



As we celebrate Hanukkah, Christmas and the beginning of the New Year, we reflect on this past year and are grateful for the gifts we have been given and the blessings we have received.

The Foothills Caring Corps has had a very successful year with many joyful caring volunteers joining our team! Welcome and thank you for joining the fabulous volunteers who have been here to hold us up all year long!!!

The Neighbors have had loving visits from volunteers and have participated in many trips to community events as well as have had transportation for visits to the medical offices. All the many services that allow Neighbors to live at home and stay independent are gifts and blessings not only for them but for the community.

Our supporters, Board of Directors, and staff continue to keep our programs vibrant and well managed.

During this holiday season of 2017 as we renew our spirits and share our time with loved ones we are thankful for you and blessed for the opportunities to be of service to our communities.

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

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

**Emily Kile, President    Debra Determan, Executive Director**



**7th Annual Foothills Caring Corps Golf Tournament**

Thank you to all the sponsors of the successful November 20th Golf Tournament. We had a wonderful time at the beautiful Mirabel Golf Course and appreciate the Mirabel staff support as well as the many volunteers who helped make the day enjoyable. Many thanks to all the players who participated.

Photo Rick Scuteri

# It's healthy to leave your house everyday!



Simply leaving the house every day helps seniors live longer, suggests a study of people aged 70 to 90 years. Leaving the house was linked to a longer life independent of other factors, including social and medical.

"What is interesting is that the improved survival associated with getting out of the house frequently was also observed among people with low levels of physical activity, and even those with impaired mobility," said lead author Dr. Jeremy Jacobs, of the Hadassah Hebrew-University Medical Center, in Jerusalem.

"Resilient individuals remain engaged, irrespective of their physical limitations," he said.

The study was published in the *Journal of the American Geriatrics Society*.

Numerous studies have found that small lifestyle changes, such as exercise, can help seniors live longer, healthier lives.

Devoting just 15 minutes to exercise every day — at the level of intensity of a brisk walk — lowered the risk of dying by 22

percent in older adults, according to a study at the University Hospital of Saint-Etienne. Those who exercised more lowered their risk by 35 percent when compared to those who didn't exercise at all.

A study published in the *British Journal of Sports Medicine* found that older men who exercise 30 minutes a day lowered their risk of dying by 40 percent. The effect on longevity was almost as beneficial as quitting smoking. Types of exercise studied included gardening and walking as well as formal exercise.

A review of nine studies, also published in the *British Journal of Sports Medicine*, found that only 75 minutes of exercise each week lowered the risk of dying among people over the age of 60.

A 2017 study from the University of Buffalo found that simple activities, such as folding laundry and sweeping floors, also helped prolong life.

2017, November, 22. *Leaving the House Every day Helps Seniors Live Longer*. Retrieved from <https://www.newsmax.com/>



**A special thank you to Christ the Lord Lutheran Church for hosting the Thanksgiving Eve Service. With pastors giving encouraging words of gratitude and thanksgiving along with moving and uplifting music, we were all able to pause and reflect on the abundance we have all enjoyed this year!**







## Thanks to our ongoing contributors

Thanks to you over hundreds of neighbors have received a multitude of services from a ride to the doctors, a friendly visit or a meal delivered. Your support has enabled us at Foothills Caring Corps to deliver Hugs and Help this past year.

Help us reach more this coming year - Consider Foothills Caring Corps with your year end giving!

### Gift of Appreciated Securities

The holiday season is one in which our thoughts turn to giving. If you are disposed to make a gift to Foothills Caring Corps you may want to consider a gift of appreciated securities. The stock market has been very strong for quite a while and particularly since late 2016. A gift of appreciated stock can confer some attractive tax benefits to you while benefiting FCC. You may

want to check with your tax advisor before proceeding. If you choose such a course, please call us at 480.488.1105 so we can give you the information needed to complete such a gift.

The end of this year may also produce the most significant changes in the Federal Income Tax Code since 1986! Among the matters under consideration are sweeping changes to Gift and Estate Tax provisions of the Code. You may well find it highly worthwhile to review your estate plan in the light of whatever changes may occur. If you review your plan we hope you will consider a bequest to Foothills

Caring Corps. We began to build an endowment several years ago which would be a wonderful place to make a gift which assures your support of us in perpetuity. You might also consider a gift for a specific purpose or for the general purposes of FCC. Once again you would need to consult with your lawyer, and we would be happy to work with him or her. Please let us know if we can help.

Call Debbra Determan at 480.488.1105 or 602.803.0450

*Norm Jacobs, Secretary  
Board of Directors*

### Direct Charitable Distributions from IRA's

Many of us are blessed with abundance in our lives. This Holiday Season, we would like to give our thanks and gratitude for the financial security that many of us enjoy. If you have an IRA Required Minimum Distribution that you do not need (or a portion of it), please consider making a direct charitable gift to Foothills Caring Corps. Or, if you are considering a charitable gift before year-end which would satisfy a pledge or fulfill your wish to gift them, you may wish to consider making the gift directly from your IRA. This tax planning tool can be an effective way to reduce your Adjusted Gross Income.

If you have any questions about QCD's, please contact the Trustee of your IRA or your tax advisor.

#### How QCDs Work;

- You must be 70 ½ or older in order to be eligible to make QCD's.
- All you need to do is instruct the Trustee of your IRA to issue a check from your IRA to a qualified charity. Foothills Caring Corps is a qualified charity.
- QCD's count towards satisfying the minimum required distribution (RMD) that you must take from your IRA before year end.
- By making the distribution to the charity directly rather than to yourself, you can exclude up to \$100,000 from your gross income.

#### Here is an example:

Assume that your RMD for 2017 is \$25,000. If you take the \$25,000 as a distribution to yourself, then you must report this amount on your income tax return as the receipt of ordinary

income.....you would then take a corresponding charitable deduction on your tax return.

Depending upon your income level (AGI), you may not receive the full benefit of this charitable tax deduction. Alternatively, if you make a QCD from your IRA, you can exclude the amount distributed from your gross income thus lowering your adjusted gross income (AGI). This can have many benefits when computing your overall taxes. [Given the pending tax reform bill with its possible caps on itemized deductions, this can be an effective way to reduce your overall AGI in future years.]

Best Wishes for a healthy, happy and prosperous Holiday Season!

*Pat Yates  
Co Chair Planned Giving Committee*



# 7th Annual

Foothills Caring Corps  
Golf Tournament  
Mirabel



Photos Rick Scuteri





Mirabel Golf Tournament

# Community Support Groups

## Save the Date

Visit our website [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)

2nd Thursday  
of the month

Dec 14 | Jan 11 | Feb 8

**Volunteer Orientation** 9:00 - 11:30 AM

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

3rd Thursday  
of the month

Dec 21 | Jan 18 | Feb 15

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

2nd Tuesday  
of the month

Dec 12 | Jan 9 | Feb 13

**Van Transportation Training - Level 11** 9:00 AM—2:00 PM

### Desert Foothills Library

38443 N Schoolhouse Rd  
Cave Creek | 480.488.2286

Grief Support Group **2nd & 4th Mondays**  
**9:30-11:00 AM**  
Dec 11 & **26\***

Caregiver Support Group **First Mondays**  
**10:00-11:30 AM**  
Dec 4

*\*Library closed Christmas Day*

### Desert Mission United Methodist Church

7373 N Dixileta Drive  
Scottsdale | 480.595.1814

North Scottsdale **2nd & 4th Wednesdays**  
Alzheimer's **10:30 AM - 12 Noon**  
Support Group Dec 13 & 27

Parkinson's **First Thursdays**  
Faith Based **10:30 AM - 12 Noon**  
Support Group Dec 7 | Jan 4

### 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**



WIN WIN!

We often think about cars....and who hasn't wanted to take a spin in a Red convertible? Foothills Caring Corps was gifted a vehicle with low mileage, a good maintenance record and very clean interior by a generous Carefree couple who did not need both their vehicles. To

turn this gift into a WIN, WIN, we looked for a volunteer who might have had that thought about taking a spin in a little red convertible. SUCCESS!! We found a buyer and both couples were very happy. If you have a gently used vehicle, you can donate it to FCC for your tax benefit and we can receive the value of the vehicle.



### Note from the President

It has been some time since I wrote an update.

This is my second term as President of the Board and I am so honored to be in this position. Having been on the Board many, many years ago, it has been wonderful to reconnect with FCC and see how much it has grown in its ability to serve our community. In that same vein, the Board is overjoyed to have Jill Ford back on the Board. She was the President for 6 years and finally had to leave due to limits set forth in our Bylaws about successive term limits. She has always been a wonderful ambassador for FCC whether on or off the Board, and we appreciate her desire to return to the Board. Do you have an interest in serving on the Board, a committee or a specific event? Let us know!

A big thank you to all of the sponsors, players and volunteers who made the annual Golf Tournament at Mirabel Golf Club a huge success. While not all of the expenses have been tallied, we anticipate a net distribution to FCC of approximately \$100,000.

There are so many exciting events coming up soon and I know you will support each one. On March 15, 2018, FCC will hold the annual Taste of the Foothills at Stage Coach Village. This year, like our inaugural event, the goal is to raise sufficient money to allow FCC to purchase a wheelchair accessible van. Currently FCC owns one and additionally has three leased vans that can accommodate Neighbors in wheelchairs. With the 300% increase in Neighbors relying on wheelchairs and walkers for their mobility, we need another wheelchair accessible van to better serve our Neighbors going to medical appointments. We are thankful for the generous gift of \$20,000 made by one of our volunteers for the sole purpose of purchasing a wheelchair accessible van. Typically, the large vans cost approximately \$68,000. This is a chance to add to our fleet and actually own the vehicle. This will give us equity to use toward another van when one of the vans is "retired." Please join us at the Taste of the Foothills and bring your checkbooks to add to the funds available for this purchase (or feel free to drop off checks or mail them in the meantime.)

Until next month, I wish you all the best and thank you for reading!

*Emily Kile*  
*Board President*



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