

FOOTHILLS CARING CORPS NEWS

www.FoothillsCaringCorps.com

DECEMBER 2016

Their Smiles Tell the Story



We want you to know the difference you have made in so many lives.

We've captured a couple smiles of the many Neighbors whose lives have been changed because of you. Your contributions both

as financial supporters and volunteers change lives! Your support makes us all smile!

Thank you for making 2016 our 17th successful year enriching lives of over 775 Neighbors.



Photos by Edwina Starke and
Matt York Photography



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

***From the Staff and Board of Directors
of Foothills Caring Corps***

Emily Kile, President

Debbra Determan, Executive Director

Do You Hear What I Hear

Do you hear what I hear?
Way out in the wash, in a rut?
Do you see what I see?
People bringing lunch just the same.
It's Mobile Meals, it's a visit
Motoring to your door
Bringing food and joy everywhere.

Do you hear what I hear?
Voices ringing, laughing out loud.
Do you see what I see?
Ladies wearing hats, sipping tea.
Van trips, always memories
Created just for you
Bringing friends and hope everywhere.

Do you hear what I hear?
Drivers taking trips here and there.
Do you see what I see?
Neighbors getting there, right on time.
To doctors and shopping,
post office too
Making life safer for you.

Do you hear what I hear?
A knock means a visitor is here.
Do you see what I see?
A Man, a ladder, lights on everywhere.
A dog, a lick
What more could I need
They will bring great comfort and fun.

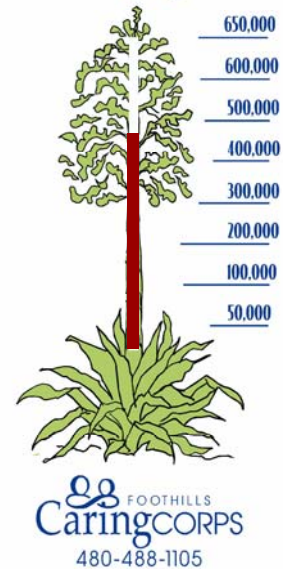
Do you know what I know?
Caring Corps is famous for our care.
Do you know what I know?
Staff are here, dreaming up new plans.
A moment, a hug
Our works never done.
We're all blessed with goodness and grace
May our lives know purpose and peace.

*Jayne Hubbard
FCC Staff*

Annual Campaign

FOOTHILLS CARING CORPS

2016-17 Annual Fund Raising Campaign



Our fiscal year ends March 31, 2017.

Please help us make our
2016-2017 goal.

Thank you for your ongoing support!



Planning Your Legacy

Bringing Joy to Future Generations

Have you ever wanted to share your blessings with others and wondered if you could do that through your will? In fact, it is possible—and you can give a gift that reflects your values without excluding your children.

The first step is to determine what kind of legacy you want to leave behind and how you wish to be remembered. Would you like to help older generations and others in need to live the lives that most inspire them? If so, please consider a planned gift, such as a bequest to Foothills Caring Corps in your will. Call Debbra at 480.488.1105.

Thanksgiving Eve Ecumenical Service



**St. Gabriel the Archangel
Catholic Church
November 23, 2016**

This service was truly a community Thanksgiving service. The host Church persevered through difficult medical setbacks and valiantly brought together the community churches to give a joyous thanksgiving message of gratitude through music and song. A special thank you to Father Dennis O'Rourke and Mary Blanche of St. Gabriel's who hosted the service, and to those congregations who participated in this annual show of community; Christ Anglican Church, Christ the Lord Lutheran Church, Coolwater Christian Church and Desert Hills Presbyterian Church. Foothills Caring Corps is honored to be supported through this annual showing of gratitude and goodwill.

Lockboxes for Carefree & Cave Creek Residents...

In both Cave Creek and Carefree, Foothills Caring Corps is working with Marshal Stein and Rural Metro Fire Department to install lockboxes which allow 911 responders to access homes in the event of an emergency.

If you live in Carefree, call Foothills Caring Corps at 480.488.1105 and Rural Metro Fire Department will set up an appointment.

If you reside in Cave Creek, call Marshal Stein at 480.488.6636 to get a lockbox installed.

A \$25.00 donation is requested for the lockbox programs.



Safe Driving - Part II

Continued from November 2016 FCC Newsletter

Follow these tips to be safe behind the wheel:

- Have all your medications—prescription and over-the-counter—reviewed by your doctor or pharmacist to reduce risk of side effects and interactions.
- Stay alert and drive defensively. Be aware of what other vehicles on the road are doing.
- Maintain appropriate speed. Speeding is always dangerous and illegal. Driving under the speed limit can also cause accidents, and incur a moving violation. If you are too scared to drive the appropriate speed, it may be time to stop driving.
- Stay in your own lane, and obey all laws pertaining to driving and parking a motor vehicle.
- Keep your car in good working condition. Have regular oil changes. Have tire pressure checked regularly. Do not ignore "Check Engine Light" or unusual sounds.

When purchasing a new car, consider safety features, including:

- Backup Camera—eliminates blind spots and makes parallel parking easier.
- Lane Departure/Warning Mitigation—warns when vehicle drifts from its lane. Some systems steer the car back to its proper lane.
- Forward Collision Alert/Prevention—systems that warn you when the vehicle ahead stops suddenly, or someone/thing wanders in front of you.
- Blind Spot Warning—signals you with lights if a vehicle is in your blind spot.
- Self Driving Cars—while not yet available, they are on the horizon. Some car models already have the ability to park themselves.

If you are concerned about a family member or friend's ability to drive, send an email to lbraz2@metlife.com for tips on how to initiate the conversation with compassion and sensitivity.

Source: Life Advice—MetLife
(Autumn 2016 Volume 23, Number 4)

Support FCC When You Shop for Holiday Gifts at Smile.Amazon



Holiday shopping is easy with Amazon's Holiday Gift Guides. Shop Amazon's Gift Guides at smile.amazon.com to find great gifts for everyone on your list, decorations and more. Select Foothills Caring Corps as your charity and Amazon donates to FCC.



Gift Guide Link: <https://smile.amazon.com/ch/26-4341807>



Use Shopping Cards and Foothills Caring Corps Benefits



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 a rebate. The enrollment process is simple and fast. (For instructions, re-enrollment or joining, please call the office at 480.488.1105.)

Help support Foothills Caring Corps by using your **Basha's Community Support Card**. Purchase a support card for \$20

and receive the face value of \$20 and FCC receives an additional 6% bonus from Basha's. Each time you reload your card you receive the full amount of the reload and FCC receives an additional 6% bonus from each of your purchases.

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



Arizona Charitable Tax Credit

REMINDER: This year you (Arizona residents) have until **April 15, 2017** to contribute \$400 (single taxpayer) or \$800 (couple taxpayers) to Foothills Caring Corps and receive a Charitable Tax Credit for 2016!

How to Donate

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

SCOTTSDALE ♥ CAREFREE ♥ CAVE CREEK ♥ NORTH PHOENIX

Health & Resources Expo 2017

EXPLORE AREA RESOURCES AND CONNECT

Saturday, January 28th From 10am to 2pm

at Cactus Shadows Fine Arts Center
33606 N. 60th St., Scottsdale 85266

Carefree Hwy and 60th St (just west of
Scottsdale Rd and east of Cave Creek Rd).

- ♥ All ages, Seniors, Families, and Children
- ♥ Connect with over 40 local Health and Resource vendors serving our communities
- ♥ Fun, interactive activities including Tai Chi, POW for kids, Yoga for all ages, Silver Sneakers, Jubilate music program and more
- ♥ Demonstrations and hands-on activities such as fall injury prevention, car seat safety, home modification for safety, and much more!

- ♥ Come and talk with the experts
- ♥ Speakers rotating throughout the day, Rural Metro Fire Chief Kraetz, nutrition education, medication interactions, Senior Scams, and much more
- ♥ Free and open to the community
- ♥ Food truck with healthy lunch
- ♥ Come and win door prizes!

FOR ADDITIONAL INFORMATION

Please Contact
Foothills Caring Corps, Inc.
Services@FoothillsCaringCorps.com
(480) 488-1105

THE HEALTH & RESOURCES EXPO 2017 HAS BEEN ORGANIZED BY MEMBERS OF THESE SPONSORING ORGANIZATIONS



Foothills Caring Corps Taste of the Foothills Event & Raffle

Please stay tuned for an update on our Annual Foothills Caring Corps Taste of the Foothills Event and Raffle.

When: March 23, 2017

Time: 4:30 - 7:30 p.m.

Where: Stagecoach Village

You will receive a letter detailing all the exciting news with this year's event. We are fine tuning our ticketing process to make your entrance to our event easy.

Please **save the date** and look for your letter in January!

Happy Holidays!



FCC Dates to Remember

Volunteer Orientation

Second Thursdays

January 12

February 9

9-11 am ~ Suite B101

Van Transportation Training - Level I

January 19

February 16

9:30-11 am ~ Suite B101

Volunteer Fingerprinting

Thursday, January 12

11 am ~ Suite B101

For further details, please call

480.488.1105



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

Offices will be closed

December 23, 26, 30

and January 2



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