

Note from the President



It is amazing how fast time seems to go. Remember when you were younger and you were four and a half years old and seemed like you would never be five! Now it feels like the holidays and birthdays come and go so fast it is hard to keep up!

Things at the Caring Corps also continue to come at us quickly. We are always looking for new grants and foundations or other entities that may be interested in providing financial support to FCC. If you know of any

such opportunities, please let us know.

We are working hard to make this year's Taste of Foothills a success. The event will be held at Stagecoach Village on March 15, 2018. We know how much fun everyone has at the event. The food vendors have been varied and delicious each year. However, the event is also an important fund raiser for FCC. As I stated in my last letter, we are hoping to raise enough money to purchase another wheelchair accessible van. Come to the event with your wallets open!

Our annual campaign also continues to march forward. Our goal is raise \$650,000 by March 31st. So far your generosity has given us just under \$450,000. We look forward to your continued support.

We continue to look for volunteers to serve the ever growing need. If you have time, even a short amount, and want to devote it to helping your neighbors we want to hear from you. Maybe you want to serve on our Board or help with a committee or event planning, let us know and we will find a place for you.

Until next month, enjoy the beauty of Arizona and our community.

Emily Kile, Board President



You're Invited



Taste of Foothills

March 15 | Stagecoach Village | 5-8:30 PM

Join us for the Taste of Foothills
Proceeds of this event will go toward our
transportation programs

**Help
Wanted**

Foothills Caring Corps is looking for Volunteer Mobile Meal Drivers! We are also hiring a part-time receptionist and a full-time Health Advocate Coordinator. Please contact Kris at 480.488.1105 or KristinW@foothillscaringcorps.com

Loneliness & how it affects our health



Article from Jane E. Brody
of The New York Times

Part one of a three part series

The potentially harmful effects of loneliness and social isolation on health and longevity, especially among older adults, are well established. For example, in 2013 I reported on research finding that loneliness can impair health by raising levels of stress hormones and inflammation, which in turn can increase the risk of heart disease, arthritis, Type 2 diabetes, dementia and even suicide attempts.

Among older people who reported they felt left out, isolated or lacked companionship, the ability to perform daily activities like bathing, grooming and preparing meals declined and deaths increased over a six-year study period relative to people who reported none of these feelings. Writing for The New York Times' department The Upshot last December, Dr. Dhruv Khullar, a physician and researcher at

Weill Cornell Medicine in New York, cited evidence for disrupted sleep, abnormal immune responses and accelerated cognitive decline among socially isolated individuals, which he called "a growing epidemic."

As research moves forward on these topics, scientists are gaining a more refined understanding of the effects of loneliness and isolation on health. They are also looking into factors such as who is likely to be most seriously affected, and what kinds of interventions may reduce the associated risks.

Brody, (2017 December 11) . *The Surprising Effects of Loneliness on Health*
<https://www.nytimes.com/2017/12/11/well/mind/how-loneliness-affects-our-health.html?rref=collection%2Fsectioncollection%2Fhealth&action=click&contentCollection=health®ion=rank&module=package&version=highlights&contentPlacement=7&pgtype=sectionfront#story-continues-2>

Bashas'

Help support Foothills Caring Corps by using your Bashas' Community Support Card. Purchase a support card for \$20 and receive the face value of \$20 and FCC receives an additional 6% bonus from Bashas'. 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.

Fry's

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.)

AmazonSmile

Shopping at Amazon? Help Raise Money for Foothills Caring Corps! Foothills Caring Corps participates in Amazon's charitable donation program, the AmazonSmile Program. When you sign in with this program and select Foothills Caring Corps, every time you purchase an eligible item on Amazon we receive a portion of the purchase price. There is no extra cost to you, the item prices are exactly the same and you only have to sign up once. To sign up for Foothills Caring Corps to receive \$\$ from your purchases go to www.smile.amazon.com and select Foothills Caring Corps as your charity. (You may want to bookmark www.smile.amazon.com to make it easier to return to the page for future shopping). From now on, any eligible purchase you make on AmazonSmile will result in a donation to Foothills Caring Corps!



**As you shop
please remember
to use your cards. Your
purchases will support
Foothills Caring Corps.**



"I am writing this note to thank you and all the volunteers who have been so supportive through this difficult time after my total knee replacement surgery ... When I have recovered, I hope to be able to volunteer as well."

-Howard



Volunteer in 2018 for a Healthier You

Hidden Health Benefits of Volunteering

"Life's most persistent and urgent question is: What are you doing for others?" – Martin Luther King, Jr.

We all want to be healthier and feel better, right? But did you know that by volunteering your time to help others, you can reap mental and physical health benefits? Science has shown that volunteers can enjoy lower stress levels and higher overall life satisfaction simply by volunteering.

Here are a few healthy benefits you can gain just by volunteering:

Heart Health

Researchers at Carnegie Mellon University in the US tracked more than 1,100 adults over a four-year period to determine what effect volunteerism might have on their blood pressure and various social and psychological factors. Research shows that those who reported at least 200 hours of volunteer work per year were 40 percent less likely to develop hypertension than those who didn't volunteer.

Improved Lifestyle

People who volunteer tend to feel better and more in control of their health. In one study, more than 75 percent of those who volunteered indicated that volunteering made them feel physically better and that they felt their health improved over the previous year.

**"Life's most persistent
and urgent question is:
What are you doing for others?"**

Martin Luther King, Jr.

Higher Level of Happiness

Researchers use the term "Helper's High" to describe the feeling linked to performing a good deed. This positive feeling is experienced when endorphins are released. It can reduce pain and lower stress levels. The bottom line: you feel good when you do good things.

Stress Management

The health benefits of volunteering include helping to reduce stress while increasing self-esteem and satisfaction with life. In addition to lower stress levels, volunteers report improved moods and an enriched sense of purpose.

Connection to Others

Volunteering allows you to connect with our community, making it an even better place to live. Dedicating your time as a volunteer helps you make new friends, expand your social network and boost your social skills.

If you're looking to do good for others this year while you also do something good for yourself at the same time, make 2018 the year you volunteer. For more information on volunteer opportunities, visit us at foothillscaringcorps.com or call 480.488.1105.

Community Support Groups

Grief Share

Feb-18 - May-9

Wednesdays 6:30 PM to 8 PM

North Ridge Community Church

Grief recovery support group, new group forming

Jamie Curley Office Manager

480.515.4673

jcurley@northridge.org

Faith Based Grief Support Group

Ongoing Event

Thursdays 4:00 PM to 5:30 PM

Desert Hill Presbyterian Church

Fellowship Center Lounge

This faith based support group is open, co-ed, non-denominational and free of charge.

Dr. Pat Moseley Nichols Psychologist & Facilitator

480.488.3384

dr.moseley@cox.net

Caring for the Caregiver

Jan-2 | Feb-5

Tuesday 10:00 AM to 11:30 PM

Desert Foothills Library

Taking Care of yourself is essential in being able to care for your loved one. Join us for this opportunity to fellowship with other caregivers. No registration needed. Led by Hospice of the West facilitators.

480.488.2286

"The Healing Pathway" After the Loss of a Spouse or Partner

Jan-8 | Jan-22

Mondays 9:30 AM to 11 PM

Desert Foothills Library

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.

480.488.2287

North Scottsdale Alzheimer's Support Group

1/10 | 1/24 | 2/14 | 2/28

10:30 PM to 12PM

Desert Mission United Methodist Church

480.595.1814

office@desertmissionumc.org

Parkinson's Faith Based Support Group

1/4 | 2/1 | 3/1

10:30 PM to 12PM

Desert Mission United Methodist Church

480.595.1814

office@desertmissionumc.org

Honoring Loved Ones Our Memorial Tree continues to grow

Visitors at our offices can view
our growing memorial tree
where love ones are cherished
and remembered. Memorial gifts
for 2017 include:

Ann G. Anderson

The Andersen Children

JoAnn Aylward

Chuck & Monica Zontanos

Terry Bartlett

Anonymous Donor

Lucille Bestrop

Deanna Roswald

Steven Brick

Edward & Maureen Dobrow

Robert Burgener

Bill & Shirley Frye

Adele Elkin

Timothy & Nina Bloom-Selling

John Ford

Debbra Determan

Margaret Fox

JoAnn Hahn

Winifred Freeman

Phil & Marian Abramowitz

Ruth Anderson

Blake Morris

Mark & Linda Putney

Clint & Leigh Rappole

Tim & June Reilly

Victor & Janice Toft

Robert Julian

Jill Ford

Peter & Carolyn Slocum

Helen Rae Lausten

Debbra Determan

Herbert Moore

Paree Moore

Ralph Mozilo

Steve & Stephanie Bradley

Good Shepherd of the Hills

Phil & Carol Loignon

Angie Martin

Angelo Mozilo

George & Nan Ross

Chuck & Monica Zontanos

Bob Penick

Donna Penick

Joan M. Peterson

Charles Peterson

David Schwan

Debbra Determan

Jonathan & Linda Pearson

Paul Sims

Steve & Keely Callaway

Sid & Shirley St. Onge

Susan Cyganiewicz

Carmel Vance

Tammy Abrams

Angie Martin

Sandra Niehaus

Chuck & Monica Zontanos

John Willoughby

Janice Willoughby

For a complete list of adult
events in our community visit
www.FoothillsCaringCorps.com/events

January & February 2018



Join us & make a difference

All volunteer training located at
7275 Easy St Suite B101 contact
services@foothillscaringcorps.com

9-11:30 am Volunteer Orientation
 11-11:45 am Volunteer Fingerprinting

9-10 am Level I -Van Transportation

January & February 2018 Volunteer Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Years Day FCC Office Closed	2	3	4	5	6
7	8	9	10	11 Volunteer Orientation & Fingerprinting	12	13
14	15 ML King Day FCC Office Closed	16	17	18	19	20
21	22	23	24	25 Level I Van Transportation	26	27
28	29	30	31	1	2 Groundhog Day	3
4	5	6	7	8 Volunteer Orientation & Fingerprinting	9	10
11	12	13	14 Valentine's Day	15 Level I Van Transportation	16	17
18	19 President's Day FCC Office Closed	20	21	22	23	24
25	26	27	28	Visit foothillscaringcorps.com for more information.		



"It was extra special to have gifts to open ... Last year I was home alone and did not have even a card. You helped make my holiday special."

-Ruth

Holiday Gift Giving

Volunteer Elves with Foothills Caring Corps have had the honor of delivering gifts for the holiday season to many homebound seniors or individuals who may not have otherwise celebrated the holidays. For the past 9 years local angels have invited their friends to a December Tea with a request for those friends to bring a gift for a "senior". A very special thank you this past

year to Barbara Giovan, Jill Ford, Carolyn Slocum, Sydney Wetter and all their friends for making the holidays very special for 100 happy Seniors. Jill Ford who organizes this "Santa to a Senior" annual Tea is "so pleased she can count on her friends to help those who might be alone over the holidays and give joy to Seniors in our Community. We hope we can continue to provide the spirit of peace and joy of the holidays to our community neighbors."



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480.488.1105

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