

Foothills Caring Corps Newsletter

Winter 2021

FOOTHILLS
CaringCORPS
HUGS & HELP HAPPEN HERE

SPREADING JOY WITH THE CUPID CONVOY

"Be my Valentine?" was a question posed by volunteers and staff of Foothills Caring Corps recently on its Cupid Convoy. This celebration of Valentine's Day was the latest edition of FCC's series of convoys visiting Neighbors during the COVID-19 pandemic.

Enthusiastic and smiling (under their masks), participants dressed in pink or red clothing with heart-themed accessories. The convoy consisted of decorated FCC vans and private vehicles, which paraded around the community to visit dozens of Neighbors, spreading loving wishes and sharing Valentine's Day treats.



Treat bags with baked goods, candies, an FCC teddy bear, heart decor, word puzzles, and cards were shared at each stop. With February being American Heart Month, everyone was also given a list of heart-healthy eating tips, provided by Paradise Valley Community College nutrition students. Handmade Valentine's Day cards were contributed by many members of the community, including Girl Scout Troop 783, the Newcomers Club of Scottsdale, and the Cactus Shadows High School National Honor Society.



MEET OUR NEW MARKETING & COMMUNICATIONS MANAGER

Foothills Caring Corps is excited to welcome Bethany Mok to the team as our new Marketing and Communications Manager! Bethany has worked with nonprofit organizations across the Valley, including UMOM New Day Centers, the Arizona Chapter of the Leukemia & Lymphoma Society, and Mothers Awareness on School-Age Kids (MASK). With a background in marketing, fundraising, and development, Bethany brings an extensive range of skills and experiences to FCC.



Bethany will be working with our Executive Director to create, develop, and implement a strategic marketing and fundraising plan that will be sustainable for FCC. Additionally, she will be our brand ambassador, designing marketing collateral, working on the newsletter, and sharing stories from our Neighbors.

Bethany is a native Arizonan and received her B.A. in Communication Studies from the University of San Diego. Outside of work, Bethany serves on the Executive Board of the Phoenix Pi Beta Phi Alumnae Club, practices yoga, and enjoys spending time in nature.

THANK YOU TO OUR CARING COMMUNITY PARTNERS!

SUPPORT YOUR NEIGHBORS AT



36889 N Tom Darlington Dr. Carefree, AZ 85377

During the month of March, customers can choose to "round up" their purchase to the nearest dollar and the extra change will be donated to Foothills Caring Corps!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVING AND GROOVING WITH THE Y!

We are excited to share that the Desert Foothills Family YMCA is offering an online way to stay engaged in healthy living by breathing, moving, and laughing alongside specially trained instructors! If you are interested, you can call FCC team member, Maria at (480) 488-1105, she is happy to help get you connected with these classes!

Chair Yoga with Lori: Mon. & Wed. @ 10 AM
Silver Sneakers: Tues. & Thurs. @ 9 AM
Classes taught via Facebook Live



A MILLION THANKS! As you may know, FCC has a Medical Equipment Loan Closet. We are beyond excited to announce that the Desert Foothills Leadership Academy has initiated an innovative project to take us paperless! The goal of this project is to create, design, and implement an electronic borrowing system for Neighbors and community members to check out available medical equipment. This will allow us to keep a virtual log of the equipment that has been donated, what items are in our inventory, and who has items checked out. With this new system, the Loan Closet will become more efficient, organized, and accessible for all users, volunteers, and FCC staff members!

About the Desert Foothills Leadership Academy: "The Carefree-Cave Creek Chamber of Commerce and The Holland Center announced the creation of the Desert Foothills Leadership Academy in Fall 2020. This exclusive partnership was driven by a strong community desire to be a part of the creation of our future leaders. Their mission is to educate, energize, and engage emerging leaders with a goal of enriching community life while responsibly sustaining natural resources for generations to come." [Source: www.desertfoothillsleaders.org]



**WE'RE GRATEFUL FOR
OUR PARTNERS IN
COMMUNITY HEALTH!**

Did you know? In addition to our Mobile Meals program, we're partnered with Foothills Food Bank & Resource Center to supply food boxes directly to home-bound Neighbors! Their mission is to provide food, referral information, and financial assistance to individuals and families in need within their service area.

To learn more about their services and how to receive help, call (480) 488-1145 or visit their office, located at 6038 E. Hidden Valley Drive, Cave Creek, AZ 85331.

THE VALUE OF OUR VOLUNTEERS: PRICELESS!



Head

Tracking volunteer time is critical for calculating the true cost of programs here at Foothills Caring Corps! This information provides insight for funding and is required to be reported to the IRS and our grantmakers. **Did you know that an hour of volunteer time is worth approximately \$27/hour?** When volunteers track and report their volunteer hours, it allows us to be intentional in planning our services and programs so that we may best meet the ever-changing needs of our Neighbors and community. This data is vital for strategic planning, setting goals for growth and improvement, and ensures financial stability and regulatory compliance.



Hands

All of the services provided through Foothills Caring Corps are 100% reliant on volunteers. FCC volunteers allow us to provide our essential programs and services. They are truly the hands and feet of our organization! Recording which Neighbors are receiving which services is critical and the logging of time ensures coverage under our liability insurance. Though reporting volunteer hours may seem tedious, we've created an easy form for volunteers to fill out and submit online to help streamline the process.



Heart

Actions speak louder than words. This is how we know that our volunteers have the biggest hearts! Our volunteers are mission-driven, just like our FCC staff members. The joy that comes from helping a Neighbor is unlike any other. We hope that seeing the smiles brought to so many faces warms volunteer hearts as much as they warm our own. When we are able to share information about the collective service hours that volunteers have contributed, it shows our community how compassion is put into action!

HEART-HEALTHY EATING TIPS



Enjoy

Fruits, veggies, whole grains, beans, lentils, nuts, seeds, lean-animal based proteins (chicken or fish), and plant-based proteins.



Limit

Sugary beverages, excess salt, processed carbohydrates, processed meats, full-fat dairy and eggs.



Avoid

trans-fat and partially hydrogenated oil (found in a lot of commercially processed baked goods).

Tips:

- Cook more at home
- Check food labels
- Aim to walk 30 minutes each day
- Use fresh herbs or citrus instead of salt
- Try olive oil instead of butter

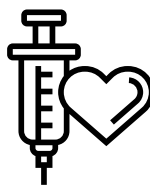
[Source: Paradise Valley Community College Nutrition Students]

"PROJECT WELLNESS"

With COVID-19 vaccinations becoming more readily available, we want to make sure that you can access and navigate these services!

1. To find out more about scheduling an appointment to receive a COVID-19 vaccine, call our office at (480) 488-1105.
2. To coordinate transportation to receive your COVID-19 vaccination, please call at least 5 days before your scheduled appointment.
3. For more information about when and where you can receive the COVID-19 vaccination, visit:

<https://www.maricopa.gov/5641/COVID-19-Vaccine>





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Same products, same prices, same services! When you shop online at smile.amazon.com, Amazon makes a charitable donation at no additional cost to you. Select Foothills Caring Corps as your charity of choice and support our mission as you shop!



TELL YOUR TAX DOLLARS WHERE TO GO

Your gift to our Neighbors in need can be claimed **dollar-for-dollar** as Arizona Charitable Tax Credit!



**DEADLINE TO RECEIVE
AZ TAX CREDIT:
April 15, 2021**



MAKE A GIFT TODAY

Call our office at: (480) 488-1105

Donate online at: foothillscaringcorps.com/donate/tax-credit

Mail a check to: Foothills Caring Corps, Inc. PO Box 831
Carefree, AZ 85377 Memo: AZ Tax Credit

QCO: 20612