

# FOOTHILLS CARING CORPS

P.O. BOX 5892  
CAREFREE AZ 85377  
(480) 488-1105

FCC Office Hours  
Monday - Friday  
8:30 am - 4:30 pm



Upcoming Dates  
To  
Remember  
Volunteer  
Orientation  
October 9  
November 13  
9-11 a.m.

Fundraising  
Meeting for  
Auction  
Solicitation  
Volunteers  
October 13  
8:30-9:30 a.m.  
October 22  
3:30-4:30 p.m.

Van Drivers  
& Assistants  
Breakfast Meeting  
October 16  
8:30-9:30 a.m.

Quarterly  
Congregational  
Liaison Meeting  
October 28  
10-11 a.m.

All meetings are  
scheduled to be  
held at Christ  
Anglican Church,  
McGinnis Hall

# Foothills Caring Corps News

OCTOBER 2008

A program of Foothills Community Foundation

**Only a few seats left...call today! Reduce your insurance rates!**

## Driving Safety Classes

Driving safety classes at no cost to you! Attend our AARP sponsored class and receive a certificate that will *reduce your insurance rates*. We will have two classes each one totaling eight hours. Space is limited to 25 people per class. Each class is held from 8:00 a.m. to 12:30 p.m.



First half of class #1	October 20th (4 hours)
Second half of class #1	October 22nd (4 hours)
First half of class #2	November 3rd (4 hours)
Second half of class #2	November 5th (4 hours)

Classes are held at Christ Anglican Church,  
McGinnis Hall, 35500 N. Cave Creek Road  
Call **480-488-1105** to sign up now.



## Mini Fundraiser

### The Harry Mathews Concert Friday, November 7th, 2008



Back by popular demand! Harry offers a dynamic performance with his almost 30 years experience as a Professional Entertainer! Harry is an excellent Vocalist, Saxophonist, Pianist & Guitarist. He is simply "**amazing**". His styles include jazz, standard & popular songs for the 1940's to present day music! He is sure to please all age groups with his unique blend of comedy, music & interaction with the audience.

***You won't want to miss this performance!***

**This mini fundraiser will benefit the Foothills Caring Corps  
by assisting with our Mobility Programs:**

#### **Vans Program**

**Medical transportation routes  
Maintenance of fleet vehicles**



Tickets are just \$25 and may be  
purchased by calling  
**480-488-1105.**

The concert will be held at the  
Desert Hills Presbyterian Church  
located at 34605 N. Tom Darlington Rd.  
Scottsdale, AZ 85262



## Attention! Van Drivers and Assistants

We have scheduled a special meeting for all volunteers who are trained van drivers and assistants and any of you who are interested in becoming a van driver or assistant.



**Thursday, October 16, 2008**

**8:30 to 10:00 a.m.**

**McGinnis Hall at Christ Anglican Church**

It has been a busy two years since we had our last meeting and it is now time to reconvene and discuss where we are going with our transportation services.

Mini oversight of: Cadillac, Caravan, and Valley Metro



**Help us by donating \$\$\$ for lettering and painting our newest van. The cost will be \$1000. To donate, please call Debbra at 480-488-1105.**

## SAVE THESE DATES

**November 7 from 7:00 - 8:30 p.m.**

The Harry Mathews Concert to be held at the Desert Hills Presbyterian Church

**November 26 at 7:00 p.m.**



An Ecumenical Thanksgiving Eve Service is planned for November 26th at St. Gabriel Church. Details to follow. Save this evening for this major celebration with proceeds supporting Foothills Caring Corps.

**December 3 at 1 p.m.**

Stay tuned for our special event produced by the Desert Cactus Kickers, a Dancing Grannies Group from Cave Creek.



### One of our Partner Churches' Event:

Jewelry & Accessories  
Trunk Show

**Saturday, October 11, 2008**

**9:00 a.m. - 5:00 p.m.**

Christ the Lord Lutheran Church  
9205 E. Cave Creek Road (1 mile east of Pima)  
480-488-2081

## The Great Pumpkin

Everything You Ever Wanted To Know About Pumpkins But Were Afraid To Ask...

~Pumpkins are fruits. A pumpkin is a type of squash and is a member of the gourd family (Cucurbitaceae), which also includes squash, cucumbers, gherkins, and melons. ~The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds. ~Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere. ~In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." ~The name was translated into English as "pompions", which has since evolved into the modern pumpkin." ~Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron. ~The largest pumpkin ever grown was 1,689 pounds. It was grown by Joe Jutras of North Scituate, Rhode Island. ~Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.



## Be in the know....

### Room at the Table?

Foothills Caring Corps and Foothills Food Bank are planning to match those of you alone for the upcoming Thanksgiving and Christmas/Hanukah holiday meals with those of you who have room at your table. Call us and let us know your interest. We'd like



to get this lined up by late October. Call today **480-488-1105**



### Shop & Give

**It's easy to support us every time you buy groceries Bashas.**

1. Link your Thank You Card to our Group ID Number (just once at the beginning of the program) at any checkout.

Foothills Caring Corps Group ID Number:  
**24364**

1. From September 1, 2008 - March 31, 2009, be sure that your Thank You Card is scanned every time you shop at Bashas.
1. Bashas designates a portion of your purchases back to us at the end of the program.

**Raise funds for us at absolutely no cost to you!**

For more info, visit [ww.bashas.com/charity](http://ww.bashas.com/charity)

### Housing Arizona



According to Governor Janet Napolitano...Arizona families in need of help to stay in their homes will have some help to prevent foreclosure. If you are falling behind on your mortgage payments, you may call the Housing Arizona Hotline at **1-877-448-1211**. The hotline will put you in touch with local foreclosure counselors so that you may receive advice and guidance. No family should ever have to worry about losing the roof over it's head.

### Staying Active:

12 Tips to help

There are many ways to build more activity in your daily life and improve your health. Here are 12 tips to consider:

1. Take the stairs instead of the elevator
2. Walk to a neighbor's house to chat instead of using the telephone.
3. Organize your housework so you can use more energy.
4. Get off the bus a block early and walk home.
5. Mow your lawn.
6. Sweep your walks and patio.
7. Park at the far end of the parking lot.
8. Walk to the store.
9. Take your dog for a walk.
10. Enroll in a dance class.
11. Move around your house as you open your mail or watch T.V. instead of sitting in your easy chair.



## Upcoming Events

### Clergy & Professional Forum

*Practical Resources for Caring for People in Grief,  
with Chronic Illnesses, and near End-of-Life*

Hospice of the Valley and Foothills Caring Corps invite you to attend a forum for Clergy, Staff, and Professionals of the North Valley Faith Communities. Whether you are providing care directly, helping to coordinate care for others, or seeking a broader understanding of people's experiences at one of the most vulnerable times in their lives, this forum is for you.

**Tuesday, October 21, 2008**

**8:15 a.m. to 12:30 p.m.**

**with registration beginning at 7:45 a.m.**

Christ Anglican Church - McGinnis Hall  
35500 N. Cave Creek Road in Carefree

Lunch will be provided

Please RSVP by 10/17/08

by calling 602-636-5391

*There is no charge for this event!*

### The Way We Wore Fashion Show

The Way We Wore Fashion Show to benefit Desert Foothills Library will be held on Friday, October 10th at 4:00 p.m. at the Desert Foothills Library.

If you would like to attend and want information about transportation, please call the office at  
**480-488-1105.**

### Low Vision Expo

Mark your calendars now for the next Vision Rehabilitation and Technology Expo. The event will include excellent speakers and an exhibit hall with the latest in technology and services for individuals who are blind or visually impaired.

**Friday, November 14, 2008**

**9 a.m. to 4:00 p.m.**

Glendale Civic Center  
5750 W. Glenn Drive in Glendale

*Technology that will change your life!*

If you, or someone you know has experienced a loss of vision — plan to attend this event!

To reserve your space, call Jayne at **480-488-1105.**



**Foothills Caring Corps**

Post Office Box 5892

Carefree, Arizona 85377

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COMMUNITY  
FOUNDATION

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Cave Creek, AZ



**Foothills Caring Corps Annual Booklets are available at the office**