



As another year is coming to a close, our thoughts, more than ever turn to those who have made our growth here at Foothills Caring Corps possible, and in this spirit we wish to extend our thanks and

*Happy Hanukkah
Merry Christmas &
Happy New Year!*

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

Jill Ford, President
Debbra Determan, Executive Director

Your Time is important ---we need your Volunteer Hours!

Each month, each volunteer is asked to record and send in his/her volunteer hours. It's easy to record your hours, but why do we need to do this? There are many reasons and all of them are good!

First and foremost, we can better manage our services to each Neighbor. Your hours let us know who is or who isn't being cared for, what services are being provided, and most importantly,

if each Neighbors' need is being met and by which volunteer. We can also gather statistics on each service provided from the recorded volunteer hours. These statistics are important for our fund-raising efforts both with grant applications as well as showing our supporters why funds are necessary for each of our programs. It is very impressive for all of our funders to see the amazing statistics from volunteer hours. This shows how much support is necessary to support our Neighbors to help them remain independent. Your data will help us.



Please help us by turning in your hours. You can click the links at the bottom of staff emails, visit the website at foothillscaringcorps.com/hours. You can even stop at the office and let us know your hours and we will record them for you.

2018-19

Annual Campaign

The Annual Campaign for Foothills Caring Corps is in full swing and we are on our way to meeting our goal of \$700,000! The campaign began in April 2018 and goes through March 2019.

Foothills Caring Corps has grown as an organization and our funding needs have grown also. Last year we were able to purchase a new wheelchair accessible van and gain additional office space because of the annual campaign. Our van transportation services increased by 63% last year. This year our requests for services have increased by 47%. These needs are expected to increase annually. Your support will help us to continue to help those who have come to rely on us.

As of December 2018 we have reached 54% of our goal. We know that our goal is ambitious, but we also know that with your help we can achieve it. Thank you for your support!

Gratitude & Thanksgiving

Thank you Pastor Tang and the Desert Mission United Methodist Church for hosting the 19th Annual Community Thanksgiving Eve Service. The service consisted of congregational singing, musical interludes, and words of encouragement and thanksgiving from pastors in our community. It ended with treats provided by Foothills Caring Corps neighbors and volunteers. Thank you to all who participated in this very special event.



Van Transportation Neighbors

When you sign-up for a trip, please check your calendars first to make sure you will be available on the date and time scheduled. It is helpful because with an accurate count of Neighbors, we can schedule needed drivers, assistants and vans.

If you do need to cancel a trip, please call **480.488.1105** 2-3 days in advance so we can coordinate with our drivers and assistants. We appreciate your cooperation.



- Check your calendar first
- Call 2-3 days in advance to cancel

A Few Good Drivers

- We are actively recruiting drivers for 3 of our programs.
- Choose which programs you want to get involved with and when.
- Contact the office 480.488.1105 to join us.



Medical Transportation



Van Transportation



Shopping

Volunteer Training
Orientations are held every 2nd
Thursday of the month.
Jan 10 | Feb 14 | Mar 14



•Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.

Becoming a Board Member

I am Binka Schwan and am proud to be a member of the Foothills Caring Corps Board of Directors. I am relatively new to the Board, but I have been a volunteer for many years. My dog Rascal and I are a pet therapy team and our goal with each friendly pet visit is to bring lots of joy and smiles to our two very special neighbors! We love visiting them and I think they like us too!

...I see volunteers and staff who have a passion for what they do. They want nothing more than to help each neighbor every day in every way.

That's what volunteering for FCC is all about. No matter what a volunteer does, each has a goal to make certain our neighbors receive what they need. That could be a phone call, a visit, a ride to the doctor, a mobile meal ... or more!

Being on the Board of Directors, where we all offer our time and talents, has been an honor and a privilege for me and I know each of my fellow Board Members feel the same. 2018 has been a good year for us and we are so proud to be a part of it. We've added a new wheelchair accessible van to our fleet to help transport our neighbors and successfully held fun events and fund raisers for our neighbors, supporters and volunteers. At these events, I see volunteers and staff who have a passion for what they do. They want nothing more than to help each neighbor every day in every way. I have learned that FCC is composed of amazing, giving and caring people. Moreover, we service amazing neighbors. I've also seen FCC grow as we are servicing more and more neighbors who are in need. That means that we need more volunteers to help us help them.

My goal as a Board Member is to make certain that 2019 is the best year yet for our organization and our neighbors. I am thankful for what we did in the past year, and I look forward to seeing what new challenges and opportunities await us in the New Year! I wish you all a wonderful holiday season and all the best in 2019.

Binka Schwan
Board of Directors, FCC



Foothills Caring Corps Board of Directors

Jill Ford, President
June Reilly, Vice President
Lou Matusiak, Treasurer
Norm Jacobs, Secretary
Jim Bonanno
Paul Dale
O. Burtch Drake
Pastor Mike Johnson
George Schmid
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Madison Wetter

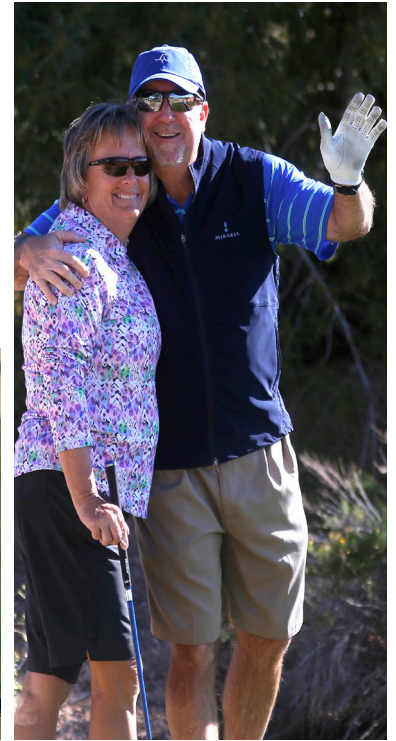


2018 Foothills Caring Corps Charity Golf Tournament at Mirabel

The 8th Annual FCC Mirabel Golf Tournament held on November 26, 2018 was once again a huge success! FCC is projecting the best year yet. The Sponsors, Players and Volunteers enjoyed a day of great food, great weather and spectacular fun.

Thank you to the hardworking staff at Mirabel. Each year they work diligently to make this a successful event. A very special thank you to the Planning Committee: Jill Ford & Elyse Waters Co-Chairs, Laurel Boyanovsky, Al Lang, June Reilly, Roz Skillman, Suzanne Wagner, Debbie Wainwright, Madison Wetter, Carol

Wolfe and Debbra Determan, Executive Director of FCC. Because of their hard work and support of FCC we are able to assure the ongoing and expanded services for our Neighbors.



Photos by Rick Scuteri

The Caring Corps Resource Roundup

Support Groups

Parkinson's Support Group

First Thursdays of the month
10:30AM-12noon
FREE | No registration required
Desert Mission United Methodist Church
480.595.1914

Alzheimer's Support Group

2nd & 4th Wednesdays of the month
10:30AM to 12noon
FREE | No registration required
Desert Mission United Methodist Church
480.595.1914

Faith Based Grief Support

Thursdays 4:00 PM to 5:30 PM
Desert Hills Presbyterian Church
This FREE faith based support group is open, co-ed, & non-denominational.
Dr. Pat Moseley Nichols
Psychologist
480.488.3384 dr.moseley@cox.net

Caring for the Caregiver

1st Monday of the Month
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. No registration needed. Led by Hospice of the West facilitators
480.488.2286

Get Online Support

Parkinson & Movement Disorder Alliance
Get support and education in your home!
visit: <https://www.pmdalliance.org/connect-2/>
PMDAlliance Neuro Life Online™ puts you in real-time touch with people like yourself, healthcare experts, and supportive programs – and provides interactive access from wherever you are.

Visit <https://foothillscaringcorps.com/events/> for more info.



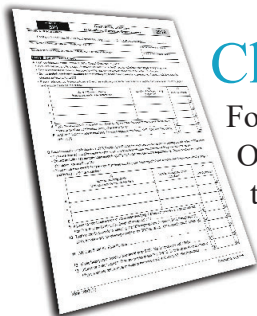
Tips for a Healthy and Happy Holiday Season

The holidays are a time for family, friends, and events that happen only once a year! They are full of joy and fun, but they can be stressful too! Here are some tips to make your holiday less stressful and the best it can be!

- Acknowledge your feelings. Take time to think about loved ones who are no longer here or those who you can't be with. Reflect on the happy times.
- Reach out. If you are alone and want companionship, seek out community, religious, or other social events.
- Be realistic. As families change and grow, traditions and rituals often change as well. Create new memories and cherish what you have.

- Set aside differences. Accept your family members and friends as they are and just enjoy being with them!
- Plan ahead. Make a list and check it twice! Set aside days for shopping, baking, and visiting so that last-minute, more stressful things can be avoided.
- It's OK to say NO. Your family and friends will understand if you can't do everything asked of you! Do what you can and feel good about what you are doing.
- Keep your healthy habits. Try to continue exercising, getting plenty of sleep and eating healthy over the holidays.
- Take a breather. Make some time for yourself. Spending just 15 minutes alone may refresh you enough to handle everything you need to do.
- Seek professional help if you need it. Sometimes, no matter what we do, anxiety, sadness, irritability, physical concerns, or just not being able to cope during the day, can take over our lives. If these feelings just won't go away, you may need to talk to your doctor. There's nothing wrong with helping yourself!

Mayo Clinic Staff, Stress, depression and the holidays: Tips for Coping
<https://tinyurl.com/y8mam4en>



Charitable Tax Credit

Foothills Caring Corps is certified as a Qualifying Charitable Organization. If you are an Arizona taxpayer your donation to Foothills Caring Corps will allow you to claim the AZ Charitable Tax Credit.

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, 2019**.

How to Donate

- **Mail:** Foothills Caring Corps | PO Box 831 | Carefree, AZ 85377
- **Call:** 480.488.1105
- **Click:** PayPal online at www.FoothillsCaringCorps.com
- **QCO:** Use the Qualifying Charitable Organization Code **20612** on your income tax returns to receive this tax credit.

To learn more visit

www.FoothillsCaringCorps.com or www.azdor.gov/TaxCredits.aspx

save the date

Volunteer Orientation

(Second Thursdays of the month)

Jan 10 | Feb 14 | Mar 14 9am-11:30am

Foothills Caring Corps

7275 E. Easy St. Suite B101

Carefree 85377

480.488.1105

Christmas

December 25, 2018

FCC Offices will be open 12/24 until 12noon and closed 12/25 - 12/26.

Visit www.foothillscaringcorps.com

Shop Fry's & Support FCC!



Join the Fry's Community Rewards Program and use your Fry's V.I.P. card and FCC receives a rebate. The enrollment process is simple and fast. (For help, re-enrollment or joining, please call the office at 480.488.1105.)

Use our NEW Fry's Organization Number **FG867**.

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

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480.488.1105 | Services@FoothillsCaringCorps.com
foothillscaringcorps.com