

Farewell Message from Debbra Determan

After fifteen years as Executive Director of Foothills Caring Corps, it is with great love and appreciation that I leave this amazing organization. The volunteers, Neighbors, community partners, supporters, staff, and Board of Directors have worked tirelessly to support the organic growth of the programs. They all have helped to make it the wonderful 21-year-old community non-profit agency it is today.

It has been my joy and honor to watch the blossoming of programs that support older adults and adults with disabling conditions in the Northeast Valley Foothills. Starting in 2007 with the help of our original Advisory Board, the growth couldn't be stopped. It was like a train that kept picking up speed as the passengers kept climbing aboard.

As we became our own 501(c)3, moved to Easy Street and found a huge corps of volunteers, we were blessed to find creative friends who tweaked and developed fund-raisers which now include our Golf Tournament, the Taste of Foothills and our Annual Campaign. This allowed us to expand our services to include a growing Van Program, Pet Visiting, Health Advocacy, a Mobility Equipment Loan closet and the expansion of our most popular programs: Mobile Meals and Medical Transportation.

At this time our Caring Corps "train" has been stopped in its tracks with the current public health crisis, and the Foothills communities now have some choices to make as to how FCC might begin to start up again. There are endless possibilities of how to relaunch our programs. I know that with the wonderful teams who are still supporting Foothills Caring Corps, the organization can again be a vital resource for our older residents and those adults with disabling conditions.

Please find some time to help the Caring Corps keep our folks independent and cared for in their own homes. Come join the new Executive Director and the community who helped FCC grow and thrive.



Vans on Parade

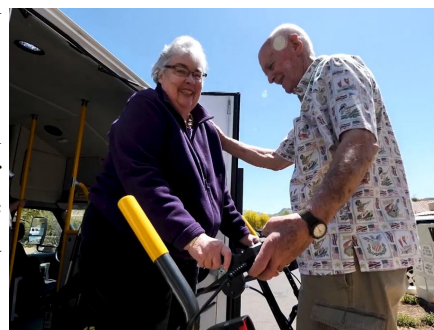
Look for the Caring Corps vans starting July 14th with a visit to our Neighbors. Please contact the Caring Corps at 480-488-1105 if you would like to know the date that the vans will be in your Neighborhood. If you would like to volunteer for future parades, please call the Caring Corps and ask for Donna.



Arthur Gimson is awarded Humanitarian of the Year 2020

The Foothills Caring Corps Humanitarian of the Year for 2020 was awarded to Arthur Gimson. The award was presented to Arthur in June 2020 by executive director, Debbra Determan. "We are honored to name Arthur Gimson our Humanitarian of the Year. His unselfish and dedicated service to our Neighbors as a van and medical transportation driver has made a significant difference in our community," Determan said.

Arthur began volunteering with the Caring Corps in 2008. He was instrumental in helping to develop the FCC Van Transportation Program. The Van Program takes Neighbors on group outings in our fleet of vans, to shopping, exercise classes, restaurants, movies, the theater and other local community events. The Van Program started with 1 van in 2008 and now has 8 vans, 5 that are wheelchair accessible.



In 2012, Arthur trained to be FCC's federal Level II PASS trainer. PASS training is required for all FCC drivers and assistants who are transporting Neighbors who require the wheelchair lift to enter a wheelchair accessible van or if transporting a wheelchair bound Neighbor to a medical appointment. PASS training had been offered on a quarterly basis and over 100 drivers and assistants have been trained by Arthur either with initial training or with re-certification training.

Arthur has always been active in the greater Carefree community. He served on the Carefree Town Council for one two-year term and is a member of both Kiwanis and the Rotary Club.

Communication Funds Needed

Safety &

Foothills Caring Corps is asking for your support.

To help us during this public health crisis, we have set up a fund-raiser, **Public Health Fund**, to raise **\$50,000** to maintain the safety of our Neighbors, volunteers and staff as we move to relaunch our programs.

During the past four months, FCC has had to develop safety protocols to help relaunch our programs as well as develop alternative methods for delivery of services. The Caring Corps has encountered unplanned expenses in developing these new strategies and communications. We are utilizing Zoom and new electronic devices to help communicate virtually. We need to upgrade our computers with webcams to assist with virtual meetings. We are also helping our Neighbors to be able to use electronic devices for communication so that they are not so isolated. The funds would be used to enhance our capabilities for virtual meetings, intakes, one-on-one communication between volunteers, staff, and Neighbors. We are purchasing safety equipment including masks, hand sanitizer and gloves. We are regularly cleaning and sanitizing the offices and vehicles as well as installing safety screens for both the offices and vehicles. As we enhance our safety protocols, we continue to incur additional costs in order to maintain an adequate level of safety equipment for our offices and services.

Please assist us by contributing toward our **Public Health Fund**. You can pay by credit card over the phone at 480-488-1105 or to pay online go to www.foothillscaringcorps.com and click the Donate tab. You can also send in a check payable to Foothills Caring Corps, P.O. Box 831, Carefree, AZ 85377. Thank you so much! We will keep you informed as we move forward with our relaunch.

Activities for Staying Active at Home

Adopting some of the activities below can help us to stay active when at home to help both our physical and mental health.

Move your Body



Movement is so important for keeping our bodies healthy and also helping guard against anxiety or depression. Dancing to music burns calories and releases endorphins that make us feel happy. If you have access to the internet, there are easy chair yoga sessions and many other gentle workout sessions on YouTube.

Organize

Research has shown that having a clean, organized and clutter-free space helps us to reduce stress and anxiety. Set aside some time each week to organize a closet or drawer that you have been meaning to tackle. Afterwards you will be rewarded with a great sense of accomplishment.

Keep a Journal

Keeping a journal to record your ideas or thoughts is a great way to keep your brain stimulated. Be as creative as you can, maybe even write a story or poem based on your time at home or on a past experience or memory.



Travel via the Internet



You can tour the world at your kitchen table via the internet. Many museums, national parks, and major cities around the world offer virtual tours for you to discover their wonders at your computer, tablet or smart phone.

Catch a New Show or Movie via your TV or Streaming Video

There are many new offerings as well as many oldies but goodies from TCM and AMC, Netflix, Amazon Prime, Hulu, Disney Plus and others. There is a monthly fee for streaming services but they give you many hours of entertaining content.



If you need help getting access to the internet, please call the Caring Corps and we will help get you set up!

COVID-19

CORONAVIRUS DISEASE

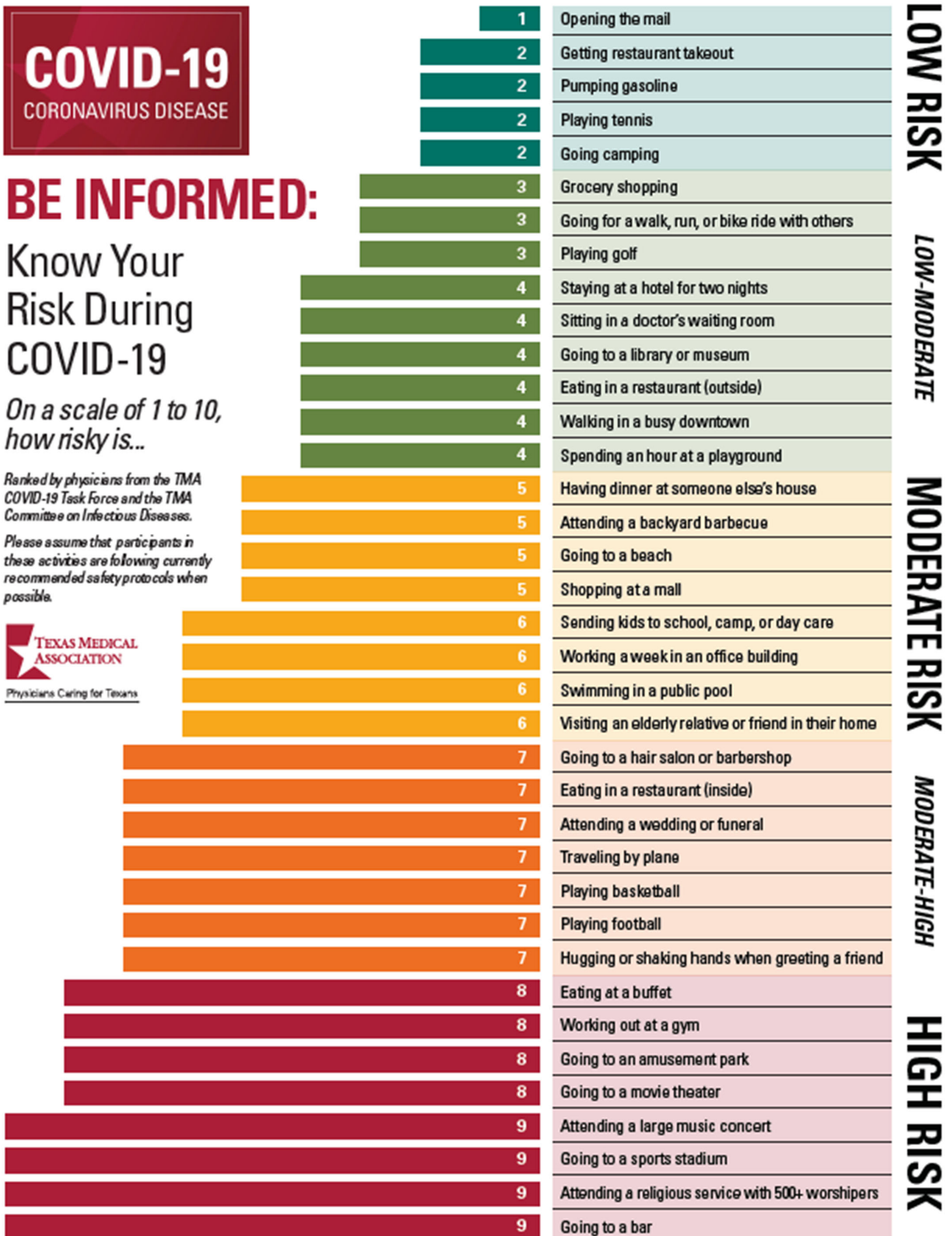
BE INFORMED:

Know Your Risk During COVID-19

On a scale of 1 to 10, how risky is...

Ranked by physicians from the TMA COVID-19 Task Force and the TMA Committee on Infectious Diseases.

Please assume that participants in these activities are following currently recommended safety protocols when possible.



How we served our communities

2019-2020 Volunteer Services Statistics

35,787 Total Volunteer Hours

2,846 Registered Neighbors

215 New Neighbors

262 Intakes/ Reassessments

1,724 Registered Volunteers

512 Active Volunteers

106 New Volunteers



Business Help/Computer Help:

78 hours

Providing help opening mail, reading correspondence, and paying bills or helping Neighbors with emailing and basic computer skills.

Caregiver Relief:

204 hours

Visiting in the home of a Neighbor for 3 or 4 hours, while their caregiver takes a much needed break.

Health Advocate:

630 hours

Trained volunteers will provide specialized, intensive support to Neighbors after hospitalization, rehabilitation or a diagnosed chronic illness.

Low Vision Education:

8 Neighbors served

Consultation, education and referrals for Neighbors with low vision issues.

Mobile Meals:

13,476 meals served

Delivering hot, nutritious, noon meals Monday-Friday for homebound Neighbors who are unable to cook for themselves.

Van Program:

4,795 trips

Driving or assisting on outings for seniors who ride our vans to concerts, movies, shopping, lunch, the library, or a variety of other activities.

Medical Transportation:

6,040 trips

One-on-one driving Neighbors to medical appointments.

Friendly Visiting and Phoning:

715 hours

Visiting a homebound Neighbor in their home for an hour or two each week. Contacting Neighbors by phone regularly.

Grocery Shopping:

525 hours

Driving Neighbors to the grocery store or shopping for a Neighbor who is homebound.

Pet Visiting:

139 hours

Bringing a pet for a visit with a Neighbor. A friendly wag of the tail brings a smile.

Medical Equipment Loan Closet:

428 donations

1,113 loans, 574 returns

Lending out sanitized used equipment such as wheelchairs, walkers, commodes, etc. on a short or longer term basis at no charge to those in need.

Minor Home Repair:

305 hours

Helping Neighbors with simple home repairs such as changing light bulbs or smoke detector batteries, patching a screen door, or caulking a window.

Do you Need Digital Help?



Do you have a smart phone, iPad, tablet or laptop and would like to learn how to use FaceTime, Zoom or other ways to connect virtually? Please call our office at 480-488-1105 and ask for Valerie.

You must have a data plan for your phone or an internet connection for your laptop or tablet to be able to connect, but we can help get you set up.

Phone Pals

If you would like a volunteer to call you once a week for a friendly chat, please call Valerie at 480-488-1105.

From the *Spread Joy Convoy* Van Parade

