

Community

IMPACT REPORT

Due to the current health crisis, our FCC Neighbors need home delivery of meals now more than ever. Thankfully, our wonderful Volunteers are stepping up to meet the increased demand!

Strict safety protocols and program restructuring were developed and implemented to keep our cherished Volunteers and Neighbors protected and healthy.

Together, during this challenging time, we are committed to meet the needs of our homebound Neighbors by delivering nutritious meals and loving kindness to fight against hunger and social isolation.

PAUL ABEL, MOBILE MEALS MANAGER, COORDINATING MEALS AT HONOR HEALTH, OUR PARTNER



See what we've been doing!

SERVING
our Neighbors
where **IT**
COUNTS



EXECUTIVE DIRECTOR, ROBIN COCHRAN, AND MOBILE MEALS
CAPTAIN PAM WOLD DELIVERING MEALS TO FCC NEIGHBOR PETER POOLE

March through September

Our Volunteers

Delivered

8,619

**Mobile Meals
To Our Neighbors**

**Thank you
volunteers!**

That's **58%**
more than the same
period last year!

Safety First

RELAUNCHING OUR SERVICES

The FCC Board of Directors has approved a COVID compliant plan to safely restart the following select services for our FCC Neighbors:

Beginning October 1, 2020

MEDICAL TRANSPORTATION

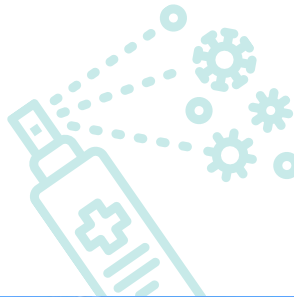
Starting with dialysis, cancer treatment, cardiac and crucial eye appointments only.

VAN TRANSPORTATION

Reopening with select trips for crafting and educational programs

HANDYMAN SERVICES

Will begin with approved projects



SAFETY PROTOCOLS FOR ALL SERVICES INCLUDE PHYSICAL DISTANCING, MASK WEARING AND SANITIZATION PROCESSES FOR VOLUNTEERS, NEIGHBORS AND FCC TEAM.



WE ARE ALSO HAPPY TO ANNOUNCE

The suspension of new Neighbor Intakes has been lifted and we look forward to meeting additional community needs.

COMING SOON!

THE FCC "FLU VACCINE VAN"

This year more than any other, health professionals are advising that older adults who are vulnerable to viruses get vaccinated for the flu. We are teaming up with the Maricopa County Department of Public Health to offer free vaccinations in the comfort of your home during October and November. That means NO COST TO YOU!

In proud partnership with:



How It WORKS

Foothills Caring Corps will provide transportation for a nurse from the Maricopa County Department of Public Health to come to your home to administer the flu vaccination.

PLEASE CONTACT FCC

480-488-1105

by **October 9, 2020** to sign up for this program.

You may qualify for this service if you: are 55 or older **and** do not drive or otherwise have ready transportation to obtain the vaccination elsewhere.

CANCELLED

OUR ANNUAL GOLF TOURNAMENT

As COVID-19 continues to change the way our world operates, the leadership of the Foothills Caring Corps has made the difficult decision to cancel our annual Mirabel Golf Tournament for this year.

Safety for all is our top priority. While we are sad to cancel this year's Tournament, we have determined that a large group gathering and the current health risks would go against our goal of keeping our community safe and healthy. We hope that you understand this difficult decision we have made.



A special thank you to
Mirabel Golf Club for
hosting our Annual Golf
MIRABEL Tournament over these
last years. We cannot wait to play in 2021!

Our Neighbors still need help!

While our golf tournament may be cancelled, we need your support to keep our programs up and running. The pandemic has only increased our Neighbors' need for support and the Foothills Caring Corps continues to be more active than ever.

DID YOU KNOW?

The Foothills Caring Corps golf tournament is one of our largest annual fundraisers and a major contributor to our total revenue

YOU CAN STILL HELP!

Sponsorships and donation opportunities are still available.



foothillscaringcorps.com/golf



MEET YOUR FCC TEAM!

Front Row: Paul Abel, Melanie Gotcher, Robin Cochran, Donna Guerin

Back Row: Betty Obermeyer, Poppy Peterson, Melissa Glover, Nancy Cohrs, Maria Pryce, Val Prue

@foothillscaringcorps

STAY CONNECTED WITH US!



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September is

FALL PREVENTION AWARENESS MONTH

Older adults can take simple steps to be safe from preventable falls at home and in the community.

SEE THE LIGHT Stay current with regular eye exams, and use caution when adjusting to new eye glass prescriptions. Use adequate lighting in your home to make night mobility safer. Wearing face masks can be distracting or cause obstructions to your field of vision.

CREATE SAFE SPACES Over half of all falls occur in the home. Reduce clutter and select nonslip flooring. Grab bars, stair railings and ramps can help make moving about your home less of a challenge.

KEEP MOVING Preventing a fall requires strength, balance, and coordination. Regular exercise can maintain and improve all three. Address physical limitations with appropriate supportive or assistive devices, like a brace, cane or walker. Falls are predictable and preventable – be safe!



Cynthia Driskell, PT
Carefree Physical Therapy



FOOTHILLS
CaringCORPS
Hugs & Help Happen Here

7275 E Easy Street Suite B101 | P. O. Box 831
Carefree, Arizona 85377

480.488.1105 | Services@FoothillsCaringCorps.com
foothillscaringcorps.com