

Join us for our Foothills Caring Corps Fundraiser

You're Invited

Taste of Foothills

March 15, 2018 5-8:30 PM
Stagecoach Village 7100 E Cave Creek Rd. Cave Creek

As our transportation programs expand and the demand for services increase, Foothills Caring Corps has noticed a greater need for wheelchair accessible transportation. This increase puts a strain on both our van and medical transportation programs. Some days we don't have enough wheelchair accessible vehicles to handle all the requests. To meet this looming need, we are dedicating the Taste of Foothills

fundraiser to helping us purchase a new wheelchair accessible vehicle and support for both programs.

Help us meet this demand by attending this fundraiser and contributing to our "ask." You will enjoy specialty dishes, joining in on our live auction and listening to live music!

Thank you for your support in our mobility fundraiser.




MC
Terri "O"
Ouellette



Music by
Kilted Spirit



 Meet TV personality and native Phoenixian Terri Ouellette, host of Sonoran Living on ABC15 and listen to musical entertainment by Kilted Spirit. Since 2010 Kilted Spirit

has charmed Phoenix with a unique blend of Celtic sound, bringing an Irish flair to popular and classic dance. Auctioneer Jonathan Blair will offer a chance at live auction items.



Performance by the
Bracken School of Irish Dance



\$50 per person or Table Sponsorship \$1000
(Sponsor's name listed in event program & reserves table for 10)

Purchase Tickets at the door or online at PayPal

foothillscaringcorps.com/events

For more information call our office at 480.488.1105
Thank you for your support in our mobility fundraiser.

I am happy to drive in the LUCKY 7 to all BINGOS from here on out as it's LUCKY!!
 Caroline Turner

(Emailed January 12, 2018)

Hello Jennifer

Here is a photo of all 7 of us that went in the "LUCKY 7" van to Bingo yesterday.

So we took this photo because everyone of us WON something yesterday at Bingo. 4 of us actually won a Bingo & the other 3 won door prizes. So we all drove in the LUCKY 7 to Bingo and as we were driving there I told them all we were going to have a LUCKY DAY at Bingo as we were driving in the LUCKY 7, then it was too funny as there was actually 7 of us and we all won so a photo of all LUCKY 7 WINNERS standing in front of the LUCKY 7 VAN WAS a must to send to u. Harriet's first time to bingo and she had a blast and when asked by me as I dropped her off she said she would go back again for sure, she loved it. What a neat lady and she did great.

And lastly Joe & Catherine were AWESOME, such nice people and so very caring & genuine towards our neighbors. I was most impressed. They will make a great addition to our VOLUNTEER FAMILY, wonderful, warm & friendly people.

So enjoy the PHOTO, and I am happy to drive in the LUCKY 7 to all BINGOS from here on out as it's LUCKY !! Lol

Have a great wknd

Caroline Turner



**Catherine
 Foothills Caring
 Corps Volunteer
 "Queen of the Day"**

Give 911 Emergency First Responders Access

Lockboxes for Carefree, Cave Creek & Scottsdale Residents

Sometimes an individual who calls 911 may not be able to open their door when First Responders arrive. This is especially true with people who suffer a fall, stroke or heart attack. In these instances, every second counts.

Foothills Caring Corps, Inc. along with The Town of Carefree, Rural Metro Fire Department, the Town of Cave Creek, the Scottsdale Area Association of Realtors, Scottsdale Police and Fire Departments and Maricopa County Sheriff's Office

are offering emergency lockboxes. This Lockbox Program will allow 911 Emergency Responders access to homes in the event of an emergency.

Call for more information.



Carefree Residents

(\$25 Donation to FCC)

Call Foothills Caring Corps at
 480.488.1105

Cave Creek Residents

(\$25 Donation to
 Town of Cave Creek)

Call Marshal Stein at
 480.488.6636

Scottsdale Residents

(Those with annual income
 <\$25,000 cost is \$25)

Call 1.877.229.5042

Friendly Visiting

The FCC Friendly Visiting Program provides homebound seniors with “social visits” (home visits) which alleviates loneliness and isolation older adults often experience when living alone.

You, the Volunteer have the opportunity to cultivate a long-lasting and meaningful friendship by bringing the generations together to share ideas, opinions and life experiences.

You, the Volunteer receive the benefit from the personal satisfaction derived from community service.

You, the Volunteer provides the Neighbor with a sense of connection to the outside world, something to look forward to, and a sense of contributing to society through sharing their wisdom, knowledge, talents and stories with you.

FCC will match volunteers with Neighbors that have a common interest.

A flexible schedule allows for a mutually convenient time for the volunteer and Neighbor to meet.

It's easy to start visiting the FCC Way!

1 Call 480.488.1105

2 Visit
foothillscaringcorps.com
7275 E Easy St Suite B-103

3 Contact
ValerieP@foothillscaringcorps.com

Loneliness & how it affects our health



Article from Jane E. Brody of The New York Times
Part two of a three part series

There are some surprising findings. First, though equivalent in risk, loneliness and social isolation don't necessarily go hand-in-hand, Julianne Holt-Lunstad and Timothy B. Smith, psychologist-researchers at Brigham Young University, have pointed out.

“Social isolation denotes few social connections or interactions, whereas loneliness involves the subjective perception of isolation - the discrepancy between one's desired and actual level of social connection,” they wrote in the journal *Heart* last year.

In other words, people can be socially isolated and not feel lonely; they simply prefer a more hermitic existence. Likewise, people can feel lonely even when surrounded by lots of people, especially if the relationships are not emotionally rewarding. In fact, Dr. Carla Perissinotto and colleagues at the University of California at San Francisco reported in 2012 that most lonely individuals are married, live with others and are not clinically depressed.

“Being unmarried is a significant risk,” Dr. Holt-Lunstad said, “but not all marriages are happy ones. We have to consider the quality of relationships, not simply their existence or quantity.”

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?ref=collection%2Fsectioncollection%2Fhealth&action=click&contentCollection=health®ion=rank&module=package&version=highlights&contentPlacement=7&pgtype=sectionfront#story-continues-2>

Community Support Groups

Grief Share

Feb-14 - 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

jcurely@northridge.org

Faith Based Grief Support Group

Ongoing Event

Thursdays 4:00 PM to 5:30 PM

Desert Hills 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

Mar-5 | Apr-2

Mondays 10:00 AM to 11:30 AM

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

Mar-12 | Apr-9

Mondays 9:30 AM to 11 AM

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.

480.488.2286

North Scottsdale Alzheimer's Support Group

Mar 14 & 28 | Apr 11 & 25

10:30 AM to 12PM

2nd & 4th Wednesdays of the Month

Desert Mission United Methodist Church

480.595.1814

office@desertmissionumc.org

Parkinson's Faith Based Support Group

Mar-1 | Apr-5 | May-3

10:30 AM to 12PM

Desert Mission United Methodist Church

480.595.1814

office@desertmissionumc.org

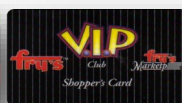


10 Tips for Better Nutrition

1. Include fruits and vegetables with every meal. Snack on even more vegetables and fruits between meals.
2. Choose from the variety of colorful fruits and vegetables that are currently in season.
3. To prevent unhealthy weight gain, limit your fat intake to 30 percent or less of your daily intake.
4. Take salt off the table. Reducing the added salt in your diet helps limit your risk for developing high blood pressure, heart disease, and stroke.
5. Learn the not-so-sweet truth about sugar. Tooth decay and those excess calories that lead to obesity and inflammation are good reasons to limit your intake of sugar-laden foods. Keep consumption to less than five percent of your total daily intake. Start by eliminating sugary snacks and sugar-sweetened beverages.
6. Read food labels carefully to check for excess sodium, sugar, and other harmful ingredients, and always choose products with a lower content of these ingredients.
7. Know what's cooking. Remove excess fat when preparing meat. Replace animal-based oils like butter with those based on vegetables, like heart-healthy olive oil. Choose steaming, grilling, or baking over frying.
8. Avoid processed foods with trans and saturated fats (those from animal products and those that say hydrogenated or partially hydrogenated, such as shortenings) as these contribute to bad (LDL) elevated cholesterol and ultimately, heart disease.
9. Size matters in terms of portions. Eating too much of a good thing can be a bad thing for your good health. Think of the size of a deck of cards as a serving of meat, for example, and use other visual references to help you manage your portions.
10. Make variety your spice of life. Try to eat healthy foods from as many food groups as possible to ensure that you get the vitamins and minerals your body needs. Adding new spices can help make foods more interesting, and they offer many of their own health benefits. If in doubt, consider taking a daily multi-vitamin with minerals as a supplement.

Excerpt From Gouzenne (2017 March) Food for Thought, Health Cells Magazine

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



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

March & April 2018



Join us & make a difference

9-11:30 am March 8 | April 12

11-11:45 am Volunteer Orientation & Fingerprinting










9-10 am March 13 | April 19

Volunteer Van Training

All volunteer training and orientation located at 7275 E Easy St Suite B101 services@foothillscaringcorps.com



Taste of Foothills March 15 5-8:30 PM
Stagecoach Village

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March & April Dates to remember Visit foothillscaringcorps.com for more information on volunteering.				1	2	3
4	5	6	7 	8 Volunteer Orientation & Fingerprinting	9 	10
11	12	13 Van Training	14 	15 	16	17 St. Patrick's Day
18	19	20	21 	22	23	24
25 Palm Sunday	26	27	28 	29	30 Good Friday	31
1 Easter	2	3	4 	5	6	7
8	9	10	11 	12 Volunteer Orientation & Fingerprinting	13	14
15 	16	17	18	19 Van Training	20	21
22	23	24	25	26	28	28
29	30	AARP Tax Aide Desert Foothills Library By appointment only 480.488.2286				

Coughing and Fever and Aches, Oh my!



I hate to be the bearer of bad news here, but the CDC's National Center for Immunization and Respiratory Diseases, estimates there are at least 10 to 12 more weeks of influenza to go. So, even though flu season may have reached its peak, we are far from out of the woods.

Here are four ways to help keep yourself healthy as this flu seasons continues:

- Get a flu shot
- Wash your hands and cover your mouth
- Stock up on tissues and hand sanitizer
- Take care of yourself. Get rest and eat good nutritious foods



Hugs & Help Happen Here

7275 E. Easy Street

Suite B103

P.O. Box 831

Carefree, AZ 85377

480.488.1105

Services@FoothillsCaringCorps.com

FoothillsCaringCorps.com