



Community Thanksgiving Eve Service

Wednesday, November 27 7:00 PM
Desert Hills Presbyterian Church
34605 N. Tom Darlington Rd.
Scottsdale, AZ 85266

Van blessing begins at 6:30 PM

For almost 20 years the Foothills Caring Corps has joined with area congregations to offer the community the opportunity to come together in praise and thanksgiving for all of the ways our lives have been blessed throughout the year. Bring your family and guests to this festive celebration of Thanksgiving.

Just prior to the Community Thanksgiving Eve Service, we will be holding a Blessing of the Foothills Caring Corps vehicles in the Desert Hills Presbyterian Church parking lot at 6:30 PM.



Volunteer Bakers Needed

Cookies and bars are needed for the reception following the Thanksgiving Eve Service. We need 24 dozen home baked items. Please call 480.488.1105 if you can help.

A Message from the Executive Director

In our Strategic plan, we have a goal to provide support to our volunteers and staff. One of the first steps in accomplishing that is to enrich our program training and strengthen our safety guidelines. This enrichment of our training and highlighting our safety will both ensure greater knowledge of the programs and safety for our volunteers and employees as well as our Neighbors.

As we enjoy the delivery of our newest van, it is a perfect time to bless all of our eight vans and our one car. Please join us for this vehicle blessing as well as our Annual Thanksgiving Eve Service. Van blessing begins at 6:30 PM and 7:00 PM is the Community Thanksgiving Eve Service. Let's join together to celebrate all that we are thankful for.

-Debbra Determan
480.488.1105
Executive Director
Foothills Caring Corps

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.

Strategic Plan

Les Seldin,
Board of Directors

Strategic Goal Statements

In developing the Foothills Caring Corps' Strategic Plan for the next three years, it was determined that the statements of intent be organized into four general categories that include all of the areas of interest and concern for the agency.

These four "buckets" contain an overarching statement of purpose and intent for the future. With these guiding principles, the Board of Directors, committees and staff will be able to develop appropriate programmatic strategies.

Each one of these "buckets" are further enhanced by more specific strategies. Those will be included in upcoming articles that will provide a better understanding of what directions are being taken to meet new challenges, grow and improve the agency and its services, and allow our Neighbors to continue to thrive in their homes and lifestyles.

1. Build a thriving **Community** by delivering new and innovative programs and services in response to critical and emerging neighbor need.
2. Empower and support our **People** in order to sustain and increase our capacity to serve.
3. Develop and deepen our **Partnership and Outreach** efforts with targeted and interdependent community agencies and organizations to lead collective action and engagement.
4. Leverage and build responsive **Structures** and systems in order to lead, fund and sustain our organization.

Neat Feet Prevent Falls

Contributed by Carefree Physical Therapy

There are many factors to consider in being safe and preventing falls. The condition of your feet and the use of proper shoes play an important role in allowing you to maintain safe and pain-free mobility.

To maintain good foot health, you should pay attention to painful conditions, calluses or pressure areas. Orthotics or well cushioned insoles help to support arthritic feet and provide a more stable base. Ankle and toe range of motion is important to allow you to take a good stride with proper heel to toe motion.

Lower leg strength ensures that you will clear the floor surface and not shuffle or catch a toe. Toenails

should be regularly trimmed, and that is a good time to check the sensation of your feet.

As we age, our feet tend to lengthen and widen as the supporting ligaments and arches become lax and stretch out, allowing joints to spread and stiffen. Make sure there is a finger width of room at the toe of your shoe to minimize pressure on your toes. Swelling in your feet may require that you wear shoes a size bigger or use a style that can accommodate swelling with adjustable velcro or laces.

Shoes should only have ½ to 1 inch heel. Closed back shoes are much safer than open back or slippers. There are good choices in slip on tennis shoes or loafers that are much safer than walking in socks, slippers or slides. Examine the bottom sole of your shoes to make sure it is not slick or slippery with wear, and also not to "grippy" to catch on your usual walking surfaces.

Keeping your feet and shoes in good condition sets the stage for more walking – another great way to stay fit and avoid falls.

Get trained, Save a life.

CPR/AED Training

Space Limited

Volunteers, please attend one of these CPR/AED training dates to ensure a majority of our Foothills Caring Corps Volunteers are certified.

CPR and AED Training & 2 Year Certification

October & November CPR Classes

Wednesday, Oct 23 &

Thursday, November 21

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.

(Pay at the Fire Station)

RSVP 480.488.1105 to reserve your spot.

Nov 7

9AM - 12Noon

FREE

Live Music | Refreshments | Resources

connect with community resources

Healthy Living

Wellness

Home Care

Independent Living
Resources

Live music performed by Pianist Michael Golding and Flutist Trish Carroll

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**

Zumba Gold

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/

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, 2020.

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

A Neighbor's Note

To Paul or whomever it concerns:

Thank you all for notifying my son that I did not open my door or answer my phone. I had fallen in the shower and could not get up. Your call to my son caused him to come to my apartment and help me. You saved my life. Again thank you all! God bless you.

Grateful- E



Support Foothills Caring Corps as you Shop!

AmazonSmile

FCC participates in Amazon's charitable donation program, the AmazonSmile Program. When you sign in with this program and select FCC, every time you purchase an eligible item on Amazon we receive a portion of the purchase price. There is no extra cost to you, the item prices are exactly the same and you only have to sign up once. To sign up for FCC to receive \$\$ from your purchases go

to www.smile.amazon.com and select Foothills Caring Corps as your charity. (Bookmark www.smile.amazon.com to make it easier to return to the page for future shopping). From now on, any eligible purchase you make on AmazonSmile will result in a donation to Foothills Caring Corps!

Bashas'

Help support Foothills Caring Corps by using your Bashas' Community

Support Card. Purchase a support card for \$20. You receive the face value of \$20 and FCC receives an additional 6% bonus from Bashas'. Each time you reload your card you receive the full amount of the reload and FCC receives an additional 6% bonus from each of your purchases. Get started by stopping into the Caring Corps office and purchasing your \$20 card.

Fry's

(We have a NEW Fry's Organization Number FG867) Please consider joining the Fry's Community Rewards Program. You shop, use your Fry's V.I.P. card and FCC receives a rebate. The enrollment process is simple and fast. For instructions, re-enrollment or joining, please call the office at 480.488.1105.

Be a sponsor and help support services for older adults

Dec 2 | Mirabel Golf Club



9TH ANNUAL CHARITY GOLF TOURNAMENT

Join us for a day of great food and golf at the spectacular Mirabel Club House and Golf Course. Your sponsorship will help Caring Corps reach its goal of providing essential services that support the well-being of our older and physically challenged neighbors and their families.

Sign-up today!

foothillscaringcorps.com/golf

CELEBRATING

20
years
OF SERVICE

FOOTHILLS
CaringCORPS

Hugs & Help Happen Here

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

Individual Player: \$400

Foothills Caring Corps

News

Co-editors

Binka Schwan
Camille Tumolo

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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
Nov 14, Dec 12, Jan 9
9:00 a.m. – 11:30 a.m.

FCC Van Orientation*

3rd Thursday of the month
Nov 21, Dec 19, Jan 16
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

7th Annual Healthy Aging Expo

Connect with Community Resources

Thursday, November 7, 2019
Desert Foothills Library

Community Thanksgiving Service

Wednesday, November 27, 2019
7 p.m. with Van Blessing at 6:30 p.m.
Desert Hills Presbyterian Church
480.488.3384

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 Open House

CELEBRATING
20 years
OF SERVICE

FOOTHILLS
CaringCORPS
Hugs & Help Happen Here

7275 E Easy Street Suite B101 | P. O. Box 831
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