

News

Foothills Caring Corps

October 2017

Matt York Photography

8:30 am

Continental Breakfast
and Registration

10:00 am Shotgun Start

2:30 pm
Hors d'oeuvres Reception
Golf Prizes
Raffle Items
One Live Auction Item

7th Annual Golf Tournament Monday ~ November 20, 2017

Sponsorship Levels

Title: \$25,000

4 foursomes (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

Gold: \$15,000

3 foursomes (12 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 foursomes (8 players) for the tournament Recognition on the invitation, program and our newsletter Special recognition at awards presentation and on the course

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

Hole: \$2,000

2 players for the tournament Recognition on the program and our newsletter

Individual players: \$400

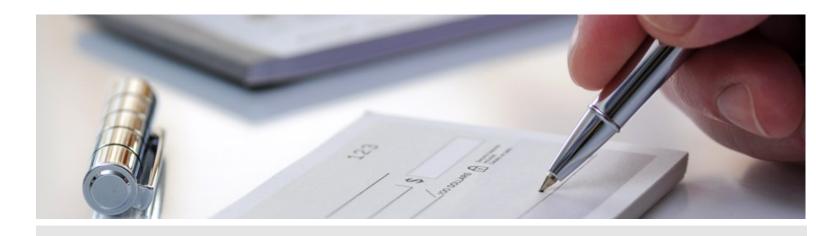
Other Donations Accepted



37100 N. Mirabel Club Dr. Scottsdale, Arizona 85262

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 www.FoothillsCaringCorps.com



Charitable Tax Credit

Arizona Taxpayers

A reminder of our special Qualifying Charitable Organization status. Please see how your contribution helping Foothills Caring Corps can help you during tax time.

Include with your return. For the calendar year 2017 or facal year beginning 1 2.0.1.7 and ending 1 You Name as shown on Form 140, 14094, 14094 or 1400. If per return Spouse's Name as shown on Form 140, 14094, 14094 or 1400. If per return Domailton made from January 1, 2016, Prough Doember 21, 2015. Do not include describes to suitably fluid cost characteristic organization for which you are claiming a retir on Acus as from 20. If you made cosh contributions to room than the retire qualitying destribe cognizations as stores to suitably fluid cost characteristic contributions to room than the retire qualitying destribe cognizations, before a supply fluid cost cost characteristic compartment of the period of the cost of the c

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, 2018.
- 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

Free Community Senior Health & Wellness Expo

Wednesday, October 18 | 10am - 2pm Desert Foothills YMCA | 34250 N 60th St Scottsdale, AZ



A special **THANK YOU** to all participating in the Expo

Exhibitors

4 C Medical Group A Better Solution for Senior Living A Place in Time Amada Senior Care American Patriot Service American Premier Home Health Care Arizona Attorney General **Assisting Hands Home Care** Carefree Insurance Services Carefree Physical Therapy City of Scottsdale ClearCaptions ComForCare Homecare Services **Cypress Homecare Solutions** Desert Foothills Land Trust **Desert Foothills Library** Desert Foothills Family YMCA Eye Care North Foothills Caring Corps Foothills Food Bank From the Heart

Healthy Body Harmony Home Instead Senior Care Honor Health Hospice of the Valley Hospice of the West Jackson White Law Firm Kile and Kupiszewski Law Firm Life Care Center of Scottsdale Life Line Lone Mountain Memory Care Low Vision Challenges Maricopa County Human Services Merrill Gardens Mobile Dentistry of Arizona Moving You Simply Northern Trust **Protection Benefit Solutions** Ouail Run Behavioral Health Senior One Source Silverado **Smart Brain Aging** Spirit in the Desert Retreat Center

This Free Community Senior Health & Wellness Expo is sponsored by:



NORTHERN **TRUST**

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14624 N. Scottsdale Rd Suite 100 Scottsdale, AZ 85254

Speakers

Lin Sue Cooney **Keynote Speaker**

Health for Life

Hospice of the Valley

Bina Bau

Tai Chi and Qi Gong Instructor

Dr. John DenBoer PhD

Smart Brain Aging

Cynthia Driskell

Carefree Physical Therapy

Deena Goldstein

Measurabilities

Sharon Lynn

Desert Foothills Family YMCA

Dr. Seema Mohan, MD

Carefree Internal Medicine

Courtney Mony, MSW

Embracing Wellness Within

Aaron Stough

Home Instead Senior Care

Dr. Krystal Tellier, NMD

Health for Life



Community Senior Health & Wellness EXPO

Wednesday, October 18, 2017 10 am - 2 pm

hosted at Desert Foothills YMCA 34250 N 60th St • Scottsdale, AZ

Being Your Best - At Any Age

You'll connect with local support groups and educational programs... and leave the Expo with new information and skills for better living.

Over 40 Vendors

...to answer your questions

Assisted Living
Brain Activities
Community Outreach
Elder Law
Eye Care
Finding Living Options
Food Bank Assistance
Hearing Impaired
Home Care
Hospice Care
Independent Living
Insurance
Medical Care

Medical Care Memory Care Moving Help Physical Therapy

Psychiatric Care

Transitional Care Veterans Aid

Volunteer Opportunition

Keynote Speaker

10:30 am



Lin Sue Cooney
Director of Community Engagement
Hospice of the Valley

Speakers

10:45 - Heart Health
11:00 - Fall Prevention/Home Modification
11:15 - Wellness Within Mindfulness
11:30 - Manage Your Medications
12:15 - Nutritional Health
12:30 - Smart Brain Aging
12:45 - Tai Chi and Qi Gong
1:00 - Medical Alert Systems
1:15 - Chair Yoga, Silver Sneakers
1:30 - Fall Risk Assessment

Box Lunch & Refreshments

\$5 Donation Welcomed

Foothills Caring Corps, Inc.

Additional Info: Services@FoothillsCaringCorps.com
480-488-1105



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

2nd Thursday of the month Oct 12 | Nov 9 | Dec 14

Volunteer Orientation 9:00 - 11:00 AM **Volunteer Fingerprinting** 11:00 - 11:45 AM

3rd Thursday of the month Oct 19 | Nov 16 | Dec 21

Van Transportation Training - Level 1 9:00 - 10:00 AM

Save the Date

Thanksgiving Eve Ecumenical Community Service

Wednesday, November 22, 2017 at 7 pm Look for details in next newsletter



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 2nd & 4th Mondays

Group 9:30-11:00 AM

Oct 9 & 23

Caregiver Support First Mondays
Group 10:00-11:30 AM

10:00-11:30 AM Oct 2 | Nov 6

Desert Mission United Methodist Church

7373 E Dixileta Drive Scottsdale | 480.595.1814

North Scottsdale 2nd & 4th Wednesdays Alzheimer's 10:30 AM - 12 Noon

Support Group Oct 11 & 25

Parkinson's First Thursdays
Faith Based 10:30 AM - 12 Noon
Support Group Oct 5 | Nov 2

Desert Hills Presbyterian Church

34605 N Scottsdale Rd Scottsdale | 480.488.3384

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

Senior Services Quarterly 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

Volunteer Opportunities

If you are interested in working at an upcoming event, please call Jennifer for specific details at 480-488-1105.

- Senior Health and Wellness Expo October 18th
- Taste of Cave Creek October 18th & October 19th
- The Enchanted Pumpkin Garden October 20th, 21st, 22nd & 27th
 (Volunteers needed at the event as well as designing and decorating witches hats All proceeds benefit FCC)



A smiling face and a willing heart is all it takes to be a part of FCC!!!

If you enjoy meeting people and being of service, The Van Program, Mobile Meals and Medical Transportation could use your help. Please consider sharing your time to participate in these important services which we provide to older adults and adults with disabling conditions.

- Van Program Drive or Assist on group outings to shopping, restaurants, the theater, concerts, library activities, Chair Yoga, Silver Sneakers and many other fun and interesting events. This program is a wonderful networking and social experience for our Neighbors.
- Mobile Meals Drivers deliver hot lunch time meals to our Neighbors. This delivery coupled with a short visit always brightens everyone's day.
- Medical Transportation Drivers provide much needed transportation to and from medical appointments.
- Wheelchair Accessible Medical Transportation Drivers and Assistants provide transportation to and from medical appointments using the FCC vans for our wheelchair bound Neighbors. The need for this type of service has **quadrupled** with an increase of **400%** in the past year!!

Make a difference in your life and the lives of others! Please join us at the next Volunteer Orientation on October 12th at 9am. For more information or to RSVP call the Foothills Caring Corps at 480.488.1105.









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