

# Foothills Caring Corps News



P.O. BOX 831  
CAREFREE, AZ  
85377



Upcoming Dates  
To Remember

## Volunteer Orientation

Second Thursdays

February 9  
March 8  
9-11 a.m.

## Van Transportation Training Level I

February 16  
March 15  
9-10 a.m.



**Purchase your  
Raffle Ticket today**  
Call our office at  
**480.488.1105**  
Credit cards accepted

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

Phone 480.488.1105  
Fax 480.488.8117

[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)

JANUARY - FEBRUARY 2012

## What are Your Thoughts?

Hello Folks and Happy New Year 2012,

Our generous supporters, volunteers and diligent staff have allowed Foothills Caring Corps to meet increasing demand for services through 2011. The need for our traditional programs—Van Transportation, Medical One-on-One Transportation, Mobile Meals, Friendly Visiting, Respite Care, Minor Home Repairs and Care Alert—are all continuing to grow and all indications are that these needs will only increase in the new year. But the change in the calendar gives cause to think about how we are doing with our traditional services and are we ready to add more to our service delivery? I'm welcoming your comments and suggestions. Let me know how we are doing. I'd also like to know what you might think about a few additional services we've had requests for. We welcome your ideas, and toss out a few here to get the creative juices flowing.

What if we incorporated pets into the Friendly Visitor program? Would your dog enjoy getting out and spreading the love to new people? Would you like to make a new four-legged friend?

How about using all those out-of-date computers to help Neighbors connect to children, grandchildren and others via email, or—if you can imagine—Facebook or Twitter?

FCC is the vehicle to do great good for our Neighbors and community, what are your ideas to improve it? I hope to hear from you.

*Warmest Regards,*  
*Debra Determan, Executive Director*  
*DebraD@FoothillsCaringCorps.com*

## Cash & Caring Raffle / Taste of The Foothills March 29th at el Pedregal 5:00 to 8:30 p.m.

Come join the fun! We are celebrating our 13th year of operations. This fun•d•raiser is wrapping up our 2011-2012 Annual Campaign. Your support helps us maintain our ongoing services. Please join us!



If you are interested in volunteering, please call the office at 480.488.1105

## To an almost old person,

I never really liked the terminology "Old Person" but this makes me feel better about it. And if you ain't one, I bet ya you know one! I got this from an "Old Personal friend of mine"!

### OLD PERSON PRIDE

I'm passing this on as I did not want to be the only old person receiving it. Actually, it's not a bad thing to be called, as you will see.

- Old People are easy to spot at sporting events; during the playing of the National Anthem. Old People remove their caps and stand at attention and sing without embarrassment. They know the words and believe in them.
- Old People remember World War II, Pearl Harbor, Guadalcanal, Normandy and Hitler. They remember the Atomic Age, the Korean War, The Cold War, the Jet Age and the Moon Landing. They remember the 50 plus Peacekeeping Missions from 1945 to 2005, not to mention Vietnam.
- If you bump into an Old Person on the sidewalk he will apologize. If you pass an Old Person on the street, he will nod or tip his cap to a lady. Old People trust strangers and are courtly to women.
- Old People hold the door for the next person and always, when walking, make certain the lady is on the inside for protection.



- Old People get embarrassed if someone curses in front of women and children and they don't like any filth or dirty language on TV or in movies.
- Old People have moral courage and personal integrity. They seldom brag unless it's about their children or grandchildren.
- It's the Old People who know our great country is protected, not by politicians, but by the young men and women in the military serving their country. This country needs Old People with their work ethic, sense of responsibility, pride in their country and decent values. We need them now more than ever.

### Thank God for Old People

Pass this on to all of the "Old People" you know.

I was taught to respect my elders. It's just getting harder to find them.

## Nutritional Intern Alert



Paradise Valley Community College Nutrition Students will be joining us again in February! The student interns are nearing graduation and eager to provide basic nutrition education, disease specific diet assistance, menu planning and shopping, as well as helpful tricks for gaining or losing weight. The interns will be working with our Neighbors to provide friendly nutrition visits, assistance with one-on-one grocery store shopping, and meal planning. Please contact Nancy at Foothills Caring Corps for more information and/or to set up an appointment with a nutritional intern! 480.488.1105

Are you interested in becoming a local community liaison for FCC? Your job would be to help us with Public Relations in a small geographic area within our service area.



We need help to distribute flyers, brochures for our various events as well as brochures in standard public areas. In addition, we would like this liaison to help recruit volunteers in that same geographic area.

Perhaps you can be our liaison for your homeowners association, neighborhood or community. Please give us a call and we'll be happy to talk with you a bit more about this. Ask for Pat at 480.488.1105.

Thanks!

## Community Outreach



### Cancer Support Group meets

**Friday, February 3rd  
10:00 a.m.**

Good Shepherd of the Hills  
Episcopal Church

6502 E. Cave Creek Road in Cave Creek

For more information, please call 480.488.3283

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### Desert Foothills Library presents

“Coffee and Crime Mystery Author Series”

**Thursday, February 23rd  
2:30 - 4:00 p.m.**

Meet local mystery author, Betty Webb and enjoy gourmet coffee and treats in a beautiful social setting.

Desert Foothills Library  
38443 N. School House Road, Cave Creek  
For more information call 480.488.2286  
[www.desertfoothillslibrary.org](http://www.desertfoothillslibrary.org)

## Valentine Soirée



Neighbors are invited to attend our  
2012 Valentine Soirée.

**Tuesday, February 14th  
1:00 to 3:00 p.m.**

Desert Foothills Lutheran Church  
29305 N. Scottsdale Road  
Scottsdale, AZ 85262

**Please call to RSVP at 480-488-1105**

## Foothills Caring Corps' Van Fleet Update

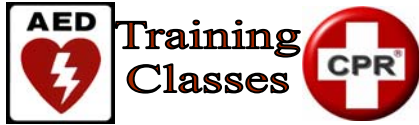


December 9th Foothills Caring Corps added our 4th ADOT Van to our fleet which gives us a total of 5 vans. The newest vehicle in the fleet is “The Dodge.” It is a modified Caravan with a very simple lift and perfect for the medical transportation trips for our Neighbors with disabling conditions. The ramp makes it very easy for those in wheelchairs or those who can walk up with no steps involved. This van comes to us at a time when we find our transportation needs increasing based on so many special needs. Through an ADOT RFP grant process we have been awarded all but one of our vans.

Our award for this new year is a larger van that will be a replacement for the first van we bought in 2004. We also received a Mobility Management Grant (the second granted in Maricopa County). This grant is to encourage and support our work with coordinated transportation in the NE area of the county. We have stepped up our support and transport for our Library and the Holland Community Center. We are also looking forward to talking with our local Walmart to partner with them as well as the Veterans Administration. ADOT is trusting us to have our vans used to capacity every day getting people where they need to go. The possibilities are as endless as is the need. In order to meet the needs we are recruiting more van drivers and van assistants. We can use more help. Please consider coming in for an orientation to be trained to drive or assist. Please call us at 480.488.1105 if you have an interest. You can sign up for both a Level I and Level II Van Training.

*Jayne Hubbard  
Mobility Manager*

# Sign-up for these Important Dates



AED/CPR classes will be held on the following dates:

**Thursday, February 23<sup>rd</sup>**  
**Wednesday, March 21<sup>st</sup>**

The classes 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.

## Oncology Caregiver Training Session

Volunteers and Caregivers will have a wonderful opportunity to attend an Oncology Caregiver In-Service training session with the Virginia Piper Cancer Center. The training will focus on care of the oncology patient, to include the emotional, physical, mental and nutritional aspects of caring for someone with cancer.

**Friday, February 17th**  
**8:00 a.m. to 11:30 a.m.**

Virginia Piper Cancer Conference Center  
10460 N. 92<sup>nd</sup> Street  
Scottsdale, AZ 85258

Includes continental breakfast and educational materials  
Please contact Nancy Cohrs at 480.488.1105 or e-mail, [NancyC@foothillscaringcorps.com](mailto:NancyC@foothillscaringcorps.com) for more information or to RSVP.

This opportunity is funded by  
Carefree Homecare



P.O. Box 831  
Carefree, AZ 85377

Visit us at  
[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)