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of Joy Catholic Church, Desert Foothills Lutheran, Christ Anglican Church, Endeavor Home Care and Newcomers of Club of Scottsdale prepared and served food! Thank you to all who made the centerpieces and to the volunteers who picked up and served the food. Special thanks goes to Desert Foothills Lutheran Church who provided the beautiful room. Carol Chase and Barbara Ann Gullota tirelessly worked behind the scenes to make this event happen.

**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.

One of the most important tasks in the development of the Foothills Caring Corps Strategic Plan is to identify the Core Values of the organization. After refining our Mission Statement, the next steps were to document the underlying principles that define the way we work and conduct ourselves.

## Strategic Plan

Les Seldin,  
Board of Directors

Over time, the Core Values of the FCC will not change but will stand as a permanent description of our goals and how we will serve the community. These are the principles that will guide our behavior in everything we do.

No matter what new programs or initiatives become part of our activities and service to our communities, these Core Values will remain the foundation of the Foothills Caring Corps.

### Core Values

**Inclusion** – We strive to ensure that seniors and adults with disabling conditions are included and integrated into the life of the community.

**Partnerships** – We are committed to building and sustaining partnerships with our volunteers and other organizations to meet the varying and diverse needs of our Neighbors.

**Safety** – Our highest priority is to ensure the health and welfare of our Neighbors and volunteers.

**Respect** – Through non-judgmental and empathetic communication, the value of all Neighbors, volunteers, and staff is promoted.

**Integrity** – We uphold ethical behavior and value accountability, transparency and honesty with our donors, Neighbors, volunteers and staff.



**Interested in joining the Pet Therapy Program here at Foothills Caring Corps?**

It's easy - you only need two things: Registration and compliance with a national Pet Therapy organization and the "Human" member of the team completes an FCC Volunteer orientation!

Contact Binka at [Binkaknits@gmail.com](mailto:Binkaknits@gmail.com) for more information.

Executive Director

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forward in our 20th year. Come join us, be part of the inspired, motivated, and engaged. We need you to tell us your special stories about Foothills Caring Corps and your history with FCC. Tell me how we have helped, write me a note, or give me a call. I'd like to hear from you. Help us celebrate all the good deeds of our volunteers.

We'll keep in touch to let you know our upcoming events! We'd like you to become part of our celebration.



-Debra Determan

480.488.1105

Executive Director  
Foothills Caring Corps

## connect with community resources



2018 Healthy Aging Expo  
Picture by Cynthia Baloh

Save the date and discover how to be your best at any age with a vibrant healthy life at the Healthy Aging Expo on **Thursday, November 7th, from 9 a.m. - noon, hosted by the Desert Foothills Library in Cave Creek.** The event is free, and the public is welcome to attend.

Attendees can connect with health and wellness experts in the areas of nutrition, education, exercise, medical, lifestyle, financial services and other topics of interest. Guests can speak one-on-one with representatives from a variety of organizations, get their questions answered and find out about available resources and services in the community.



Bed rest and low activity levels can have many negative effects on your health. While immobility may be necessary for a brief period with an acute illness or injury, medical experts agree that early movement is the key to recovery and restored health status.

Some of the many negative effects of bed rest and a sedentary lifestyle are:

- Muscle mass decreases by 1.5 to 2 % per day with bed rest
- Increased risk for blood clots
- Increased risk of breathing problems or pneumonia
- Pressure areas develop on skin and soft tissues
- Postural hypotension (low blood pressure) can develop
- Joint stiffness can lead to contractures and poor posture

The good news is that you can start building the benefits of movement and exercise right from your bed or couch. Simple arm and leg movements increase circulation and prepare muscles for action. Small amounts of activity and exercise add up to a significant benefit over the course of a day. If you can't walk for 30 minutes, then walk for 10 minutes 3 times during the day for a cumulative effect. Light resistance exercise with bands (for example, rowing) or with body weight (for example, heel raises while standing) is the



## Movement is Medicine!

Carefree Physical Therapy

beginning of a progressive resistive exercise program that can prevent frailty and increase functional strength.

There is no pill or medicine that can give you the many excellent health benefits of movement and exercise. Look for more ideas on specific exercises at [www.moveforwardpt.com](http://www.moveforwardpt.com) and #everyBODYmoves.



## Unused Prescription Medication

Medicines play an important role in treating many conditions and diseases, but when they are no longer needed, it's important to dispose of them properly to avoid harm to others. Medicine take-back programs for disposal are a good way to remove expired, unwanted or unused medicines from the home and reduce the chance that others may accidentally take the medicine.

Call facility to verify acceptable items for disposal.

**Maricopa County Sheriff's Office  
District 4 | 602.876.1742**  
37622 N. Cave Creek Rd.  
Cave Creek, AZ 85331  
M-F 9:00 a.m. - 4:00 p.m.

**Phoenix Police Department - Black Mountain Precinct | 602.495.5002**  
33355 N Cave Creek Road  
Phoenix, AZ 85331  
M-F 8:00 a.m. - 9:00 p.m.  
(excluding holidays)

**Phoenix Police Department - Desert Horizon Precinct | 602.495.5006**  
16030 N 56th Street  
Scottsdale, AZ 85254  
M-F 8:00 a.m. to 4:00 p.m.  
(excluding holidays)

Visit  
<http://www.acpa.net> for more information.

✓ **Acceptable items include:**  
prescription drugs, prescription patches, prescription samples, pet medications and over-the-counter medications including vitamins

✓ **Unacceptable items include,**  
but are not limited to: Aerosol cans or inhalers, prescription ointments, bio-hazard or infectious waste, hydrogen peroxide or alcohol, thermometers, food items and supplements.

✓ **Remove all personal identification,**  
including the prescription (Rx) number, from prescription bottles by covering it with a marker or scratching it off.



**Nov 7**

**9AM - 12Noon**

**FREE**

# connect with community resources

Discover how to be your best at any age with a vibrant healthy life at the **Healthy Aging Expo on Thursday, November 7, 9AM - 12Noon** hosted by the Desert Foothills Library in Cave Creek. This event is free, and the public is welcome to attend.

## Visit Breakout Sessions

- **Heath Panel Discussion**  
Challenges, Opportunities, and  
What Works Best For You
- **Hands on Nutrition**  
Education Class

## Meet Experts in

- **Nutrition**
- **Education**
- **Exercise**
- **Wellness**
- **Active Lifestyles**
- **Financial Services**

7th Annual  
**healthy aging expo**

Nov 7 | 9AM -Noon | FREE | Desert Foothills Library 38443 N Schoolhouse Rd, Cave Creek

480.488.1105 | [foothillscaringcorps.com/news/healthy-aging-expo/](http://foothillscaringcorps.com/news/healthy-aging-expo/)



Be a Sponsor and help support services for older adults

# 9TH ANNUAL CHARITY GOLF TOURNAMENT



FOOTHILLS  
**CaringCORPS**  
Hugs & Help Happen Here

**Dec 2 | Mirabel Golf Club**

37100 N Mirabel Club Dr | Scottsdale, AZ 85262

Each sponsorship includes special event recognition, VIP benefits and recognition in Golf Tournament marketing.

For more information on becoming a sponsor, please call 480.488.1105

## Title Sponsor: \$25,000

- Tournament will be titled in your name.
- 4 foursomes (16 players) for the tournament
- Special recognition at awards presentation and on the course
- Special Recognition on the invitation, program and our newsletter
- Banner, VIP parking, other special benefits

## Gold Sponsor: \$15,000

- 3 foursomes (12 players) for the tournament
- Special recognition at awards presentation and on the course
- Special Recognition on the invitation, program and our newsletter

## Silver Sponsor: \$10,000

- 2 foursomes (8 players) for the tournament
- Special recognition at awards presentation and on the course
- Recognition on the invitation, program and our newsletter

## Bronze Sponsor: \$5,000

- 1 foursome (4 players) for the tournament
- Special recognition at awards presentation and on the course
- Recognition on the invitation, program and our newsletter

## Hole Sponsor: \$2,000

- 2 players for the tournament
- Signage recognition on one (1) hole
- Recognition on the program and our newsletter

Corporate and Individual  
Sponsorship Sign-up

Foothills Caring Corps **9th Annual Golf Tournament** | Mirabel | Dec 2, 2019

FCC Mailing Address | P.O. Box 831 Carefree, Arizona 85377

☐ **Title**  
\$25,000

☐ **Gold**  
\$15,000

☐ **Silver**  
\$10,000

☐ **Bronze**  
\$5,000

☐ **Hole**  
\$2,000

Company Name

Contact/Individual Name

Address

Phone

Email

Please return this complete form with your sponsorship check or send your check at a later date. Thank you!



Foothills Caring Corps

# News

## Co-editors

Binka Schwan  
Camille Tumolo

## Staff

Debbra Determan  
Edwina Starke

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

### FCC Volunteer Orientation

2nd Thursday of the month  
Sept 12, Oct 10, Nov 14  
9:00 a.m. – 11:30 a.m.  
7275 E Easy St Suite 106  
RSVP 480.488.1105

### FCC Van Orientation\*

3rd Thursday of the month  
Sept 19, Oct 17, Nov 21  
9:00 a.m. – 10:00 a.m.  
\*Previous attendance at our Volunteer Orientation required.  
7275 E Easy St Suite 106  
RSVP 480.488.1105

### Sept CPR Class

Thursday, Sept 26 | 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

2011



2014



2017



2012



2015



2018



2013



2016



CELEBRATING  
**20** years  
OF SERVICE

**FOOTHILLS**  
**CaringCORPS**  
Hugs & Help Happen Here

7275 E Easy Street Suite B101 | P. O. Box 831  
Carefree, Arizona 85377  
[foothillscaringcorps.com](http://foothillscaringcorps.com)  
480.488.1105 | [Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com)

**Foothills Caring Corps**  
**Golf Tournaments**