

## FOOTHILLS CARING CORPS NEWS

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

DECEMBER 2015

*Happy Hanukkah, Merry Christmas and Happy New Year!*

### Peace and Joy to All

Pride-

May we always show it in all we do

Encourage-

May we always offer it to you

Advocate-

May we always make your way clear

Compassion-

May you always know we care

Energy-

May we always share your burdens

&

Jovial-

May laughter always end our days

Ovation-

May you sense the standing of us all  
for what you do and who you are,  
our amazing volunteers!

You-

May you remember how much you  
mean to all of us at FCC and 750  
Neighbors who bless you every day!

*Jayne Hubbard*

*May the sweet magic of this season conspire to gladden your hearts and fill every desire.*

*From the Staff and Board of Directors*

*of Foothills Caring Corps*

*Fr. Steven Dart, President      Debbra Determan, Executive Director*



Suite B104



Walt and Dorie McDaniel first to  
use new automatic door

A special thank you to  
Dave Hattan, Harry  
Vardakis, and Gold Mine  
Thrift Store of Good  
Shepherd of the Hills  
Episcopal Church for  
funding this automatic  
door for the Mobile Meals,  
Medical Loan Closet  
Program and wheelchair  
accessibility.

7275 E. Easy Street • Carefree, AZ



# Foothills Caring Corps 5th Annual Golf Tournament November 16th

Our chilly Golf Tournament was fun even though we saw snow, hail, rain and wind.....we persevered.

STAY TUNED for more updates and our plan for next year!



Photos by Rick Scuteri



## Paradise Valley Community College—ASU Nutrition Program

We welcome our ASU Nutrition Interns back for their Fall/Winter semester and look forward to all the great support and education they offer our neighbors! We would like to share some of their great ideas on recommended health tips and healthy recipes.

### Lowering Your Blood Pressure

Check the sodium on food labels  
Keep the salt shaker in the

cupboard away from the dinner table (recommended 2400 milligrams per day). Avoid processed foods that are high in sodium, including snack foods and processed meats.

Select fresh fruits and vegetables; also, nuts and whole grains.

Choose low fat products such as cottage cheese and cheeses.

**STAY ACTIVE**—Aim for 30 minutes of aerobic physical activity per day. Our fall/winter weather is perfect for brisk morning walks!

### Suggested Low Blood Pressure Menu

**Breakfast:** 2 Egg Omelet with

Sautéed Mixed Vegetables; Light Yoplait Yogurt (Fat Free) with Granola; medium Banana

**Lunch:** Baked Skinless Chicken Breast (4oz); Whole Grain Sandwich Pockets, inc. Romaine Lettuce, 2 tbsp of one of the following—low calorie Mayo, Salad Dressing, or Sour Cream. Top it off with the following condiments—Tomato, Onion and fresh Cilantro; 1 medium Apple

**Dinner:** Baked Seasoned Salmon (4oz); Steamed Asparagus (4 sprigs); 1 Wheat Roll

**Snacks:** Mixed Nuts; all raw Fruits or Vegetable, Garden Salad with low fat, low sodium dressing

## Upcoming Dates to Remember

### Volunteer Orientation

Second Thursdays  
**December 10**  
**January 14**  
**February 11**  
9-11 am  
Suite B101

### Van Transportation Training - Level I

**December 17**  
**January 21**  
**February 18**  
9-11 am  
Suite B101

### Volunteer Fingerprinting

**Monday, December 14**  
10:00 – 10:45 am  
Suite B101

Please make every effort to complete your fingerprinting, if you have not done so already. For further details, call Trish at **480.488.1105** or e-mail, [Trishm@foothillscaringcorps.com](mailto:Trishm@foothillscaringcorps.com).

### Quarterly Meeting

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

**Church of the Nativity**  
**Monday, January 11, 2016**  
**9:00 AM**

22405 N. Miller Road, Scottsdale

## Ecumenical Community Thanksgiving Eve Service



**Coolwater  
Christian Church  
November 25th**

A special thank you to Coolwater Christian Church for hosting the wonderful Thanksgiving Eve Ecumenical Service. For each of the pastors and their congregation's musical teams who created such a splendid evening, you are awesome.

The Foothills Caring Corps Board of Directors is grateful to be honored through this community gathering.

Thank you to FCC volunteers who provided dessert bars and cookies!

All who gathered were led into Thanksgiving Day with a joyful spirit.

## Overcoming Loneliness

**Loneliness...is the most terrible poverty. —Mother Theresa**

There is a vast difference between solitude and loneliness. Choosing to take time for yourself to reflect, recharge, and reaffirm your life can help you feel more connected to your true self. Loneliness, however, is an emotional state that can accelerate mental deterioration, cause depression, and spur feelings of hopelessness. A new study suggests loneliness can even shorten your life.

"People don't commonly think of social factors when they think of health," said study co-author Timothy B. Smith, a professor in the department of psychology at Brigham Young University. "We think of things like exercise, blood pressure, and taking cholesterol medication. But it turns out that social isolation is actually more predictive of death than any of those three things."

This is a profound finding: Loneliness can cause premature death.

As you age, maintaining social connection often becomes more

difficult. Family members may move far away. Losses of loved ones bring grief, and prolonged grief can cause loneliness. The opportunities for socializing and being part of the community may also diminish with age.

Here are some ways to stay socially active in older age:

■ **Cultivate friendships and social connections.** Reach out to your social networks. Reconnect with friends you have lost contact with over time. Embrace new friendships.

■ **Connect with your community.** If you belong to a church, synagogue, temple, mosque, or other place of worship, participate in the activities offered there. Join clubs—knitting, playing cards or games, gardening, for example—that are in alignment with your interests. Develop new hobbies by trying something you've never done before. Set aside any trepidations or fears you may have of meeting new people or trying new things, and take action to connect more deeply with people and

experiences despite any qualms you may have.

■ **Volunteer.** Volunteering is one of the best ways to allay loneliness. Schools, hospitals, animal shelters, museums, libraries, and a host of other organizations all need volunteers.

■ **Become an activist.** If you enjoy politics, volunteer to support a local or national candidate.

■ **Consider a part-time job.** Working may bring instant community, and another wonderful pay off—more money!

■ **Travel.** Universities, libraries, and museums usually offer travel tours. Or you can look for groups that are targeted for your age group or desired destination.

■ **Adopt a dog.** All pets bring health benefits, but because dogs need walks and other forms of exercise, they bring inherent social opportunities too.

Source: *Aging and Health Info Matters*, LIMRA (April 2015), MedlinePlus (March 17, 2015)





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 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.

(For instructions, re-enrollment or joining, please call the office at 480-488-1105.)



### Bashas' Community Support Card

Help support Foothills Caring Corps by using your Bashas' Community Support Card. 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.

Get started by stopping into the Caring Corps office and purchasing your \$20 card.

### 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!



Foothills Caring Corps, Inc.

7275 E. Easy St. Ste B103

PO Box 831

Carefree, AZ 85377

Phone: 480.488.1105

Fax: 480.488.8117

FCC Office Hours

Monday - Friday

8:30 am - 4:30 pm

December 24 & 31

8:30 am - 12:30 pm

Offices will be closed

December 25 & January 1



7275 E. Easy Street

Suite B103

P.O. Box 831

Carefree, AZ 85377

480.488.1105

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

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

We're on the web!

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

Promoting independence  
for older adults

# Donate to Foothills Caring Corps and give a gift of hope to those in need and receive an Arizona Charitable Tax Credit.

Over 41,000 hours are provided by Foothills Caring Corps Volunteers each year. We are dedicated to promoting independence and enhancing the quality of life for older residents in the Carefree, Cave Creek, North Phoenix and North Scottsdale area.

## Charitable Tax Credit

### Arizona Taxpayers

Foothills Caring Corps is certified as a Qualifying Charitable Organization. If you are an Arizona taxpayer your donation to Foothills Caring Corps will allow you to claim the AZ Charitable Tax Credit.

### Eligibility and Information

- Your contribution allows you to receive a dollar-for-dollar tax credit (\$400 for a married couple, \$200 for single taxpayers) against any income tax calculated on your Arizona Individual Income Tax Return.
- It is **not** necessary to itemize deductions on your AZ tax return.
- The Charitable Tax Credit can be claimed **in addition** to the school tax credits.
- Donate to Foothills Caring Corps by December 31.

### How to Donate

- Mail: Foothills Caring Corps, PO Box 831, Carefree, AZ 85377
- Phone: 480.488.1105
- PayPal online at [www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)

To learn more visit [www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com) or [www.azdor.gov/TaxCredits.aspx](http://www.azdor.gov/TaxCredits.aspx)

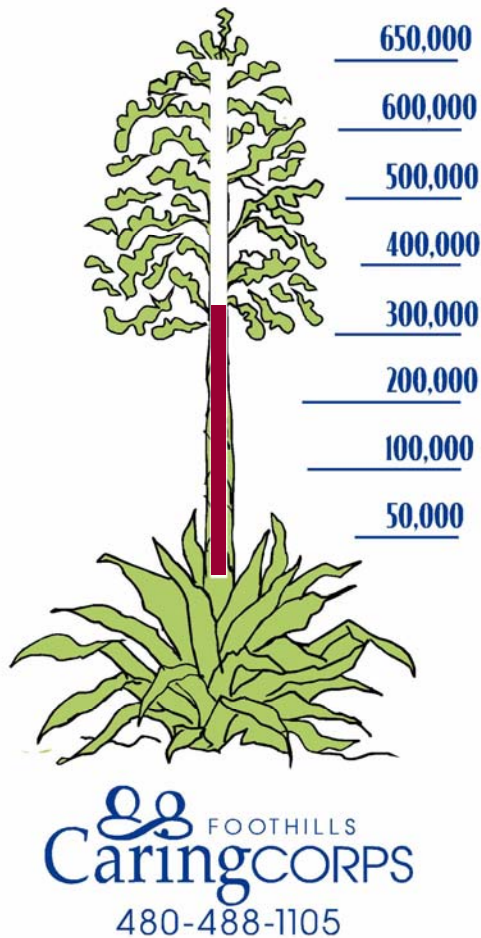


Photos by  
Matt York Photography

PROMOTING INDEPENDENCE  
FOR OLDER ADULTS

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480.488.1105 • [FoothillsCaringCorps.com](http://FoothillsCaringCorps.com)

## FY 2015-2016 Annual Campaign (April - March)

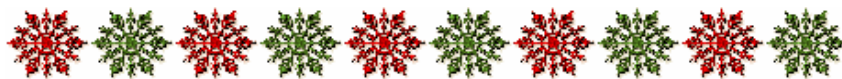


We live in an area that has very limited access to social, medical, and transportation services. Hence, the creation of Foothills Caring Corps, a 501(c)3 charity over 15 years ago! **Our mission and passion is to promote independence and to enhance the quality of life for older residents in our community.** We are supported primarily by private donations from individuals like you and by dedicated faith communities and volunteers. With your help, we will be able to continue to provide these much needed services to our community.

June Reilly and Patricia Yates  
Annual Campaign Committee Co-Chairs



Make your tax deductible gift to Foothills Caring Corps before December 31st to help support our programs. Credit cards, checks or cash accepted at our offices. Please call 480.488.1105. **Thank you!**



### Planned Giving

The Committee Members and the Board of Directors invite you to join the Legacy Circle of Support by including a gift for Foothills Caring Corps in your estate plan.

With your support the endowment fund will grow to meet the future need for Foothills Caring Corps services. The Caring Corps' 16 year track record shows an established stable, solid, non-profit that will continue to thrive and provide needed services for older adults. Your investment will insure a strong future for FCC and the residents of the Foothills communities.

Thank you for your investment in the future of Foothills Caring Corps.

#### Planned Giving Committee Members

Emily Kile, Chair  
Deborah Adams  
Fr. Steven Dart  
Debbra Determan  
Norman Jacobs  
Bob Rasmussen  
Clyde Wyant  
Patricia Yates