

**FOOTHILLS
CARING
CORPS, INC.**

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

**Upcoming Dates
to Remember**

**Volunteer
Orientation**

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

**Van Transportation
Training - Level I
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**

Foothills Caring Corps News

www.FoothillsCaringCorps.com

AUGUST 2015

Ice Cream Social

August 20th

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! Why not bring along a friend who may want to join our FCC team?

Please call the office at 480.488.1105 to RSVP.



Fall Prevention Expo

Wednesday, September 30, 2015

8:30 AM - 1:30 PM

**Desert Foothills Presbyterian Church
34605 N. Scottsdale Rd., Scottsdale, AZ 85262**

Join us for a FREE informative and interactive presentation full of ideas, products and support for fall prevention.
Refreshments provided.

Activities, demonstrations and topics to include:

- Fall Risk Assessments
- Immunizations
- Pharmacy Consultations
- Blood Pressure Checks
- Tai Chi
- Chair Yoga, Pilates, Tai Chi, Sign Chi Do, Qi Gong, and Silver Sneakers
- Life Alert
- Fall Recovery

And much, much more!

Call 480.488.1105 for more details



Photos by
Cynthia Baloh Photography



Foothills Caring Corps 5th Annual Golf Tournament at Mirabel November 16, 2015



8:30 am
Continental Breakfast
and Registration

10:00 am
Shotgun Start

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



Foothills Caring Corps 5th Annual Golf Tournament at Mirabel November 16, 2015

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



2014
Hole-in-One
Winner

For more information on becoming a sponsor, please call 480.488.1105
www.FoothillsCaringCorps.com

Photos by
Matt York Photography

Foothills Caring Corps Memorial Tree Wall



Over the years Foothills Caring Corps, Inc. has had generous donors who have contributed gifts in memory of their loved ones. The Caring Corps is developing a Memorial Tree wall in their office. Our next newsletter will highlight this new opportunity.

2015-16 Annual Campaign

We will be launching our Annual Fund-Raising Campaign next month and in preparation of this, we are enclosing our statistics sheet which provides the facts about our organization.

Please watch for our Annual Campaign Kick-Off Letter and Brochure which will be arriving soon in the mail.

Thank you in advance for keeping us in mind as you select your charities for this year!

June Reilly and Patricia Yates
Annual Campaign Committee Co-Chairs



Adding more Vitamin D into Your Diet

Vitamin D is responsible for:

- Aiding in the absorption of calcium.
- Can help to form and maintain strong bones and decrease fractures.
- May provide protection from osteoporosis, high blood pressure, and cancer.

Older Adults should consume more Vitamin D, around 800IU daily.

Try meals with foods that have higher levels of Vitamin D such as; **eggs, fish, fortified cereal, and milk.**

Vitamin D Menu

Breakfast:

2 scrambled eggs
¼ cup cheddar cheese
1 slice whole wheat toast
6 oz. orange juice

Snack:

1 individual container of favorite yogurt

Lunch:

1 cup of milk
Tuna salad sandwich on whole wheat bread
Small spinach salad with balsamic vinaigrette

Dinner:

6 oz. baked salmon
1 cup brown rice mixed with 2 tbsp. grated parmesan cheese
1 cup of each Sautéed spinach and asparagus

Snack:

1 cup of Cheerios
¼ cup dried cherries
¼ cup peanut M&Ms



Submitted by PVCC Interns

Planned Giving Corner



As an estate planning attorney, I spend much of my day working with families to create documents that will allow a smooth transition of control and wealth from one person to the next. So often the main goal of the client is to leave a gift to children and grandchildren, but a fear that the gift will be spent immediately. They express to me how hard they worked to accumulate their wealth, whether such accumulation is small or large. The clients are concerned about how well the next generation might respect the financial gift that is being left behind. I remind clients that there are lots of entities that would be honored to receive some part of their estate and that by doing so, they are setting an example for that next generation. Giving to charity shows the community that we care about people we may have never met; it shows the community that our wealth is meant to enrich not only those in our own inner circle, but to improve the lives of those in the community at large; and it proves

that we care more about those that need our help but never asked, then those who might more readily have an expectation of an inheritance.

As you review your own estate plan, please think about whether there is room to add a donation of any size to be left to the Caring Corps at your death. Let us celebrate your life and your generous gift that will create a legacy for your community.

Thank you,

Emily Kile

*Chairperson, Foothills Caring Corps
Planned Giving Committee*

Opportunity to Support the Caring Corps



Attention: All participants in the Fry's Community Rewards Program

In order for FCC to continue getting funds from the Fry's Community Rewards Program, all existing participants must RE-ENROLL. The process is easy and will only take a few minutes. For instructions, please call the office at 480-488-1105.

For those not enrolled, please consider joining the Fry's Community Rewards Program. You shop, use your Fry's V.I.P. card and FCC receives monthly funds. The enrollment process is simple and fast. Please call the office for enrollment instructions.

Wanted: Medical Equipment



FCC is in need of medical equipment for the Medical Equipment Loan Closet. We are in need of walkers, wheel chairs and commodes. Any donation to the Medical Equipment Loan Closet is tax deductible. Equipment can be dropped off Monday through Friday from 8:30 am to 4:30 pm.

Thank you for helping FCC provide this important service to our community members.



7275 E. Easy Street
Suite B103
P.O. Box 831
Carefree, AZ 85377
480.488.1105

Services@FoothillsCaringCorps.com
www.FoothillsCaringCorps.com



Look for Foothills Caring
Corps on Facebook



Photos by Matt York Photography

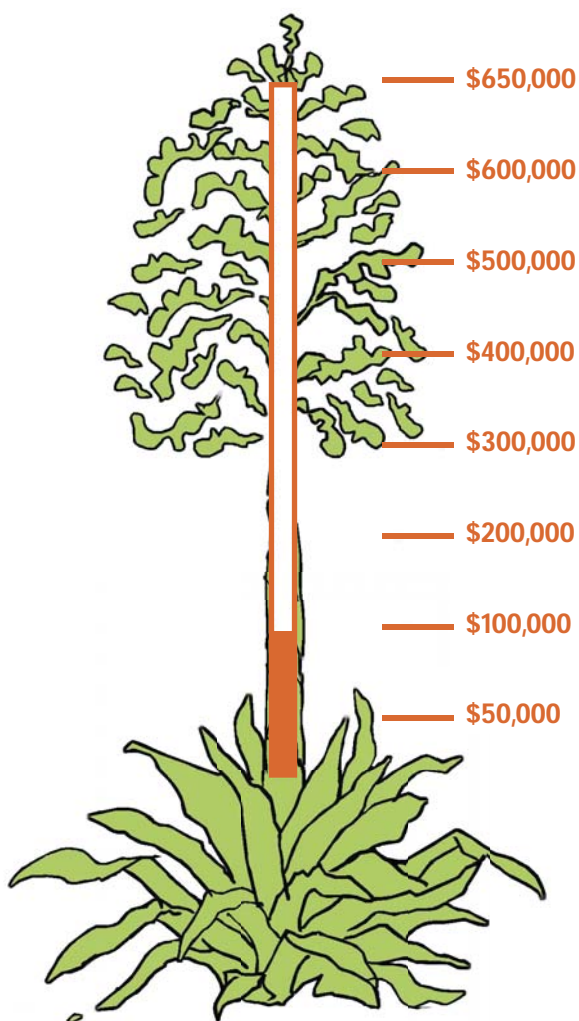
2015-16 Annual Fund Raising Campaign

Foothills Caring Corps Inc., a nonprofit organization dedicated to promoting independence and enhancing the quality of life for older adults and persons with disabling conditions throughout our community.

Through a force of volunteers we deliver services and support that provide access to basic needs such as food and medical care, and to activities that promote physical, mental and emotional health. Foothills Caring Corps provides care to maintain older adults' independence.

Each year we must raise funds to maintain and enhance our operations. This year our goal is \$650,000. We also hold our signature fundraisers in the fall and spring (Golf Tournament, November 16th 2015 and Cash & Caring Raffle & Taste of the Foothills, March 31st 2016). Your financial support is our major source of revenue as we continue to see the increase in demand for services. Please support us as your local charity.

Your financial support goes directly into the Foothills communities to assist older adults and individuals with disabling conditions.



7275 E. Easy Street, Suite B103
480.488.1105

Services@FoothillsCaringCorps.com
FoothillsCaringCorps.com

Mailing Address: P.O. Box 831
Carefree, AZ 85377

FOOTHILLS
CaringCORPS

neighbors & volunteers



Our "Neighbors" are homebound and/or persons, with disabling conditions 18 years of age and older who need support to remain living independently. Our Volunteers serve our neighbors in North Scottsdale (85255 North of Bell Road, 85262, 85266), Carefree (85377), Cave Creek (85327 and 85331). We also serve a small area north of Carefree Highway and east of I-17.

data 2014-15

501	Volunteers
92	New Volunteers
41,028	Volunteer Hours
532	Neighbors
215	New Neighbors
311	Intakes

program services 2014-15

Van Trips	7,146
Medical Transports	4,186
Grocery Shopping	638

Friendly Visits/Phoning	994
Friendly Pet Visits	535

Minor Home Repair/Business Help Care Alert/Caregiver Relief/Health Advocacy	132
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Mobile Meals	7,663
Medical Equipment Loans	400

Services Provided by
Foothills Caring Corps Volunteers Include:

Freedom

Medical Transportation: One-on-one driving Neighbors to medical appointments. **Van Program:** Driving or assisting on outings for seniors who ride our vans to concerts, movies, shopping, lunch, the library, or a variety of other activities. **Grocery Shopping:** Driving Neighbors to the grocery store or shopping for a Neighbor who is homebound.

Friendship

Friendly Visiting and Phoning: Visiting a homebound Neighbor in their home for an hour or two each week. Contacting Neighbors by phone regularly. **Caregiver Relief:** Visiting in the home of a Neighbor for 3 or 4 hours, while their caregiver takes a much needed break. **Pet Visiting:** Bringing a pet for a visit with a Neighbor. A friendly wag of the tail brings a smile.

Expertise

Business Help/Computer Help: Providing help opening mail, reading correspondence, and paying bills or help Neighbors with emailing and basic computer skills. **Minor Home Repair:** Helping Neighbors with simple home repairs such as changing light bulbs or smoke detector batteries, patching a screen door, or caulking a window. **Care Alert:** Provides qualified neighbors with a personal "safety device" programmed to call for help in the event of a minor emergency, such as the inability to get up after a fall.

Essentials

Mobile Meals: Delivering hot, nutritious, noon meals Monday-Friday for homebound Neighbors who are unable to cook for themselves. **Medical Equipment Loan Closet:** Lending out sanitized used equipment such as wheelchairs, walkers, commodes, etc. on a short or longer term basis at no charge to those in need.