



P.O. BOX 831  
CAREFREE, AZ  
85377



Upcoming Dates  
To  
Remember

**Volunteer  
Orientation**

**Second Thursdays**  
August 11  
September 8  
9-11 a.m.

**Van Transportation  
Training  
Level I**

August 18  
September 15  
9-10 a.m.



The office will be  
closed on Monday,  
September 5 for  
Labor Day

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

Phone 480.488.1105  
Fax 480.488.8117

# Foothills Caring Corps News

www.FoothillsCaringCorps.com

AUGUST 2011

## SAVE THE DATES



2012 Cash & Caring Raffle  
and Taste of the Foothills

**Thursday, March 29, 2012**

el Pedregal

Guess who is holding our first ever  
Golf Tournament?



**"MASK"querade Ball  
at el Pedregal Ballroom**  
November 4, 2011  
7:00 - 10:00 p.m.

We need two additional sponsors to  
help underwrite the cost of the Band.  
Please contact Debbra with your ideas  
at [DebbraD@foothillscaringcorps.com](mailto:DebbraD@foothillscaringcorps.com).



**Foothills Caring Corps  
Golf Tournament**  
Monday, November 21, 2011  
10 a.m. Scramble Start

Mirabel is a fabulous golf course to play.  
Please join us as a player and/or sponsor.  
For more sponsorship information contact  
[segilr@cox.net](mailto:segilr@cox.net).



Billie Chanute

***“I wouldn’t give up volunteering for anything,” said Billie Chanute***

Sometimes the greatest joys come in the most unexpected ways.

Such is the case with Billie Chanute and

Anne Iarocci, who both started volunteering their time to serve elderly neighbors, expecting nothing in return.

Instead, they gained much when they each found a best friend.

The ladies, who are quick with a laugh and a smile, and are able to finish each other’s sentences, met in 2002 when they volunteered to be on a team to assist the elderly in the neighborhood.

Today they continue volunteering every Wednesday morning for the Foothills Caring Corps, helping the organization to provide van transportation, medical transportation, mobile meals, minor home repair and friendly visits to elderly neighbors who wish to remain independent and in their homes.

The team has grown and so have the programs. The needs continue to grow the program and generous supporters assist in this growth.

One of the tasks that Chanute and Iarocci are responsible for include the orientation packets which each po-



Anne Iarocci

tential volunteer receives.

Volunteers are given training, guidance and oversight to ensure a quality experience. They are allowed to self-select areas in which they would like to be involved and are not required to contribute a minimum number of hours.

“The Caring Corps opens their arms to people with a variety of skills, interests and talent. Everyone has a special gift to contribute,” said Caring Corps Executive Director Debbra Determan.

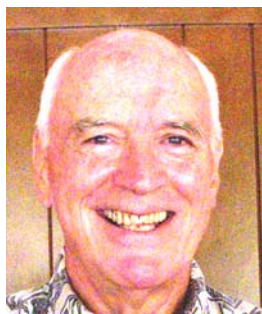
If you or someone you know would like to get involved with like minded individuals who have joined together to help others, the organization conducts monthly volunteer orientation sessions every second Thursday. Join us, in the process you might just make a friend.

“I wouldn’t give up my Caring Corps volunteer work for anything,” said Chanute.

“We threaten retirement,” said Iarocci, but she doesn’t have any plans of giving up her volunteer work soon, she adds with a smile.

*Kim Prince  
Public Relations Advisor*

***“The more you put into something, the more you get back”***



Arthur Gimson

While growing up in England, my parents taught us (my two brothers and me) to be helpful to those needing assistance. Times were tough during and following World War II, and neighbors helped neighbors, whether it was loaning a cup of sugar, or letting someone use the phone (we had one of the few phones on our street, and it was a party-line at that). My

mother donated blood and helped with Meals on Wheels. My father ran a youth group at the local church; both were active in the local community. While at school, I became a Boy Scout and helping others became

a part of my life. In business, I was a member of a Kiwanis Club, and later was a Rotary Club member. During my forty years of business, I kept hearing, “the more you put into something, the more you get back”...it is true.

Now retired, I can still help those that need assistance, and the more van trips I drive, the more I get back. There has not been a single trip where I did not hear words of praise for the Caring Corps, and words of thanks from the “neighbors”, extolling what a great service that is provided. The chatter, the laughter, and the banter, obviously enhances the quality of life for those on the vans, but it also makes me feel good. I certainly don’t do it for the money, but the enjoyment is far better than getting a paycheck!

*Arthur Gimson  
Caring Corps’ Volunteer*

# Educational & Outreach Programs

**Come join us!  
Help us to create safe  
environments for our Neighbors  
and ourselves!**

**Friday, August 12  
10:00 - 11:00 a.m.**

FCF-Holland Community Center  
Quail North Room  
34250 N. 60th Street  
Scottsdale, AZ

Patty Jo Angelini, Public Education Officer  
will be speaking to our Volunteers about the fire  
department's "Home Safe Home" program.

Volunteers will be trained to do a home visit with a  
volunteer firefighter who assesses the Neighbor's home  
for trip and fall hazards, adequately operating smoke  
detectors and potential need for assistive devices.

Seating is limited  
Please RSVP at 480.488.1105



## CANCER EDUCATION AND SUPPORT FORUM



A meeting will be held on  
**Saturday, August 13**  
beginning at **10:00 a.m.**

Good Shepherd of the Hills Episcopal Church  
6502 E. Cave Creek Road  
Cave Creek, AZ

We invite you to join us for coffee and  
cookies, followed by a presentation  
by Sherry Zumbrunnen, a Registered Nurse  
from Virginia G. Piper Cancer Center.

The topic will be Spiritual Wellbeing:  
Finding Meaning in Illness.

A discussion period will follow the presentation.  
Anyone whose life is impacted by cancer is  
welcome to attend.

**Please R.S.V.P. at  
480-488-3283  
if you plan to attend.**

*Virginia G. Piper Cancer Center*



## Keeping a Youthful Attitude

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them -- that is why you pay them.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it's family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don't take guilt trips. Take a trip to the mall, even to the next county. Travel to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

### Quotes from Will Rogers

#### About Growing Older...

First ~ Eventually you will reach a point when you stop lying about your age and start bragging about it.

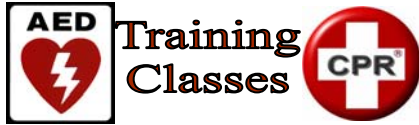
Second ~ The older we get, the fewer things seem worth waiting in line for.

Third ~ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

...more to come next month



# Sign-up for these Important Dates



AED/CPR class will be held on the following date:

**Wednesday, September 14<sup>th</sup>**

The class will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$20 fee requested. We need to have 10 people signed up for each class to make it a productive class. It is critical that all volunteers be trained in AED & CPR. With the new guidelines and methods, this class is quite valuable for all of you to feel comfortable to do something when someone needs help.

Call Nancy at 480.488.1105 or e-mail, [NancyC@foothillscaringcorps.com](mailto:NancyC@foothillscaringcorps.com) to reserve a space.

## Fingerprinting

Fingerprinting will be handled on an individual basis for the months of August and September. Please contact Nancy Cohrs for further details if you are interested in being fingerprinted. Call Nancy at 480.488.1105 or e-mail, [NancyC@foothillscaringcorps.com](mailto:NancyC@foothillscaringcorps.com). Specific times for fingerprinting will resume in October.



## New Basic Computer Class

**Wednesday, September 28**

9:00 - 10:00 a.m.

Desert Foothills Library

Free class aimed at Seniors who want to learn the basics of using a computer. Training through Desert Foothills Library.

At a future date volunteers with Foothills Caring Corps will be available to teach Windows and how to surf the internet.

**Register early at 480.488.2286.**



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