



Howard Bertram

## Vans marked for 20th Anniversary

We are all aware of the FCC vans traveling around the area, picking up Neighbors and taking them to a wide variety of activities and events. Without these vans, many of the activities provided by FCC would not be possible.

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Picture by Edwina Starke

## A Message from the Executive Director

“Despite the forecast, live like it’s spring.”

-Lilly Pulitzer

The moving trucks are stopped in front of driveways, cars are being loaded on semis, and jackets are being put away. We see all the signs of spring and change for the Foothills area. Trees and cactus are blooming and the Caring Corps staff, while here at work, and Neighbors, in their homes, are saying good-bye to their lifelines, our volunteers! Cooler climates claim 50% of our volunteers. We know it is time for you to go, but just a note as you are packing, getting ready to leave... let your friends know how they can be your substitute! Help us keep up our pace with your thoughtful pressure to ask your friends to do a little more this summer. So, as you continue packing, farewell and safe travels, and we’ll see you after the summer cools down. Thank you for your stay and your commitment to Foothills Caring Corps. You are valued, needed and loved. Thank you for caring. We miss you when you’re gone and love when you return. Have a happy summer season and a safe return back as one of our cherished volunteers.

-Debbra Determan  
Executive Director

Foothills Caring Corps



Bill Budris

## 2019 Humanitarian: Bill Budris

Bill Budris, a hockey player and school teacher from Minnesota, began his volunteer career while teaching. "Jump Rope for Heart" through the American Heart Association and the American Alliance for Health, Physical Education, Recreation and Dance was a huge part of his life. His list of volunteer services throughout his life is noteworthy but he is best known to Foothills Caring Corps as one of our first volunteers in the van program. He began in 2005 and soon encouraged

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Pictures by Rick Scuteri

(L) Peter Slocum, FCC 2013 Humanitarian, awards Bill Budris, April 4, 2019 Major Supporter Celebration. (R) Debbra Determan, FCC Executive Director with Bill Budris.



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his wife, Barbara, to join as a volunteer. Bill developed a scheduling plan for the van and also drove the van. When there were not enough volunteers to drive all the routes, he and often his wife were driver and assistant for many of the van trips. His dedication and understanding of working with people, his love of doing a job well, and his positive "can-do" attitude made Bill a beloved driver by many of our Neighbors. His leadership skills and competency on the computer made him ideal to help us start up the van program. Bill continues to volunteer when in Arizona and remotely while in Minnesota and Oregon. We honor him and his steadfast loyalty to volunteering and to supporting Foothills Caring Corps by the many different volunteer hats he wears when working with us.



Bill Budris and  
Sandra Dana  
Picture by Rick Scuteri

## Strategic Plan

Les Seldin,  
Board of Directors

We are excited to bring to you an introduction and the first in a series of articles that will outline the current Foothills Caring Corps Strategic Plan. Our goal through these articles is to give you an overview of the direction that FCC will be going in over the coming years. We are excited about the future and hope that you are too. Stay tuned to see what the future has in store for us!

The Foothills Caring Corps is proudly celebrating its twentieth anniversary this year. Since its conception it has continued to provide much needed support to hundreds of our Neighbors and has grown in size and stature. The commitment of our large cadre of volunteers, who give an enormous amount of time and effort to our cause, is a testament to the feeling of community that exists in our service area.

Projections of the changing demographics in Carefree, Cave Creek and North Scottsdale paint a picture of significant growth in population and commerce in the coming years. This will present increased demand for the programs provided by the Foothills Caring Corps and will require greater resources and capabilities to be able to fulfill our role in the community.

The Board of Directors has undertaken a Strategic Planning process that will devise a blueprint to adapt to the changes presented over the next 3-5 years. Instead of reacting when situations arise, the Foothills Caring Corps will be prepared to meet any challenge swiftly and effectively and assure our Neighbors that we are there for all of them.

This process is well underway and involves a review of our institutional building blocks, our programs and our operations. With input from Neighbors, volunteers, donors, staff and members of the surrounding communities, we are developing the guidelines and parameters that will guarantee the ability of FCC to be a strong advocate for older adults in the North Valley.

## Why We Do What We Do...

Poppy,

*We would like to thank you and all of Foothills Caring Corps staff for the speedy assistance you provided when my husband, Bud, needed assistance. Use of wheelchairs (for home and transportation) helped to make life easier for him. We are still using the white chair for showers. Your organization is a blessing to the community. Thank you again to all of you!!*

Fondly,  
Bud and Barb

## Promote Independence: Volunteer



Foothills Caring Corps needs additional recruits to fill the seasonal gap left by Snowbird Volunteers.

Monthly volunteer orientations are held the second Thursday of each month:

9 a.m. to 11:30 a.m.

7275 E. Easy St., Ste 101 Carefree.

Contact us to find the perfect way to serve!  
RSVP 480-488-1105





Howard Bertram

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Howard Bertram of Bertram Signs in Carefree has generously donated his time and talent to FCC by labeling all seven of our vans with our new 20th Anniversary logo. Howard designed the logo and then spent his

time removing previous decals and cleaning the vans in preparation for the new decals. Now we have a fresh look, which also tells our greater community that we have been providing services to seniors for twenty years.

## Volunteering: Good For Your Health



It is a well-known fact that people who volunteer and stay active are healthier and live longer. We know that our wonderful volunteers have figured that out. Now we want you to tell your friends and relatives, by reaching out to them. If you are on LinkedIn or Facebook, why not post a story about your personal experience and the wonderful things you do for Foothills Caring Corps. Another way to connect with friends and family is to host an Open House, inviting people who you believe would have an interest in becoming part of the FCC Family. For more information, call FCC at 480-488-1105.

## Healthy Living Managing Dizziness

Dizziness is a common problem, especially among older adults. For people over the age of 65, dizziness is one of the most common reasons for doctor visits and hospitalizations. Dizziness is a major factor in falls and fall-related injuries. Regardless of the cause of dizziness, the sooner you have it evaluated and have a management plan, the better for your safety. Dizziness, and the balance problems that may come with it, can be caused by a number of factors:

- Use of certain medications
- Use of alcohol
- Diseases such as diabetes or cardiac conditions
- High, low or unstable blood pressure
- Changes in vision and eye function
- Brain disorders, such as stroke, Parkinson Disease
- Inner ear disorders or injury, such as positional vertigo or neuritis

You should plan to manage any significant dizziness by reporting it to your primary care provider and keeping a record of your symptoms or the pattern of occurrence. Whether your feelings of dizziness are spinning, unsteadiness, or lightheadedness, it can help to establish a pattern that leads to successful treatment. There are often additional findings of nausea, anxiety, and difficulty with walking that accompany dizziness. Treatment can be medication changes, managing blood pressure, exercise, or vestibular (inner ear/nerve) treatment.

There are exercises and strategies to help all kinds of dizziness, and the treatments may take many different forms. Decreasing dizziness and improving balance with movement are key steps to fall prevention and safety.

For more information visit  
[www.moveforwardPT.com](http://www.moveforwardPT.com)



Debbra Determan with Eileen Mager  
Picture by Suzi Dymoke

Check out our latest addition to our transportation program! Last April we recieved this generous gift: a 2000 Volvo station wagon. Thank you to Robert and Eileen Mager.



## save the date

### Volunteer at FCC

7275 E Easy St Suite 101  
RSVP 480.488.1105

### Volunteer Orientation

2nd Thursday of the month  
May 9, June 13, July 11  
9:00 a.m. – 11:30 a.m.

### Van Orientation\*

3rd Thursday of the month  
May 16, June 20, July 18  
9:00 a.m. – 10:00 a.m.

\*Previous attendance at our  
Volunteer Orientation required.

### May CPR Class

Thursday, May 23 | 9 a.m. – 2 p.m.  
Carefree Fire Department Station 821  
37401 N Tom Darlington Dr,  
Carefree, AZ 85377  
Free for Carefree residents,  
\$20 for non-residents.  
RSVP 480.488.1105

### 9th Annual Charity Golf Tournament

Monday, December 2, 2019  
Mirabel Golf Club



## get support

### Faith Based Grief Support

Thursdays 4:00 p.m. – 5:30 p.m.  
Desert Hills Presbyterian Church  
This FREE faith based support group is  
open, co-ed and 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 a.m. – 11:30 a.m.  
Desert Foothills Library  
Taking care of yourself is essential in  
being able to care for your loved one.  
No registration required.  
Led by Hospice of the West facilitators.  
480.488.2286

### Support Groups at

Desert Mission United Methodist Church  
10:30 a.m. – 12 noon FREE  
No registration required 480.595.1914

### Parkinson's Support Group

1st Thursday of the month

### Alzheimer's Support Group

2nd and 4th Wednesdays of the month



2014 Volunteer Appreciation

CELEBRATING  
**20** years  
OF SERVICE

FOOTHILLS  
**CaringCORPS**  
Hugs & Help Happen Here

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Carefree, Arizona 85377  
foothillscaringcorps.com  
480.488.1105 | Services@FoothillsCaringCorps.com