

**6th Annual Foothills Caring Corps Golf Tournament at Mirabel
Monday, November 14, 2016**



Our Exciting Tournament begins:

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

10:00 am
Shotgun Start

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



Photos by Rick Scuteri



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

This Year, for the First Time! Silent Auction Items at the Golf Tournament!



Sonoma Trip

Private Winery Tour & Reserve Tasting, 6-Course Dinner with Wine Pairings, Fairmont Sonoma Mission

Inn 3-Night Stay with Airfare for 2 - Value \$3,250

**Pine Canyon Club,
Flagstaff**

Round of Golf and Lunch for 4 Players - Value \$1,000



**Elegant, Multiple Course, Gourmet Italian Dinner
for 8 with Wine Pairings**



Hosted by Laurel & Harold Boyanovsky in their Desert Mountain Home.

Value - Priceless
Prepared by Laurel Boyanovsky, Donna Brown & Ginny Holzemer

Bottle of Opus One 1995 Red Wine

Opus One was established by Robert Mondavi & Baron Philippe de Rothschild to develop a single Bordeaux style based upon Napa Valley Cabernet Sauvignon. Value \$325



**2 Cardinals 2017 Night
Game Tickets**

First Row Seats on the 25 yard line Value \$800+. Date of Your Choice and Special Parking at the Stadium

Tips to Help Prevent Falls!



September was Fall Prevention month. We hope you are all thinking about your balance and finding ways to maintain your mobility. Statistics about falls remind us to keep active, navigate our environment and know it is never too late or too early to begin exercises that will help us improve our balance.

Tips on Maintaining Good Health and Preventing Falls:

- Physical activity helps us maintain bone mass and flexibility.
- Walking, riding a stationary bike and strength training all work well for maintaining muscle tone and cardiovascular health.
- Balance exercises such as Tai Chi and yoga are great activities for maintaining mobility and strength.
- Dance and other movement activities are fun ways to stay active.

Try Yoga, Silver Sneakers or Qigong/Tai Chi!

Chair Yoga:

Every Tuesday & Thursday
(excluding holidays)

Class begins at 9:00am

Location:

Light of the Desert Lutheran Church
33175 North Cave Creek Road
Cave Creek, AZ 85331

Silver Sneakers:

Every Monday, Wednesday & Friday
(excluding holidays)

Class begins at 10:00am

Location:

Foothills Community Foundation –
Holland Community Center
34250 North 60th Street
Scottsdale, AZ 85266

Gentle Yoga:

Every Sunday (excluding holidays)
Class begins at 11:30am

Qigong/Tai Chi Easy:

Every Friday (excluding holidays)
Gentle Class begins at 10:00am

Location:

Desert Foothills Library
38443 N. Schoolhouse Road
Cave Creek, AZ 85331

FCC can provide transportation for some of these activities. Call 480.488.1105.

Stay active and healthy! Keys to maintaining our balance includes keeping our bodies healthy through playful activity, good nutrition, good shoes and routine vision checks!

Ecumenical Community Thanksgiving Eve Service



Please join us for a lovely service
to begin the season of thanks.

Wednesday, November 23rd
6:30 p.m. Service

Hosted by
Saint Gabriel the Archangel
Catholic Church
32648 N. Cave Creek Road
Cave Creek, AZ 85331
480.595.0883

Offerings to Benefit the Foothills Caring Corps

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We need your baking help!



Volunteers needed to bake homemade
cookies, bars and breads for the
Thanksgiving Eve Service. If you could bake
and bring 3 to 4 dozen cookies, bars or
breads, please RSVP to Poppy at
480.488.1105 or
Poppy@foothillscaringcorps.com



Our seven vans have now been outfitted with fire
extinguishers which will make it safe for our
passengers, drivers and Neighbors who take the
vans out for shopping, medical and social and
recreational trips.

Thank you Karsten's Ace Hardware for your
donation of seven fire extinguishers! Thanks for
keeping us safe.



**Medicare Fall
Open Enrollment
October 15, 2016 to
December 7, 2016**

This is the time of year when people with Medicare
can make unrestricted changes to their coverage
options.

Reevaluate Medicare Coverage - Add or Change:

- Drug Coverage
- Health Plan

Make Sure:

- Medications are still covered
- You're not paying more
- Providers still in network

Insurance companies can make changes to:

- Monthly Premiums
- Deductibles
- Drug Costs
- Networks

For more information,
please call **602.264.4357**
Ask for Benefits Assistance

Sponsored by: Area Agency on Aging

Foothills Caring Corps Special Contributions May - September 2016

Memorials Given in Memory of:

Virginia Baetz

Anne Iarocci
Angie Martin
Arthur and Patti Gimson
Chuck and Monica Zontanos

Terry Bartlett

Anonymous Donor

Claudia Civitella

Greg and Adrienne Domingo

Lucille Domingo

Greg and Adrienne Domingo

Abbey Eldridge

Richard and Debra Tompeck

Alan Haugner

David and Janet Bell
Mark and Jeanne Dilly
Jill Ford
Joe and Loraine Gilbreath
Arthur and Patti Gimson
Robert and Anne Hilton
Gerald and Jolene Huffman
Anne Iarocci
Blaine Keith
Karen Kelly
Kiwanis Club of Carefree

Jerry and Laurie Lowe
Angie Martin
Lloyd and Donna Meyer
Jerry and Suzanne Olson
Leo and Judy Reardon
William and Beverly Rockford
George and Mary Schmid
Rodney and Roselyn Skillman
Phillip and Jackie Keene-Smith
Thomas and Kathleen Turner
Dan and Debbie Wainwright
Chuck and Monica Zontanos

Nelson Heinrichs

Edward and Maureen Dobrow

Mimi Hill

Theresa Burke
Sandy Busalacchi

Jerry Hickey

Patricia Mattingly

Paul Kelly

Anne Iarocci

Bill Lennon

Phil and Marian Abramowitz

Joanne Moeller

Edward and Maureen Dobrow

Robert Penick

Donna Penick

Roberta Pike

Marlene Facher
Howard, Melanie and Samantha Kook
Edmund Negra
Janice Schoem and Ed Negra
Florence Schoem
Chuck and Monica Zontanos

Stephen Sanders

Martha Knapp

David Schwan

Paul Dale and Sylvia Piceno
Arthur and Patti Gimson
Gerald and Barbara Graunke
Ralph and Faith Pipp

Paul Sims

Keeley Callaway

Ken Wagner

Suzanne Wagner

Zander

Florence Zlamany

Tributes in Honor of:

Amy Schenkman

Sylvia Dultz

Dick Segil

Paul and Marilou Birkeland
Shelby and Sybil Yastrow

Arizona Charitable Tax Credit Amended in May 2016

Arizona Taxpayers

Foothills Caring Corps is certified as a Qualifying Charitable Organization through the Arizona Charitable Tax Credit, SB 1216. If you are an Arizona taxpayer, your donation to Foothills Caring Corps will allow you to claim the AZ Charitable Tax Credit.

New Limit and Extended Date

Eligibility and Information

- Your contribution allows you to receive a dollar-for-dollar tax credit (**\$800 for a married couple, \$400 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 **April 15, 2017** to qualify for a State Tax credit on your 2016 taxes.

How to Donate

- Mail: Foothills Caring Corps
PO Box 831, Carefree, AZ 85377
- Phone: 480.488.1105
- PayPal online at www.FoothillsCaringCorps.com

To learn more visit
www.FoothillsCaringCorps.com or
www.azdor.gov/TaxCredits.aspx



TICKETS "FORE" CHARITY

Enjoy the Charles Schwab Cup Championship and help Foothills Caring Corps at the same time

FCC has 30 tickets for this event at
Desert Mountain Club (Cochise)
NOVEMBER 7 – 13, 2016

100% of the net proceeds go to FCC!

It's easy... for \$30.00 you'll receive a Grounds Ticket - good for **any** day of the tournament. Purchase tickets at the FCC office (480.488.1105).

Make My Day!



Every day FCC staff and volunteers hear stories on how Neighbor's days were made more joyful. We'd like to share those stories with you. We want to bring that joy into your life. Thank you for making life more joyful for the Neighbors, volunteers and staff of Foothills Caring Corps.

Cecelia called to say what a wonderful time she had at Bingo. She has met new friends, including Driver, George and Assistant, Daniel. "George and Daniel were so nice. They sat next to us and played Bingo." This was Cecelia's first time riding the Van along with her Neighbor, Robyn.

Both ladies look forward to more Van Trips.

Martin and Angela were both recovering from surgery and couldn't thank our volunteer Mobile Meals drivers enough for the wonderful hot noon meals they received. Not only was the food hot and delicious, but the friendly drivers who deliver their food make each day special.



Photos by Edwina Starke
Cynthia Baloh Photography

**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
October 26
November 9 & 23
10:30 am - 12 pm

Parkinson's Support Group

First Thursdays
November 3
December 1
10:30 am - 12 pm

FCC Dates to Remember

Volunteer Orientation

Second Thursdays

November 10

December 8

9-11 am ~ Suite B101

**Van Transportation
Training - Level I**

November 17

December 15

9-11 am ~ Suite B101

Volunteer Fingerprinting

Thursday, November 10

11 am ~ Suite B101

For further details, call Maria at

480.488.1105 or e-mail,

Mariap@foothillscaringcorps.com



P.O. Box 831
Carefree, AZ 85377

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

**"Your talent is God's gift to
you. What you do with it is
your gift back to God."**

— Leo Buscaglia



7275 E. Easy Street

Suite B103

P.O. Box 831

Carefree, AZ 85377

480.488.1105

Services@FoothillsCaringCorps.com

www.FoothillsCaringCorps.com

We're on the web!

FoothillsCaringCorps.com

Promoting independence
for older adults