

Volunteer Recognition Party Celebrating 20 Years of Service



Photos by Rick Scuteri



On February 22, at the Terravita Country Club, we came together to celebrate the many accomplishments of our volunteers. Whether a new volunteer or a volunteer who has been

with us for 20 years, we celebrate you and all that you do to care for our Neighbors. Without our volunteers we would not be able to provide the many services that enrich their lives.

Twenty Years as a Mobile Meals Volunteer

Vicki King

It is hard to believe it has been 20 years that I have been delivering mobile meals through Christ the Lord Lutheran Church and FCC. Through those years, the program has evolved and grown, but it has always been fun to be a part of it. The neighbors are so appreciative, which makes the time and effort worth it. It's not to say that there are never any challenges like... finding isolated unmarked houses

on muddy dirt roads or dealing with unhappy dogs, but that is part of the challenge and fun. Bringing our neighbors a well-balanced meal, plus checking on the ones that live alone gives all of us, as volunteer drivers, a sense of purpose. When I have finished my route on my delivery day, though often tired, I have such a nice feeling from interacting with truly nice and appreciative people.

A Message from the Executive Director

The 15th Annual Taste of the Foothills Mobility Fundraiser will be held on Wednesday, March 13, 2019 and we invite you to attend! This event will be our kickoff event celebrating our 20th year of service. Foothills Caring Corps Neighbors, volunteers and supporters will be able to spend time together socializing and just having fun!

The event will be held at CIVANA Carefree Resort, 37220 Mule Train Road, Carefree, from 5:00 PM – 8:30 PM. Our fund-raising evening will include food tastings from many of our local restaurants, a live auction and live music.

Our Taste of the Foothills Fundraiser will benefit the Mobility and Transportation Programs, including the Van and Medical Transportation Programs, Shopping, Mobile Meals and the Mobility Equipment Loan Closet. These programs are a vital part of our services which promote independence. The emcee for the

(Continued on page 2)

CELEBRATING
20 years
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Valentines Party

A soggy Valentine's Day would not stop our Neighbors from getting together at Desert Hills Presbyterian Church to celebrate FCC's Annual Valentine's Day Party. Mark Hanke's music filled the air as volunteers passed out sandwiches and sweet treats to party goers. Neighbors were also entertained by party games and door prizes!

Volunteers decorated, prepared and served food, while photographers clicked away and even umbrella holders kept our Neighbors dry! Special thanks to all volunteers, especially our fearless party planners: June Reilly and Marian Abramowitz, who made this event a great success.



Pictures by Tom Baker, Caroline Turner & Edwina Starke



A Message from the Executive Director

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event will be Terri Ouellette, host of ABC's Sonoran Living. We are privileged that she will be spending the evening with us. She is passionate about Foothills Caring Corps, and her enthusiasm is guaranteed to be contagious! Our auctioneer for the Live Auction will be Jonathan Blair. He and Terri O make a wonderful team!

Pat James and his band will provide our entertainment. Pat is a "true country" singer and songwriter, and he and his band are sure to delight all with his country-western songs and style.

General admission tickets are \$50 per person, with VIP options available. To purchase tickets, volunteer, or for more information, please call Foothills Caring Corps at 480.488.1105 or visit foothillscaringcorps.com.

-Debbra Determan
Executive Director
Foothills Caring Corps

Feel Good Stories from Our Volunteers

Hi Val,

I took my Neighbor on Saturday at 11 am. You won't believe this. Aside from the fact that she was lovely and we enjoyed our time together, started talking about her late husband. My parents had the same names as my Neighbor and her husband also!!! A message from above?? haha. I even helped her with her shower head. She was so grateful!! I told her I would be happy to take her out again - shopping and the library! Big smile on my face all day!!

-S

Charitable Tax Credit

There is still time to take advantage of the charitable tax credit on your taxes that will benefit Foothills Caring Corps. Your contribution

allows you to receive a dollar-for-dollar tax credit (up to \$800 for a married couple and up to \$400 for a single taxpayer) against any income tax calculated on your Arizona Individual Income Tax Return. 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

QCO: Use the Qualifying Charitable Organization Code **20612** on your income tax return to receive this tax credit.



Fall Prevention is Everyone's Business

The risk of falling, and sustaining an injury from a fall, increases with age. A near-fall and fear of falling can change the way we move and live. Research has identified many risk factors that contribute to falls and many of these risks can be decreased with appropriate actions.

To prevent falls, focus first on these risk factors:

- *lower body, leg weakness
- *difficulty with gait and balance
- *postural dizziness
- *problems with feet or shoes
- *poor vision
- *use of multiple medications
- *home hazards

Talk to your health care providers about your individual risk factors and fall prevention. Review your medications, test your strength and balance, and check your vision.

Exercise truly is the BEST medicine to prevent a fall and keep you independent.

1) Hip, knee and ankle strength account for 50% of your dynamic balance and should be a key part of your exercise program.

2) Simple balance moves add to your stability and reaction time.

3) Awareness of dual tasks – walking and talking, carrying a bag, or turning your head – can be practiced to make you safer.

4) Assistive devices like canes, hiking poles, and walkers are your friend. Choose a device that adds to your

safety and allows you to be more active.

There are many good community programs and resources for fall prevention and exercise. Call the FCC for information. You may want to look at these resources online:

Go4Life www.go4life.nia.nih.gov

Move Forward
www.moveforwardpt.com

This information was provided by
Carefree Physical Therapy
www.carefreephysicaltherapy.com

KICK-OFF EVENT

CELEBRATING

20
years

OF SERVICE

TASTE OF FOOTHILLS

Please join us supporting Mobility and Transportation Programs at Foothills Caring Corps



Terri "O"
Master of Ceremonies



Jonathan Blair
Auctioneer



Pat James Band



March 13, 2019 | 5:00 PM - 8:30 PM | CIVANA Carefree Resort

Taste specialty dishes donated by

**Bryan's Black Mountain Barbecue | CIVANA | It's a Divine Bakery
Giordano's Trattoria Romana Ristorante | Harold's Cave Creek Corral
Janey's Coffee Co. | Liberty Station | Tomaso's When in Rome | Venues Cafe**

 **FOOTHILLS
CaringCORPS**
Hugs & Help Happen Here

Tickets \$50 Each ~ VIP Table Sponsorship \$1000

VIP Table Sponsorship includes entrance for 10, reserved seating and Sponsor's name listed in event program.

Visit FoothillsCaringCorps.com/events or
call 480.488.1105 to purchase tickets & for more information.

The Taste of Foothills is right around the corner and we are looking forward to a wonderful evening. During the evening, you will be treated to “tastings” or “small bites” from nine of our local restaurants, music by Pat James Band and a Live Auction.

Live Auction items include:

- Las Vegas Package: South Point Hotel, Casino & Spa: Two Night-Three Day Stay, Dinner & Show Package
- Tubac Golf Resort & Spa Package: One Night Stay for Two in a Hacienda Suite. One Round of Golf for Two & 15% discount on Spa Services
- Ballet, Membership and Dining: One year Senita Club Membership, Two Ballet Arizona Tickets for Eroica, Thursday, May 16, 2019; Dinner for 2 at Gertrude's
- Electric Bicycle: Pedego McDowell Mountain Comfort Cruiser Bike

Taste of Foothills

Food and Entertainment

- Gourmet Gathering: Private Dinner for 8, hosted and prepared by Laurel Boyanovsky
- One-of-a-Kind: Lance Headlee Original Art Piece - A distinctively original contemporary art piece created at the Taste of Foothills Event
- Creative Experience: Laughing Glass Studio 1/2 Day Glass Class: You and 4 friends enjoy 1/2 day with Carole Perry. Creating a dish or bowl, enjoy a demonstration of Carole's work and then enjoy lunch
- Become an Artist: 3 hour Painting Workshop for 10 with Beth Zink. For years, Beth was widely known for her golf course landscapes, including commissioned works for professional tour events, country clubs, resorts and corporations all around the country.

Tips from our Nutrition Interns

Every year we are lucky enough to have nutrition interns from local programs work with FCC. They spend approximately two months with the Mobile Meals Program and share information with us and our Neighbors. Here are some tips from them on how to gain weight.



How to Gain Weight Sample Menu

Breakfast

- 8 oz of whole milk (120 calories)
- 3 eggs omelet with cheese, vegetables (450 calories)
- A bowl of Quaker Life cereal (120 calories)
- 1 cup of yogurt (208 calories)

Lunch

- Ham and cheese sandwich with whole wheat bread (380 calories)
- 1/2 cup of low fat cottage cheese (100 calories)
- 1 large banana (121 calories)

Dinner

- 3 oz of salmon (367 calories)
- 1 cup of brown rice (216 calories)
- 1 cup of broccoli and cauliflower with margarine (114 calories)

Snacks

- Celery sticks with peanut butter (100 calories)
- 3 egg omelet (210 calories)
- 1/2 cup of dry roasted almonds (85 calories)
- 1 cup of yogurt with strawberries (268 calories)

Volunteer Recognition Party

Pictures by Rick Scuteri



KICK-OFF EVENT
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20
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OF SERVICE

TASTE OF FOOTHILLS

March 13, 2019 | 5-8:30PM
CIVANA Carefree Resort

Join us for music, fun and
specialty dishes donated by
Bryan's Black Mountain Barbecue
CIVANA | It's a Divine Bakery
Giordano's Trattoria Romana Ristorante
Harold's Cave Creek Corral
Janey's Coffee Co. | Liberty Station
Tomaso's When in Rome | Venues Cafe

Tickets \$50 Each
VIP Table Sponsorship \$1,000
Visit FoothillsCaringCorps.com/events/ or
call **480.488.1105** to purchase tickets & for
more information.

Thank you for your support in our
Mobility and Transportation fundraiser.

save the date

Become a Volunteer

We meet at 7275 E Easy Street
Suite 101

Volunteer Orientation

2nd Thursday of each month
9:00am – 11:30am
March 14; April 11

Van Program Orientation

3rd Thursday of each month
9:00am – 10:00am

March 21; April 18

Note: Before attending this
Orientation, you must have attended
one of our Volunteer Orientations.



FCC Charity Golf Tournament

The 9th Annual Foothills Caring
Corps Charity Golf Tournament will
be held on Monday, December 2,
2019 at Mirabel Golf Club. Golfers,

sponsors, supporters and volunteers
please mark your calendars for this
important event! You don't want to
miss it!

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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