Creek
480.488.2716

To Honor the Foothills Caring Corps



COPING WITH CANCER

A meeting will be held on
Saturday, October 12
10:00 a.m.

Good Shepherd of the Hills
Episcopal Church
6502 E. Cave Creek Rd., Cave Creek

**For reservations
call the church
480.488.3283**

Fall Prevention Seminar

On September 25, in recognition of Fall Prevention Week, the Foothills Caring Corps hosted a seminar on preventing falls for our Neighbors, Volunteers and the general public. Fred Aboulhosn of Carefree Physical Therapy gave a talk about what factors are most likely to cause a fall, what steps can be taken to prevent falls, and the importance of maintaining balance and strength as people get older. Michelle Barth of Scottsdale Healthcare led the group through a set of exercises that will help to maintain strength in the legs and ankles – so important in preventing falls. Shadman Hosseini of Walgreen's Pharmacy, spoke to the group about medications that can cause dizziness and balance problems and answered questions about their prescriptions. It was a very informative seminar and we would like to thank all who participated in this very important effort of preventing falls.

Stop by the Caring Corps office and pick up a brochure with tips and resources on steps that can be taken to prevent falls, exercising to maintain strength, the importance of using a walker or cane if needed, and safety measures that can be taken around the home.



Support the Caring Corps

Help support Foothills Caring Corps by using your Bashas' Community Support Card. Here's how it works. Purchase a support card for \$20 and receive the face value of \$20 and FCC receives an additional 6% bonus from Bashas'. Each time you reload your card you receive the full amount of the reload and FCC receives an additional 6% bonus. You simply ask for the reload at the checkout line.

Get started by stopping into the Caring Corps office and purchasing your \$20 card. Our offices are open Monday-Friday, 8:30 a.m. - 4:30 p.m.



Piggy Banks for the Caring Corps

As you know we look at many ways to help meet the needs of our communities. Some are big, many are little. We have one little way with our piggy banks for the Corps! Keep a bank for your loose change, when full, bring it in, we'll give you an empty one back and we'll give you a receipt for your donation.

Ask for a piggy bank from your volunteers or you can call 480.488.1105.



**7th Annual
Holiday Bazaar**
November 8 and 9
9 a.m. - 4 p.m.

Presented by Our Lady's Guild
Our Lady of Joy Catholic Parish
(NE Corner of Pima & Cave Creek Roads)
36811 N. Pima Road
Carefree, AZ

Start your Holiday shopping early! There will be over 75 vendors offering pottery, artwork, jewelry, quilts, Christmas decorations, sweets and more. Proceeds go to charities helping those in need.



**Training
Class**



AED/CPR class will be held on the following date:

Wednesday, October 23rd

The class 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 to reserve a space.

Coming soon...

Please note, our Annual Newsletter Review which highlights our year in review, will be mailed out in late October. Watch for it in your mail!



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Suite B103
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www.FoothillsCaringCorps.com



**Look for Foothills Caring
Corps on Facebook**