

## Picnics, Life Savers & Love



Sisters: Nancy and Patricia

## Happy Father's Day

"Every night we waited for daddy to get home from work to get our treat and sit with him while he read to us or told stories so mom could make dinner", replied Nancy and Patricia when I asked them for special memories of their father. The treat was either a piece of gum or a Life Saver but it was the time and daily remembrance that had created the memory of a devoted father who loved that role. Nancy and Patricia are delightful sisters and FCC Neighbors who receive Mobile Meals. They have been living together in North Phoenix for the past 4 years when both had become widowed and wanted to support one another.

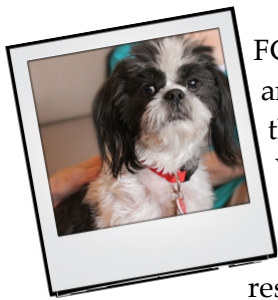
Their father, Fred Plotner, moved from Vancouver, WA to Phoenix with his 5 children and wife to be in charge of the physical plant at the VA Hospital. The girls saw a lot of changes and growth in the VA because they lived in housing right on the campus. To escape the business of VA every Sunday they would pack up the station wagon and head out to the Verde River by the Sheep Head's Crossing for a picnic that consisted of fried chicken, all the fixings and chocolate cake! They fished, tubed, swam and went home tired but refreshed. Their favorite memory was his love of music. While Fred played the clarinet and accordion, all the kids played at least one instrument as well. They played in the band at school, marched at football games and parades and had home concerts where they sang and entertained themselves and friends. He and their mom were avid rock and mineral hounds and brought home beautiful specimens that were made into jewelry. They all have pieces to treasure from their parent's hobby.

Life was not all just fun. Nancy said that he instilled a true work ethic in all the kids and they learned that you never walked away from a job unfinished. Fred taught them how to fix cars, lawn mowers and be as independent as they could. He was always a supportive dad and there to help out in any way he could. When I asked them what their dad was proud of in their lives each had an answer. Nancy said he beamed when she not only graduated from college but got an MA in Mathematics as well. Patricia felt that he was proud that she became a nurse that everyone loved and depended on. They also felt he would have been surprised by the several adventurous cross country road trips they have made in the last few years.

All of us will be remembering our fathers in June on their special day. Patricia and Nancy were blessed to have a wonderful dad who loved that role. Thanks for sharing his story with all of us!



## Friendly Pet Visiting Update



FCC Volunteers and Neighbors, the Friendly Pet Visiting committee has been busy researching and

updating FCC's requirements for our Pet Visiting Program! We will be using Alliance of Therapy Dogs, Inc. (ATD) requirements as the base for our program to form registered therapy teams of dog owners (handlers) and their dogs. The Canine Good Citizen training will **no longer be required as it basically duplicates the ATD program requirements.** The changes we are implementing will make it easier for volunteers to qualify, while

maintaining the standards of care and requirements of Alliance of Therapy Dogs, Inc. (ATD). ATD provides registration, insurance, health standards, and support for therapy dog teams all over the country. The standards of health care require a current rabies vaccination, a wellness exam and a fecal test, annually listed on a form signed and dated by your veterinarian. In addition, any vaccinations deemed important by your veterinarian for the area in which you and your dog live should be listed on the form. The registration process involves observation and testing of the dog and the handler by a tester/observer in your area. This test includes a handling portion which tests your dog's basic good manners, demeanor and your handling skills. Once all requirements are met, the dog and handler are ready for visits to FCC neighbors.

Our FCC Friendly Pet Visiting program requires these basic ATD standards are met. Other programs that involve these basic requirements will be accepted. Each year after the annual wellness exam and fecal test, you are required to provide the updated information to the FCC office.

If you would like to volunteer for the FCC Friendly Pet Visiting program, please contact the office at 480.488.1105 and ask that a Friendly Pet Visiting packet be sent to you. Please think about volunteering; you and your dog will find enjoyment in the home visits and connections that you'll make!

*For our Neighbors health,  
Dr. Arlen L. Wonderlich*



Photos by  
Binka Schwan & Edwina Starke



# More

## Medical Transportation We Need You!

The summer has come and the snowbirds have flown!  
But the doctors are here and the Neighbors are home  
The appointments pile up with the greatest of ease  
But the drivers are gone and we need some more, please.  
So call the Corps and tell us you're happy  
To take Neighbors to doctors, dentists and therapy!  
Don't hesitate or think you can't drive  
You can, you can! Help our Neighbors to thrive!

Here's the updated story with a few notes about the wheelchair accessible van training. This training is required for each of the Volunteers who provide van transportation for those Neighbors in wheelchairs.

Page 3 of the **May 2017** newsletter featured a story about the Medical Loan Closet and the donation, by the Wheelchair Foundation, of two "snappy new wheelchairs". One of the photographs, staged for the newsletter, does not accurately reflect the procedures currently being taught to volunteers. Shortly after publication, Arthur Gimson, who is a PASS-certified trainer, pointed out that the PASS procedures call for the person 'pushing' the wheelchair to be positioned on the low side of any ramp.

## Photographs can tell a story... We want to give you the correct story!



Correct way to assist

Here is a photograph that reflects the correct practices as currently recommended by PASS. The first shows the person in the wheelchair going down the ramp facing away (backwards) from the direction of travel. The 'pusher' has control of the wheelchair using both hands on the wheelchair's handgrips. Under ADA regulations, a person in a wheelchair has a choice of directions to face when accessing or exiting a vehicle. Should the person in the wheelchair elect to face forward (direction of travel), the 'pusher' would be positioned on the downside facing the vehicle with both hands on the arms of the wheelchair.

*Arthur Gimson*



Incorrect way to assist

Matt York Photography

**PASS (Passenger Assistance Safety and Sensitivity) is a program of the Community Transportation Association of America, based in Washington DC. Arthur Gimson, a Caring Corps volunteer, received his initial trainer certification in October 2013 and was re-certified in October 2016.**

# Join our Mobile Meals Team

Volunteers are the LIFELINE of the Mobile Meals Program. They provide not only a hot noontime meal to a homebound person, but they may be the only interaction the participant ("Neighbor") will have for the day. Please consider volunteering for Mobile Meals! Our volunteer orientations are held the second Thursday of each month from 9-11:30 a.m. at our offices at 7275 E. Easy Street Suite B101. The Neighbors receiving Mobile Meals are adults usually over 65 years of age, often with a disabling condition and are unable to prepare their own meals. Each day five volunteer drivers will take time out of their day to make a Mobile Meal recipient's day brighter

by delivering a delicious meal. The drivers meet at Honor Health Thompson Peak to pick up 35-50 meals for delivery for five different routes. Meal time deliveries are approximately 1-1 ½ hrs. depending on the number of Neighbors and meals for that day. The entrees vary from chicken, beef, pork or fish or cold salads along with a starch and

**The Neighbors express their gratitude daily with hugs and kind words. This makes the volunteering experience worthwhile, a heartfelt feeling of "Giving Back".**

vegetables. Also included are milk, bread, salad and dessert. The meals meet all dietary guidelines for the aging population, and are low in salt and sugar.

With each delivery, the volunteer driver gets to see the smiles of appreciation from the Neighbors they are delivering meals to, while conducting an overall visual health check to ensure that the Neighbor is safe and sound in their home. The Neighbors express their gratitude daily with hugs and kind words. This makes the volunteering experience worthwhile, a heartfelt feeling of "Giving Back".

For more information pertaining to the Mobile Meals Program, please contact Ann Kalectaca, Mobile Meals Coordinator at (480) 488-1105.





# June 2017

HAPPY  
FATHER'S  
DAY  
JUNE 18

## Save the Date

Visit [FoothillsCaringCorps.com](http://FoothillsCaringCorps.com) for more information

### Volunteer

Foothills Caring Corps

All events located at 7275 Easy St Suite B101  
For more info contact  
[services@foothillscaringcorps.com](mailto:services@foothillscaringcorps.com)

**Volunteer Orientation** June 8 | July 13 | Aug 10 Second Thursdays  
9:00 - 11:30 AM

**Van Transportation Training - Level 1** June 15 | July 20 | Aug 17  
9:00 - 10:00 AM

**Volunteer Fingerprinting** June 8 | July 13 | Aug 10  
11:00 - 11:45 AM

## Community Support Groups

**Desert Foothills Library**  
38443 N Schoolhouse Rd  
Cave Creek | 480.488.2286

**The Healing Pathway** 2nd & 4th Mondays  
9:30-11:00 AM  
Grief Support Group June 12 & 26

**Caring for the Caregiver** First Mondays  
10:00-11:30 AM  
Caregiver Support Group June 5 | July 3

**Desert Mission**  
United Methodist Church  
7373 N Dixileta Drive  
Scottsdale | 480.595.1814

**North Scottsdale Alzheimer's Support Group** 2nd & 4th Wednesdays  
10:30 AM - 12 Noon  
June 14 & 28

**Parkinson's Faith Based Support Group** First Thursdays  
10:30 AM - 12 Noon  
June 1 | July 6

**Desert Hills**  
Presbyterian Church  
34605 N Scottsdale Rd  
Scottsdale | 480.488.3384

**Grief Support Faith Based Support Group** Thursdays  
4:00 PM - 5:30 PM  
Every Thursday



## Critical Need

"Jake"

We have been Sssearching for summertime volunteers.

Look who showed up at Volunteer Orientation outside of Suite 101: Jake the Snake.

We are indeed in need of friendly visitors and volunteers for many of our programs. However, we do need references and background checks, therefore, our friendly neighbors down the road helped us find a new place for Jake to hang out. If you or anyone you know is interested in volunteering at FCC, please join us at our next orientation, Thursday, June, 8<sup>th</sup>, 9:00 - 11:30 AM.

Ssssssee you there!!!

  
Hugs & Help Happen Here

Foothills Caring Corps | 7275 E Easy Street Suite B103  
Mailing Address | P.O. Box 831 Carefree, Arizona 85377  
480.488.1105 | [Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com) | [FoothillsCaringCorps.com](http://FoothillsCaringCorps.com)

# Home Alone?

Have you ever wondered what would happen if you were home alone and hurt yourself, or had a health crisis and couldn't open the door? Foothills Caring Corps and Rural Metro as well as Marshal Stein of Cave Creek work together to provide lockboxes for you home. Your key will be stored in the lockbox and if the police or fire



## Living in Carefree?

Call Foothills Caring Corps at 480-488-1105 and ask for the Lock Box Installation Program.



## Living in Cave Creek?

Call the Town of Cave Creek (Marshal Stein) at 480-488-6636 and ask for the Lock Box Installation Program.



## Living in Scottsdale?

Call 1-877-229-5042 (toll free) and ask for Lockboxes for Seniors.

**A \$25 donation is suggested. Be safe – get a lockbox!**



7275 E. Easy Street  
Suite B103  
P.O. Box 831  
Carefree, AZ 85377  
480.488.1105  
[Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com)  
[FoothillsCaringCorps.com](http://FoothillsCaringCorps.com)

## 2016-17 Volunteer Service Statistics

### **Business Help/Computer Help:** 80 visits

Providing help opening mail, reading correspondence, and paying bills or helping Neighbors with emailing and basic computer skills.

### **Caregiver Relief:** 69 visits

Visiting in the home of a Neighbor for 3 or 4 hours, while their caregiver takes a much needed break.

### **Health Advocate:**

200 hours

Trained volunteers will provide specialized, intensive support to Neighbors after hospitalization, rehabilitation or a diagnosed chronic illness.

### **Low Vision Education:**

5 enrolled

Consultation, education and referrals for Neighbors with low vision issues.

### **Mobile Meals:** 8,380 meals

Delivering hot, nutritious, noon meals Monday-Friday for homebound Neighbors who are unable to cook for themselves.

### **Van Program:** 5,226 trips

Driving or assisting on outings for seniors who ride our vans to concerts, movies, shopping, lunch, the library, or a variety of other activities.

### **Medical Transportation:** 4,158 trips

One-on-one driving Neighbors to medical appointments.

### **Friendly Visiting and**

**Phoning:** 740 visits, contacts

Visiting a homebound Neighbor in their home for an hour or two each week. Contacting Neighbors by phone regularly.

### **Grocery Shopping:** 706 trips

Driving Neighbors to the grocery store or shopping for a Neighbor who is homebound.

### **Pet Visiting:** 41 contacts

Bringing a pet for a visit with a Neighbor. A friendly wag of the tail brings a smile.

### **Medical Equipment Loan**

**Closet:** 273 donations

544 loans, 332 returns

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.

### **Minor Home Repair:**

202 visits

Helping Neighbors with simple home repairs such as changing light bulbs or smoke detector batteries, patching a screen door, or caulking a window.



# Support

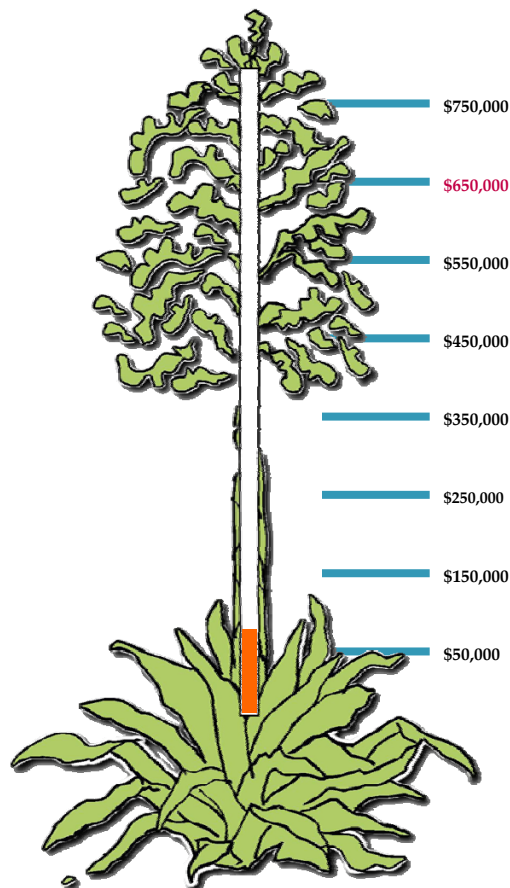
## Neighbors & Volunteers

- 554 Volunteers
- 107 New Volunteers
- 723 Current Registered Volunteers
- 37,357 Volunteer Hours
- 2,172 Current Registered Neighbors
- 203 New Neighbors
- 275 Intakes/ Reassessments

Our "Neighbors" are homebound and/or persons, with disabling conditions 18 years of age and older who utilize services and 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) North Phoenix (85085) East of I-17. We also serve a small area north of Carefree Highway and east of I-17.



## 2017-2018 Annual Fundraising Campaign



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

Foothills Caring Corps, Inc. (FCC), is a nonprofit organization dedicated to promoting independence and enhancing the quality of life for older adults and persons with disabling conditions. Each of our services are provided by volunteers.

Each year FCC strives to raise funds to maintain and enhance our operations. **In 2016-2017 we reached our goal of \$650,000!** We hope again to reach that goal in 2017-2018. We hold our signature fundraisers in the fall and spring (Golf Tournament, November 20, 2017 and Taste of the Foothills, April 2018). Your financial support is our major source of revenue as we continue to see the increase in demand for services. Please support FCC as **your** local charity.