

Thanksgiving Season

Thanksgiving brings us together in an attitude of gratitude no matter our religious or political beliefs. A time to enjoy each other, to eat the same food with the same dishes often with the same people. We take comfort in the repeated ritual of giving thanks.

Each year on Thanksgiving Eve, our local faith community and Foothills Caring

Corps invite you to take a moment before the hustle of the holidays to appreciate our faith, freedom and family. This year, the service will be at **Desert Mission United Methodist Church** on **Wednesday, November 21st at 6:30 pm.**

Please join us for this special evening of music, faith, fellowship and friendship.

Volunteer Bakers Needed
Cookies and bars are needed for the reception following the Community Thanksgiving Eve Service. We need 24 dozen home baked items. Please call **480.488.1105** if you can help.



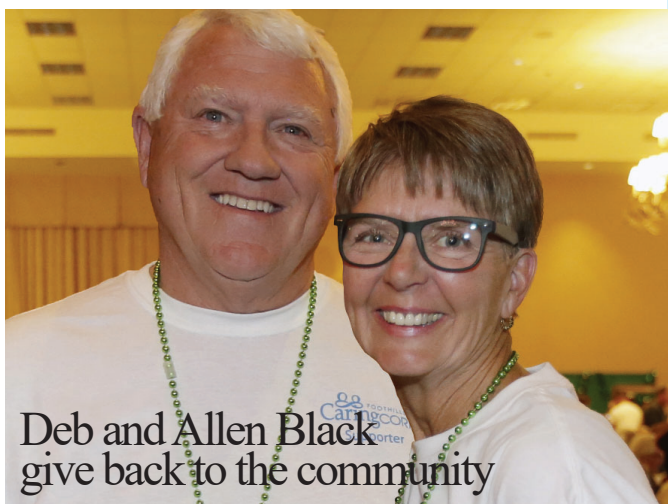
Photo by Rick Scuteri

8th Annual FCC
Charity Golf Tournament
November 26, 2018 | Mirabel Golf Club

The Foothills Caring Corps provides a number of opportunities to help others.

As a volunteer, you decide what you'd like to do and when you'd like to do it.

Deb and Allen Black volunteer for the Caring Corps to give back to the community.



Allen provides transportation for our Neighbors to their medical appointments 2 to 3 times a week. He also serves as a handyman when Neighbors require minor home repairs. Deb has a passion for helping seniors remain independent.

She assists a visually impaired Neighbor with personal paperwork, navigating the Internet and keeping up with our electronic world. Together, they've developed a "family relationship" and a strong bond that often occurs with Caring Corps Volunteers and our Neighbors. Deb also volunteers as a receptionist in the Caring Corps office.

Deb and Allen love the flexibility of their volunteer schedule. They always find time to help our Neighbors and they enjoy the satisfaction that comes from helping others who appreciate their support.

If you'd like to volunteer and support the Foothills Caring Corps, please call our office for more information at 480-488-1105.

Be sure to visit our website at foothillscaringcorps.com for more details.

Volunteer Appreciation

FCC Volunteers - Pull your 2019 calendars and reserve the third week in January - We are planning our volunteer appreciation mixer. We are currently scouting the Foothills area for a location to hold this annual event.



Foothills Caring Corps Healthy Aging Expo Volunteers
Photos Cindy Baloh

Some Volunteer Opportunities at Foothills Caring Corps

- Friendly Visits & Phone Chats
- Van & Medical Transportation
- Mobile Meals Delivery
- Shopping Assistance
- Caregiver Relief
- Minor Home Repair
- Business, Correspondence, and Computer Help

Where do I go to volunteer?

Come to our offices in downtown Carefree at 7275 East Easy Street Suite B103, just across from the Carefree Post Office. Our Volunteer general orientation is the second Thursday of every month 9 a.m. to 11:30 a.m. The purpose of the general orientation is to give you an overview of all of our volunteer services, as well as our policies and procedures. We want you to be proud and enthused about how you volunteer for us.

Can I choose my own time to volunteer?

The amount of volunteer time is completely up to each volunteer. Different volunteer services will need varying amounts of your time. We understand that volunteers often travel or leave during the summer months. We value whatever time you are able to offer as a volunteer. Call today 480.488.1105.

You're invited to an evening of Music and Fellowship

Community Thanksgiving Eve Service

Wednesday, November 21 | 6:30 PM

Desert Mission United Methodist Church
7373 E Dixileta Dr Scottsdale 85266 480.595.1814

Reception for all following the service.

Area congregations and Foothills Caring Corps have joined together for the past nineteen years to offer the community this opportunity to come together in praise and thanksgiving for all of the ways in which God has blessed our lives throughout the year.

The Foothills Caring Corps helps older adults and homebound individuals to remain healthy and living independently in their homes. Last year 33,994 hours of volunteer program services were donated by 575 active volunteers supporting the Foothills community.

Bring your family and guests to this festive celebration of Thanksgiving.

 **FOOTHILLS
CaringCORPS**
Hugs & Help Happen Here

FoothillsCaringCorps.com
PO Box 831 Carefree, AZ 85377 | 480.488.1105



Local community resource vendors came together this past October 25th to share ways to age well. Held at the Desert Foothills Library, guests were offered 5 special presentations with topics varying from Patient Advocacy: How to Talk to Your Doctor all the way to Zumba Gold. Over 40 tables of resource vendors lined the library inside and out, informing visitors of nutrition and exercise ideas to mobility and living solutions. Special thanks to all the volunteers, resource vendors, presenters and staff that made this expo a success.

healthy aging expo



connect with community resources



A NIGHT TO REMEMBER

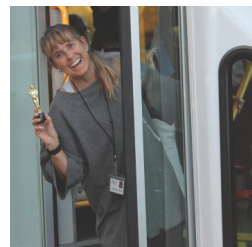
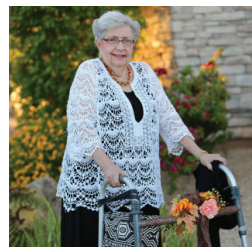
Volunteers, Neighbors and more came together on October 18th to celebrate the culmination of this past summer's work – the creation of Foothills Caring Corps' series of short videos. These videos, created by NetworX Media's Gregg Housey, followed our volunteers and Neighbors during medical transportation to mobile meal delivery. These unscripted videos deepen the understanding of the heartfelt gratitude neighbors feel when receiving a friendly visit to caregiver relief. Volunteers also share their personal stories and joy they receive when they serve.

Black Tie was optional, though some guests took it to heart dressed to the nines! A red carpet, that welcomed folks, with buttered popcorn and chilled classic sodas, waiting inside, completed the ambiance of a movie night experience. After all the guests arrived, Gregg Housey began the evening with colorful introductions to each video thanking the volunteers and Neighbors for their time and especially their sincere and candid comments. Small Oscar-like awards were presented to the volunteers and staff for their contribution to the programs represented.

Many thanks to Gregg Housey for being our Master of Ceremonies, Debbie Black for providing the freshly popped popcorn and North Ridge Community Church for providing the space and the set-up to make our Night to Remember – truly memorable!

These videos are located throughout our website

www.FoothillsCaringCorps.com to inform the public of our services and how to become a volunteer. The Caring Corps also presents these videos at seminars as a visual companion to our speakers when promoting FCC at meetings and seminars. Call **480.488.1105** for a speaker or get on-line to see our wonderful videos.



Blast from the past

It was five years ago when the Kiwanis Club of Carefree and FCC came together to create what is now the Equipment Loan Closet. The Kiwanis Club had the

New Program at FCC

Medical Loan Closet

Starting October 1, 2013, Kiwanis Club of Carefree and Foothills Caring Corps collaborated to provide the community with a selection of portable medical equipment for loan. Residents who find themselves in need of medical equipment can utilize the donated gently used or new equipment for either short or long term use. Kiwanis will provide storage space for the equipment and the Foothills Caring Corps will be responsible for matching the residents needs with the resources that have been donated. Foothills Caring Corps volunteers will be available to assist, if interested, please join us.



Left to right, David Bell, Flea Market Chair of Kiwanis, Debra Detmerman, Executive Director of FCC & Toby Payne, Kiwanis President

equipment but only limited hours to serve the public. The Caring Corps with its doors open 5 days a week and its mission to promote and enhance the quality of life for older residents seemed like a marriage made in heaven.

Folks from all over the valley call in to borrow wheelchairs to walkers at no cost.

Last year's Medical Equipment Loan Closet loaned 688 pieces of equipment, handled 363 returned pieces and received 209 donations!

save the date

Volunteer Orientation

(Second Thursdays of the month)

Nov 8 | Dec 13 | Jan 10 9am-11:30am

Foothills Caring Corps

7275 E. Easy St. Suite B101, Carefree 85377

480.488.1105

Community

Thanksgiving Eve Service

Wednesday, November 21, 2018 6pm

Desert Mission United Methodist Church

Thanksgiving

November 22, 2018

FCC Offices will be closed 11/22 & 11/23

8th Annual Golf Tournament

Nov 26, 2018 | Mirabel Golf Club

Interested in sponsoring?

Call Debra or Betty at 480.488.1105

Visit www.foothillscaringcorps.com

Thank you to all our Equipment Loan Closet volunteers who clean and repair these much desired home aids. You serve behind the scenes, but are recognized for all you do.

volunteer



FOOTHILLS
CaringCORPS

Hugs & Help Happen Here

Join our team of volunteers who give the gift of time to help our Neighbors.

Call & Volunteer Today

480.488.1105
foothillscaringcorps.com

7275 E Easy Street Suite B103 | P. O. Box 831 Carefree, Arizona 85377
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