

## HONORING FCC VOLUNTEERS

Come enjoy each other's company, great food,  
lots of fun and fantastic entertainment!

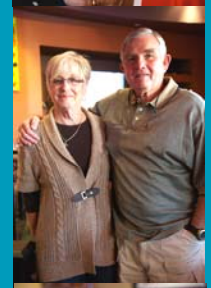
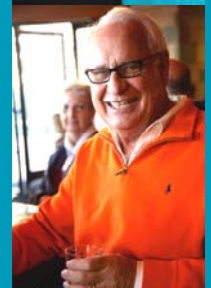
### Volunteer Recognition Celebration & Awards

**When?** Thursday, January 21, 2016  
4 to 6 pm

**Where?** Hacienda's Mexican Grill  
Summit Shopping Complex  
32527 N. Scottsdale Road  
Scottsdale, AZ 85266  
480.488.7439

**What?** Join us for a Social Happy Hour  
Enjoy many Tasty Appetizers  
5:00 PM Group Photo - Please come!  
Awards for Years of Service  
No Host Bar

Please RSVP to the Caring Corps office  
at 480.488.1105 or email Karen at  
[KarenG@FoothillsCaringCorps.com](mailto:KarenG@FoothillsCaringCorps.com)



## Valentine's Day Party

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

**Friday, February 12th**

**11:30 am - 1:00 pm**

**Come & join in the activities**

Our Lady of Joy Catholic Church  
36811 N. Pima Road, Carefree

RSVP by February 5th at 480.488.1105



# The Bulletin Board

## Volunteers Needed for Medical Equipment Loan Closet

FCC is in need of volunteers to clean, sanitize and organize the medical equipment for the Medical Equipment Loan Closet. This job is a 1-hour per week commitment and would be a great job-share with several volunteers. Please call the office if you are interested.

**AVAILABLE...**if you or someone you know would like an electric scooter, please call Jennifer at 480.488.1105.

**WANTED...**teacups and saucers (they do not have to match) for our annual mother/daughter tea party. All donations are appreciated and tax deductible.



## Do you belong to an HOA?

**Please contact us as we could use your help!**



The Foothills Caring Corps is proud that it has continued to grow over the past few years both by expanding existing services and meeting Neighbor's needs by developing new services such as the Loan Closet, Pet Visiting and Health Advocacy. But with this growth there is a pressing need for new volunteers to meet the demand for services.

The Caring Corps' Public Relations Committee is strategizing for volunteer recruitment by getting the information out about the Caring Corps to local Home Owner Associations (HOAs). Many HOAs publish a monthly newsletter that is sent out to their residents either via email or hard copy. We'd like to have members of HOA's help us to spread the word about our services and need for volunteers. We'd also welcome your suggestions with our recruitment strategy.

If you are a member of an HOA please call or email the Caring Corps with this information. Call 480.488.1105 or email [MariaP@foothillscaringcorps.com](mailto:MariaP@foothillscaringcorps.com).



Photos by  
Matt York Photography

## FCC Dates to Remember

### Volunteer Orientation

Second Thursdays

**January 14**

**February 11**

**March 10**

9-11 am

Suite B101

### Van Transportation

Training - Level I

**January 21**

**February 18**

**March 17**

9-11 am

Suite B101

### Volunteer Fingerprinting

**Wednesday, January 20**

10:00 – 10:45 am

Suite B101

For further details, call Trish at  
**480.488.1105** or e-mail,

[TrishM@foothillscaringcorps.com](mailto:TrishM@foothillscaringcorps.com)

## Community Monthly Support Groups

### The following Support Groups meet at

Desert Foothills Library  
38443 N. Schoolhouse Road  
Cave Creek  
480.488.2286

### The Healing Pathway Grief Support Group

Second & Fourth Mondays

**January 25**

**February 8**

9:30 - 11 am

### Caring for the Caregiver Caregiver Support Group

First Mondays

**February 1**

10 - 11:30 am

### The following Support Groups meet at

Desert Mission United  
Methodist Church  
7373 N. Dixileta Drive, Scottsdale  
480.595.1814

### North Scottsdale Alzheimer's Support Group

Second & Fourth Wednesdays

**January 27**

**February 10**

10:30 am - 12 pm

### Parkinson's Support Group

First Thursdays

**February 4**

10:30 am - 12 pm

## Life with Chronic Health Conditions

Facing certain chronic health conditions—diabetes, arthritis, pain, psychological disorders, asthma, osteoporosis, stress, among others—does not have to greatly diminish your quality of life. The human tendency when not feeling well is to focus on the source of discomfort. But enjoying life despite health challenges may require you to turn your attention away from your difficulties and adapt lifestyle practices that help you better cope with your condition.

■ **Become an expert on your condition.** Ask your physician and other health care providers to provide you with extensive information on your condition. Know the best diet, exercise, and lifestyle changes you can make to manage your condition. Stay on top of new medical breakthroughs, including drugs and nutrition, which can help you manage.

■ **Decide on a treatment plan.** Make sure your doctor knows your

preferences—medication versus surgery, for example. Weigh the pros and cons of each of your options. Get a second opinion.

■ **Practice mindfulness.** Observe what causes worsening or lessening of your symptoms. Tune into your body and its inherent wisdom. Sit quietly every day for 10 minutes or more, and observe the sensations in your body.

■ **Manage your mood.** Chronic pain and discomfort can trigger emotional and mental reactions: sadness, frustration, fear, stress, grief, rage, anxiety, and depression. Experiment with ways to manage the emotional responses. Try playing music that lifts your mood, journaling, reading, reaching out for support during tough times. Try not to isolate, even when you are feeling poorly. Being around other people can be healing.

■ **Become adaptable.** A host of lifestyle choices may prompt a worsening of your symptoms. Food sensitivities, certain activities,

inactivity, even your thoughts may play a large part in how you feel. Observe the sensations in your body, and make adjustments that bring you relief. Pay attention to what you eat. Most people can feel the effects of their food immediately. Be willing to give up foods that cause worsening of your symptoms, gastrointestinal distress, weight gain, or other negative effects.

■ **Maintain your healthy weight.** Being overweight can worsen many health conditions and is a precursor for disease.

■ **If you smoke, quit.** Simply put, smoking kills, and worsens just about every illness.

■ **Get support.** Find a support group of other people who are dealing with the same challenges you face. Community itself is healing, but you may also come away with tips for managing your condition.

Source: 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

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

Offices will be closed  
January 18



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

# Taste of the Foothills / Cash and Caring Raffle



The Foothills Caring Corps is celebrating 17 years of providing much needed services that promote independence for older adults and persons with disabling conditions.

Help contribute to the Caring Corps by attending our March fund-raiser, get involved with our raffles, silent and live auctions, and our special opportunity to donate.



**March 31st 5:00 to 9:00 p.m.**

at el Pedregal at the Boulders  
34505 N. Scottsdale Road, Scottsdale

- Live Auction
- Silent Auction
- Wine Tower Raffle
- Live Music & Dancing
- Cash & Caring Raffle Drawing
- Taste Specialty Dishes from Local Restaurants



**Recognition of David Schwan  
FCC 2016 Humanitarian Award**

## Vail Colorado Getaway



1-Week Getaway, valid March 2 - 9, 2017 ONLY, at the Cedar at Streamside Resort in Vail, Colorado.

## Ireland Adventure



6-Night Getaway in Dublin, Ennis & Killarney. Incredible Getaway!

## Sonoma Wine and Dine



3-Night Stay at The Fairmont Sonoma Mission Inn & Spa with airfare for 2. Fabulous wine tasting trip!

*New Activity*

## Wine Tower Raffle

A new added highlight for our Taste of the Foothills / Cash & Caring Raffle is a Wine Tower Raffle. A table of wonderful bottles of wine will be the prize for this new fun raffle. While you look at the silent and live auction items, stop by the table and purchase a winning raffle ticket and take home over 50 bottles of wine. Good luck!!!



# Foothills Caring Corps Special Contributions

## October - December 2015

### Memorials Given in Memory of:

**Terry Bartlett**

Anonymous Donor

**Bob Burgener**

Bill and Shirley Frye

**Peter Despathy**

Robert Despathy

**Lucille Domingo**

Greg Domingo

**Wilmar Dubes**

LaRoy and Lila Luther

**Jack Giordano**

Beatrice Giordano

**Bart Iden**

Mike and Susan Trogan

**Charles Lebens**

Gayle Lebens

**Marsha Leja**

Terry and Gretchen Leja

**Dorothy McIntosh**

Gary and Janis Fjeld  
Kevin and Bonnie Moore  
Chuck and Monica Zontanos

**Ginger Morgan**

Cynthia Driskell

**Karl Ratzsch**

Shelby and Sybil Yastrow

**Harry Schwab**

Clara Schwab

**Dr. Laydon Wentworth**

June Wentworth

**Pat Wetter**

Barbara Blasutta  
Peter Giovan  
Eleanore Glova

**Pat and Larry Wetter**

Sydney Wetter and The Wetter  
Foundation

**Douglas Woods**

Nancy Woods

### Tributes Given in Honor of:

**Bonnie Clewans**

Martin and Susan Kaufman

**Mike Covert**

John Casas  
Catherine Covert

**June Reilly**

Gates and Mary Ellen Hawn  
Terrence and Eli Murray  
Mark and Linda Putney

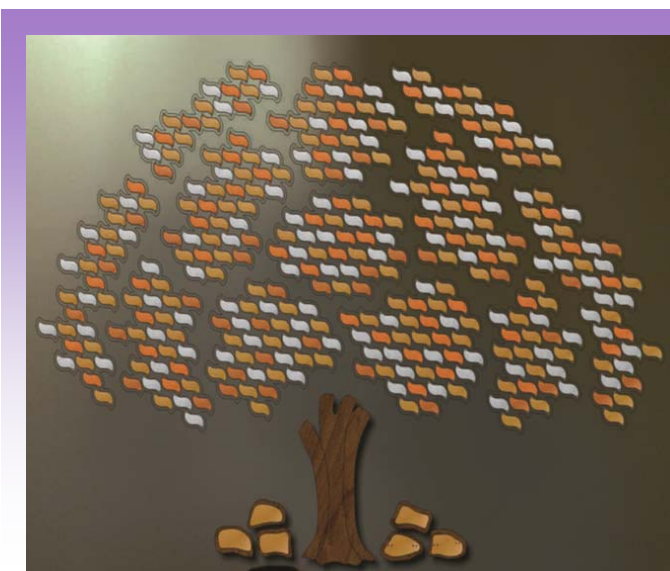
**Elizabeth Riley**

Mary Riley

**Les Seldin**

Gene and Phyllis Banucci  
Leon Reivitz  
Allan and Diana Winston

## Memorial Tree



Foothills Caring Corps is honored to receive multiple gifts in memory of your loved ones. After our 16<sup>th</sup> year of operations, we have at last found a unique way of displaying your loved ones names. With a generous memorial gift from a special supporter, Foothills Caring Corps has created a reserved wall that highlights a tree with the names of those who are remembered by your gifts. We are going back to records from 2004 and making sure that we have all the names of those you have memorialized. We are calling donors to make sure we have correct names and dates for our remarkable memorial tree. Please stop by to see the unique wall display in Suite B102. The work is in process. There are three leaf tones/materials designating levels of giving as well as other larger items (rocks & doves) for major gifts

to portray a wonderful wall of loved ones still in our memories. Remember, when you donate, if you would like their names on the tree, just tell us in memory of whom and the date of their passing. Thank you for your gifts.