

**FOOTHILLS
CARING
CORPS, INC.**

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



**Upcoming Dates
to Remember**

**Volunteer
Orientation
Second Thursdays
July 9
August 13
September 10
9-11 a.m.**

**Van Transportation
Training
Level I
July 22
August 20
September 17
9-11 a.m.**

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

**Phone 480.488.1105
Fax 480.488.8117**

**The offices will be
closed Friday, July 3**



Foothills Caring Corps News

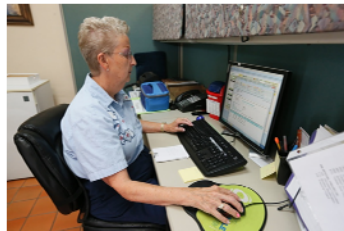
www.FoothillsCaringCorps.com

JULY 2015

Volunteers help make a difference at FCC!



If you enjoy meeting people, working in a positive team atmosphere and being of service, we could use your help. Please join us at the front office. Volunteers are needed to greet guests, answer phones and help with office work at the Foothills Caring Corps (FCC) office. This is a great opportunity to make a difference in the quality of life for an older adult and be a part of this exciting team!



Photos by
Matt York Photography



Scoops of ice cream, and toppings too, with lots of fun to be had by you!



Here's The Scoop! All FCC Volunteers are invited to the Foothills Caring Corps Summertime Ice Cream Social.

Please join us on Thursday, August 20 from 3:00-4:30pm, to celebrate and thank our hard working Volunteers!! Come and get to know other volunteers, and why not bring along a friend who may want to join our FCC family.

Please call the office at 480.488.1105 to RSVP.

Mobile Meals Gathering and Continental Breakfast



ATTENTION! Please plan to attend a Mobile Meals meeting for mobile meals captains and drivers on July 23 from 8:30-10:00am. The meeting will update all drivers on the evaluation from AAA and discuss the program upgrades.



Foothills Caring Corps 5th Annual Golf Tournament at Mirabel

November 16, 2015



**2014
Hole-in-One
Winner**

SPONSORSHIP LEVELS

Title Sponsor:	\$25,000 (includes 16 players)
Gold Sponsor:	\$15,000 (includes 12 players)
Silver Sponsor:	\$10,000 (includes 8 players)
Bronze Sponsor:	\$ 5,000 (includes 4 players)
Hole Sponsor:	\$ 1,500 (includes 2 players)
Individual Player:	\$ 350

**8:30 am
Continental Breakfast
and Registration**

**10:00 am
Shotgun Start**

**2:30 pm
Hors d'oeuvres Reception
Golf Prizes and Awards**

For more information on becoming a sponsor, please call 480.488.1105

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Photos by
Matt York Photography

FCC Updates

Thank you to the following outgoing founding Board members who have diligently served our organization for the past 6 years:

Jill Ford, President	Lou Matusiak, Treasurer
Kathy Haugner	Jean Segil

We welcome the incoming Board members:

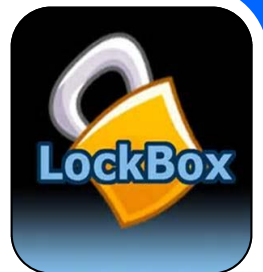
Fr. Steven Dart, President	
Maureen Dobrow, Vice President	
Norm Jacobs, Treasurer	
Alex Lingham	George Schmid
Les Seldin	Laurie Stine



Maggie Palmer, Medical Transportation Coordinator will be retiring after 12 plus years of service. Her last day is July 31st. Please **save the date** to stop by and help us celebrate her retirement.

LOCKBOXES FOR CAREFREE AND CAVE CREEK RESIDENTS...

The Lockbox Program will allow 911 Emergency Responders access to homes in the event of an emergency. If you are a Carefree resident, please call FCC at 480.488.1105. If you are a Cave Creek resident, please call Marshal Stein at 480.488.6636. A \$25.00 donation is requested.



**FOOTHILLS
CaringCORPS**



Dehydration Risk is Higher for Seniors

Summer is right around the corner, and as an Arizona resident, you know the temperatures are about to get intense. But did you know that extreme heat can be especially dangerous for seniors? This is because the ability to detect thirst actually decreases with age even though seniors tend to hold less water in their bodies. It is important to remember that drinking water is your best line of defense against dehydration. Make drinking plenty of water a priority and know the warning signs and symptoms of dehydration. Below are seven tips to increase water consumption.

1. Set a timer and drink a glass of water every time it goes off.
2. Use specific activities as a reminder to drink water. For example, make a point to drink a glass of water every time you get up to use the restroom, feed a pet, or open the refrigerator. Make drinking a glass of water the first thing you do in the morning and the last thing you do in the evening.
3. Give water a fresh, appealing flavor by adding mint, lemon and other citrus fruits, cucumbers, and berries.
4. Eat plenty of water dense fruits and vegetables such as watermelon, cantaloupe, berries, tomatoes, and citrus. Did you know green cabbage is 93% water?
5. Snack on Jell-O and popsicles.
6. Avoid caffeinated beverages such as coffee, soda, and tea as well as alcohol. Drink a decaf iced herbal tea or lemonade instead.
7. Take a water bottle with you on outings. Keep water on your nightstand and next to your favorite chair.
8. Ask your doctor how your medications affect your hydration. For example, diuretics, also known as water pills, can increase your risk for dehydration.



Are you dehydrated? Learn the signs and symptoms.

Early signs of dehydration:

Thirst
Dry mouth
Dark yellow urine
Fatigue
Irritability

Dangerously dehydrated:

Dizziness
Confusion
Muscle weakness or Cramps
Sunken eyes
Low blood pressure or increased heart rate

Submitted by PVCC Interns



Raspberry-Banana-Yogurt Freezer Pops

Makes 10 pops
Cook time: 5 minutes
Prep time: 10 minutes
Chill: 30 minutes
Freeze: 6 hours

Ingredients: 1 cup low fat yogurt
1 Banana
3 cups fresh or frozen raspberries
½ cup honey
Craft sticks

Preparation

Process yogurt and banana in a blender 30 seconds or until smooth. Bring raspberries and honey to a boil in a medium saucepan over medium-high heat; reduce heat to low, and boil for 5 minutes. Pour mixture through a fine wire-mesh strainer into a bowl, using back of spoon to squeeze out juice and pulp. Discard skins and seeds. Cover and chill raspberry mixture 30 minutes. Pour yogurt mixture evenly into 10 (2-oz.) pop molds. Top with raspberry mixture, and swirl, if desired. Top with lid of pop mold, and insert craft sticks, leaving 1 ½ to 2 inches sticking out of pop. Freeze 6 hours or until sticks are solidly anchored and pops are completely frozen.

Tip: For a different taste, substitute 3 cups fresh or frozen blueberries or halved strawberries.

A hearty thank you to Fry's Food on Carefree Hwy in Cave Creek for their generous donation of cold food bags for our Mobile Meals program. Store manager Diana Garcia has been wonderful to work with and we are grateful to have them as a corporate partner.



Quarterly Meeting

All local people involved in providing services to older adults and all area congregations are invited and encouraged to attend.

July Meeting will be held at:

Good Shepherd of the Hills Episcopal Church

Tuesday, July 14th

9 a.m.

6502 E. Cave Creek Rd.

Cave Creek, AZ 85331

480.488.3283

Other Opportunities to Support the Caring Corps

GIVE BY SHOPPING – Amazon's Smile Program gives to Foothills Caring Corps!

FCC is privileged to have strong support from amazing people like you! Your time contributed to help our Neighbors as well as your financial support helps us to maintain and increase our services.

There are many ways to help FCC. The AmazonSmile program, through Amazon.com, donates 0.5% of the price of your eligible AmazonSmile purchases to Foothills Caring Corps.

Log onto <http://smile.amazon.com/ch/26-4341807>, select Foothills Caring Corps as the charitable organization you wish to support and in a just a few minutes you'll be on your way to helping FCC, while enjoying your Amazon purchases!

How easy is that? You shop, they give!

Thank you everyone, for your support!



Bashas' Community Support Card

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 check-out 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

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.



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Corps on Facebook