

I Love Visiting My Neighbor

Suzanne Wagner

I love visiting Virginia, my FCC Neighbor. During one of those visits, Virginia shared some thoughts about our visits and the Caring Corps.

Virginia says that the friendly visits "allow me to share personal and family triumphs, as well as the inevitable doubts and concerns of life." Virginia knows that I am there for her when she needs someone to talk to. In return, I share my life experiences with her. We both listen and learn from one another. Virginia looks forward to our visits, either in person at her home or even by phone. She knows that I care about her. That goes double for me!

Virginia uses the FCC transportation program to and from her medical appointments. She says that the "availability of transportation to medical appointments is



invaluable and allows me a sense of independence."

Some wise tidbits from this special lady are:

- Keep your brain sharp, by engaging with others and reading.
- Know and respect your limitations.

Are you a volunteer with a special story about a Neighbor, or a Neighbor with a special story about a volunteer? We would love you to share your story in our Foothills Caring Corps newsletter for all to see. Please contact Edwina Starke at 480-488-1105 for more information.

A Message from the Executive Director

The Foothills Caring Corps moved into our new space back in 2010 when we landed in Carefree Plaza on 7275 E Easy Street. What a blessing to have two rooms (suites) to work in! We had a wonderful landlord Harry Vardakis, who took us in and gave us a good spot to grow. Grow we did! We are adding our third additional suite, since 2010 to help us become more efficient and make room for our volunteer and staff resources. We hope you will come see our new and modified spaces. We are getting all of our suites spiffed up, changing where we want you to drop off your slightly used loan closet items and where you come in to see the receptionist. We will ask everyone to drop their loan closet returns or slightly used equipment to the back door of Suite 101 starting July 1. Beginning July 1, our reception area is in the front of suite 101. The meeting room is now located in suite 106.

Stop by to say Hi after we get ourselves gussied up beginning in July. We miss our landlord Harry Vardakis, who died in October of 2018. A true Carefree icon. We welcome our new landlords, the Reins. All kinds of good happenings in the Carefree Plaza!!

-Debbra Determan
Executive Director
Foothills Caring Corps



picnic! It will be held on August 15th, 11:30 am - 1 pm at Desert Foothills Lutheran. Sandwiches, lemonade and ice cream will be served, and a good time is sure to be had by all! It is always fun when our volunteers and our neighbors have the chance to socialize together. So, please save the date and remember that no matter what the weather is outside, it will be comfortable inside. This picnic is for YOU, so we hope that you are able to attend. Space is limited. Please RSVP at 480-488-1105

Volunteers and Neighbors

FCC would like to honor our **Summer Volunteers** and our **Neighbors** with an indoor

Help for the Loan Closet! With over 800 loans per year, the Mobility Loan Closet is busy all of the time! We are looking for some help with cleaning, tagging and storing the equipment. Do you have an hour or two to spare once a week or twice a month? The Loan Closet needs you! Call Poppy at 480.488.1105 for details.

**Mobility Equipment
Loan Closet**
8:30AM - 4PM
7275 E Easy Street
New Location:
Suite 101
(Donations & Returns
at the rear of the
building)



**New Mobility
Equipment Loan
Closet located in
Suite 101**

Offering Mobility

The Mobility Equipment Loan Closet at Foothills Caring Corps started with just a few pieces of donated equipment available to loan. In the past three years, it has become an integral part of our community outreach. Many people come in each week and borrow

Neighbors.

Kiwanis has been our wonderful partner for the Loan Closet. At the Marketplace, they have so willingly put up signs pointing out that Foothills Caring Corps has loaner equipment at no cost. The Kiwanians send people our way to either borrow or donate equipment.

Recently, thanks to a generous gift from Kiwanis of Carefree, the Caring Corps installed a new storage system with pullout drawers and racks to store all of the equipment. A shed was added outside to put the mobility pieces in for cleaning. Our volunteers come in to clean and maintain the equipment weekly so that the community can borrow spotless and repaired equipment.

**When the Loan
Closet first
opened in 2013
we lent 222 items.
In 2018/2019
the Mobility
Loan Closet lent
822 pieces of
equipment!**

Often, when people are borrowing things, they become curious about our other services and it gives us the opportunity to tell them about all of the ways we serve our



**New Equipment
Shed located at the
rear of the building.**

**Thank you to FCC
Volunteers Steve Yahner,
Tom Lorenzo & George
Hofer for assembling the
shed.**



**Suite 104
Before**



**Suite 104
Before**



**Suite 104
After**



**Many thanks to the
Rotarians of North
Scottsdale for
painting Suite 101.**



**Suite 101
Before**



**Suite 101
After**



**Steve Yahner & Tom
Lorenzo hard at work
again this time removing
shelves in the old loan
closet. Thanks guys!**

Email from an FCC Volunteer

From: Valerie Prue
Date: 6/4/19 11:09 AM (GMT-07:00)
To: ronj [REDACTED]
Subject: Handyman Job

Ron,

A Neighbor who you helped before, needs help with her doorbell. Do you have time to help her with that? Please let me know.

Thanks.

From: ronj [REDACTED]
Sent: Tuesday, June 04, 2019 12:02 PM
To: Valerie Prue
Subject: Re: Handyman Job

Yes, but later in the week.
Today fixing a toilet,
tomorrow on a Frys Van Trip,
Thursday cleaning for the lending closet.
Perhaps Thursday afternoon or Friday I could add a Neighbor.

Strategic Plan

Les Seldin,
Board of Directors

An important part of developing a strategic plan for any organization is to review the principles established by its founders and consider whether changes in the environment over the ensuing years necessitate a revision or updating of its Mission Statement.

The Mission Statement of the Foothills Caring Corps provides the foundation for all activities and services it provides. In developing the Strategic Plan that will guide the Corps' programming in the next few years, it was imperative to address the Mission Statement that was developed many years ago and to make certain that it reflects the present philosophy of the organization. The new Mission statement, while very similar to the earlier version, reflects the philosophical and practical tenets that are believed to serve us for the upcoming years.

Mission Statement

The mission of the Foothills Caring Corps is to help seniors and other adults with disabling conditions, who reside in the Northeast Valley-Foothills Community, to remain living independently in their own homes for as long as possible. We do this through a force of volunteers and staff who provide in-home services, transportation services, community services and support. These services provide access to activities that promote physical, mental and emotional health.

Everyone into the pool!

Now that the heat is here, it is a good time to head to your home or neighborhood pool for some quality (and cool!) exercise. Pool (aquatic) exercise provides many benefits. Throughout history, people have sought out springs, baths, and pools for their soothing and healing properties. The buoyancy of the water supports a portion of your body weight, making it easier to move in the water and improve your flexibility. The water also provides resistance to movements, which helps to strengthen muscles. You can also work on balance, agility and cardiovascular fitness. The support of the water reduces the risk of fall injury as you work on new combined movements.

Prepare to safely enter and exit the pool with a handrail, or use a walking pole or cane to help on the steps. Water shoes can provide safe traction on the pool floor. You can wear protective knee or back braces in the pool as well. Be sure to rinse the chlorine water from items after use. Use sun protection and hats as well.

To exercise in the pool, the water level should be waist or chest high. Use a pool noodle or flat board for support. Warm up with slow, active movements like walking, marching, heel raises and side steps. Faster movements will provide more resistance from the water. You can then target specific muscle groups for strengthening arms or legs, working on balance challenges, and stretching.

FCC wish list



Help us create an inviting space for our volunteer orientations, van training, board/committee meetings and more!

We would like to furnish our new conference space with a flat screen TV. The TV (at least a 40" with HDMI ports) would be used like a computer monitor to display reports and videos.

If you would like to donate this item or give a cash donation to be used to purchase this item, please call Debbra Determan at 480-488-1105.

Foothills Caring Corps

News

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Articles on health and physical well-being have been contributed by Carefree Physical Therapy

To view this and past newsletters on-line, visit
<https://foothillscaringcorps.com/news/>



save the date

Volunteer at FCC

7275 E Easy St Suite 101
RSVP 480.488.1105

Volunteer Orientation

2nd Thursday of the month
July 11, Aug 8, Sept 12
9:00 a.m. – 11:30 a.m.

Van Orientation*

3rd Thursday of the month
July 18, Aug 15, Sept 19
9:00 a.m. – 10:00 a.m.

*Previous attendance at our Volunteer Orientation required.

July CPR Class

Thursday, July 18 | 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



2010 Taste of Foothills

CELEBRATING
20 years
OF SERVICE

FOOTHILLS
CaringCORPS
Hugs & Help Happen Here

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