

Free Community Senior | October 18 Health & Wellness Expo

Christmas in July

This year's 3rd Annual Tea party was held on July 28th at Desert Foothills Lutheran Church. This year we invited men and boys too, not just mothers and daughters. This event was so much fun with the Christmas in July theme!! What a special day of singing traditional holiday songs and visiting with Santa Claus. A longtime friend, supporter and volunteer honored her mother, Mae, by giving FCC the special funds to contract with the English Rose Tea Room so we could throw a real humdinger of a tea party. We enjoyed homemade scones, tea sandwiches, tea and holiday deserts. Kudos to Jo Gemmill for Christmas party ideas and special decorations. A special thank you to The Salvation Army Brass Band for greeting us with their Holiday repertoire: Michael Golding and Binka Schwan for orchestrating our Christmas Sing-A-Long; Susie Dymoke and Taylor McQueen for capturing these special moments; Desert Foothills Lutheran Church for being wonderful hosts; Kiwanis Marketplace for remarkable Christmas decorations; Joe DeVito who brought us a Mele Kalikimaka summer Santa visit; and all of Santa's Helpers (committee members, drivers, hosts, servers, set-up/tear-down)!!



Matt York Photography



You are invited to participate in our 7th Annual Charity Golf Tournament held at the spectacular Mirabel Golf Club, 37100 N Mirabel Club Drive, in Scottsdale. As participants in the scramble format tournament, you will enjoy a great day on a Tom Fazio designed course while supporting your neighbors in the Foothills area. Each year for the past six years the proceeds from this tournament have helped FCC maintain and enhance services for local seniors. For more information call Debbra at 480.488.1105 or to signup fill out the material in this newsletter or go on line at

www.FoothillsCaringCorps.com/News



Get informed at this year's

Health and Wellness Expo

Wednesday, October 18, 2017 | 10am-2pm

Desert Foothills YMCA 34250 N 60th St. Scottsdale, AZ

Free Community Senior Health & Wellness Expo

Connect...

with available local support groups & educational programs

Participate...

in interactive events like Tai Chi, Yoga, Silver Sneakers, Fall Risk Assessment to name a few

Receive...

information on fall prevention/ recovery, home safety & more

Be your
best at
any age.

Keynote Speaker Lin Sue Cooney

Director of Community Engagement, Hospice of the Valley

Just a Snapshot . . .

Aging Well

- Amada Senior Care
- Foothills Caring Corps
- Health For Life
- Senior One Source
- Smart Brain Aging
Brain health for life

Health and Wellness

- 4C Medical Group
- Carefree Physical Therapy
- Eye Care North
- Quail Run Behavioral Health
Psychiatric care

Home Care/Memory Care

- American Premier Home Health
- Cypress Homecare Solutions
- Home Instead Senior Care
- Lone Mountain Memory Care
- Merrill Gardens
- Silverado

Hospice

- Hospice of the Valley
- Hospice of the West

Non-Profit Service Providers

- Desert Foothills Library
- Desert Foothills Land Trust
- Foothills Food Bank

Services

- Carefree Insurance Services
- ClearCaptions
- Jackson White
- Moving You Simply

Transitioning Services

- A Better Solution for Senior Living
- A Place in Time
- From the Heart Senior Transitioning

... And More to Confirm

The Northern Trust Company — Sponsor for event



Photos by Susie Dymoke



7 tips for seniors to protect themselves from ID theft

- **Caregiver backgrounds:** Know your caregiver and look for suspicious activity and behavior. Conduct a background check even on a friend or family member, as greed and poor financials have motivated many good people to do bad things.
- **Secure sensitive documents:** Secure any document containing personal and financial information including your Social Security number, bank account numbers, credit card numbers, driver's license number and birth certificate.
- **Phone and email scams:** Never provide personal and financial

information to incoming phone calls or in response to an email. Your bank and any other legitimate

business including the IRS, will never call or email you asking for personal and financial information.

- **Do not carry your Medicare or Social Security card in your wallet or purse:** Make copies of your Social Security and Medicare cards and block out the last four digits of your Social Security number. This will prevent someone from knowing your full Social Security number if your wallet is lost or stolen.
- **Shred it:** Shred anything you don't need to keep, such as documents that contain account information, Social Security numbers, PINs, or sensitive

information — including credit card statements, bills, credit card receipts, unused checks, canceled checks and credit reports.

- **Check your credit and consider a credit freeze:** Request a free credit report from www.annualcreditreport.com and check your credit three times annually. Consider freezing access to your credit report, which in turn makes it more difficult for [identity thieves](#) to open new accounts in your name.
- **Most important:** Seniors and those proven trustworthy who care for seniors must pay attention to the risk of senior identity theft and look for suspicious activity from both criminals and insiders.



Save the Date

Visit 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

Volunteer Orientation Sept 14 | Oct 12 | Nov 9 Second Thursdays
9:00 - 11:30 AM

Van Transportation Training - Level 1 Sept 21 | Oct 19 | Nov 16
9:00 - 10:00 AM

Volunteer Fingerprinting Sept 14 | Oct 12 | Nov 9
11:00 - 11:45 AM

Be your best at any age.

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Desert Foothills YMCA 34250 N 60th St. Scottsdale, AZ



 **FOOTHILLS CaringCORPS**
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 | FoothillsCaringCorps.com

Community Support Groups

Desert Foothills Library

38443 N Schoolhouse Rd
Cave Creek | 480.488.2286

Grief Support Group 2nd & 4th Mondays
9:30-11:00 AM
Sept 11 & 25

Caregiver Support Group First Mondays
10:00-11:30 AM
Sept 4 | Oct 2

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
Sept 13 & 27

Parkinson's Faith Based Support Group First Thursdays
10:30 AM - 12 Noon
Sept 7 | Oct 5

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

Senior Services Quarterly Community Meeting

Tuesday, October 10 at 9:00 AM

For service providers and local faith communities to coordinate and share resources.

Desert Foothills Library

38443 N Schoolhouse Rd | Cave Creek
For more information 480.488.1105

7th Annual Foothills Caring Corps Golf Tournament

Mirabel | Nov 20, 2017




MIRABEL



Foothills Caring Corps 7th Annual Golf Tournament

Sponsorship Levels

Each sponsorship includes special event recognition, VIP benefits and recognition in Golf Tournament marketing. For more information on becoming a sponsor, please call 480.488.1105

Hole

\$2,000

2 players for the tournament

- Signage recognition on one (1) hole
- Recognition on the program and our newsletter

Bronze

\$5,000

1 foursome (4 players) for the tournament

- Recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course

Silver

\$10,000

2 foursome (8 players) for the tournament

- Recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course

Gold

\$15,000

3 foursome (12 players) for the tournament

- Special recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course

Title

\$25,000

4 foursome (16 players) for the tournament

- Special recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course
- Banner, VIP parking, other special benefits



8:30 am Continental Breakfast & Registration
10:00 am Shotgun Start
2:30 pm Hors d'oeuvres Reception | Golf Prizes
Raffle Items | One Live Auction Item

Corporate and Individual
Sponsorship Sign-up

Foothills Caring Corps 7th Annual Golf Tournament | Mirabel | Nov 20, 2017

FCC Mailing Address | P.O. Box 831 Carefree, Arizona 85377

☐ **Title**
\$25,000

☐ **Gold**
\$15,000

☐ **Silver**
\$10,000

☐ **Bronze**
\$5,000

☐ **Hole**
\$2,000

Company Name

Contact/Individual Name

Address

Phone

Email

Please return this complete form with your sponsorship check or send your check at a later date. Thank you!



Email your favorite photos to
jenniferh@foothillscaringcorps.com

Come on folks, let's share our photos!

Our Photo Contest has been extended. We are hopeful you can rally 'round and find us some photos and show us some of the many experiences we all have when working with our Neighbors and Volunteers.

 Foothills
CaringCORPS
Hugs & Help Happen Here

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