



P.O. BOX 831
CAREFREE, AZ
85377



Upcoming Dates
To
Remember

**Volunteer
Orientation**

Second Thursdays
August 9
September 13
9-11 a.m.

**Van Transportation
Training
Level I**

August 16
September 20
9-10 a.m.



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

JULY 2012

Foothills Caring Corps receives AED from Rural/Metro Partial reprint from Sonoran News - May 23, 2012 article

Because of the large number of elderly citizens served by the Foothills Caring Corps, Rural/Metro Fire donated a portable AED (automatic external defibrillator) to the organization last Thursday.

In addition to the AED, Rural/Metro has also provided free training to approximately 75 area citizens, employees and volunteers on its use as part of its CPR program.

The AEDs are fully automatic and provide complete speaking instructions on the device's use and the newest models even determine when and if to automatically provide shock without requiring the person(s) assisting to push a button, as in earlier models.

Rural/Metro provides free CPR training, including use of the AED, to Carefree residents through its designated CPR fund and charges non-residents a nominal \$25 fee.

Participants receive CPR certification for two years.

According to Rural/Metro Capt. Ryan Travis, AEDs will eventually become standard equipment at businesses much like fire extinguishers.

Due to the large number of cardiac arrest calls in the area, Travis said immediate access to AEDs on the premises can mean the difference between life and death.

Rural/Metro challenges local businesses to add AEDs for customer safety



Flanked by Rural/Metro firefighters, Capt. Ryan Travis presented Executive Director Debbra Determan with an AED (automatic external defibrillator) for the Foothills Caring Corps as Caring Corps' volunteers showed their gratitude for the donation.



Training Classes

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

Wednesday, August 15th

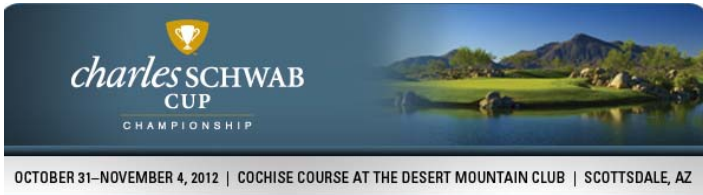
**Upcoming Dates for September & October
are available by calling the Caring Corps' office**



The class will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$25 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 to reserve a space.

SAVE THE DATES



Support Foothills Caring Corps, Inc. while watching the best of the best play golf

The Charles Schwab Cup Championship at Desert Mountain's Cochise course, Oct. 31 - Nov. 4.

When you buy your \$20 any-day grounds ticket (plus \$2 handling fee) through TICKETS Fore CHARITY and select **Foothills Caring Corps, Inc.**, 100% of the net proceeds go directly to our organization.

Your purchase will add funds to programs, like mobile meals and van transportation, that empower older adults and neighbors with disabling conditions to remain living in their homes independently.

Please TEE UP and support Foothills Caring Corps by contacting Melissa Galbraith to get the details, 480-488-1105.

Thanks for helping us SWING hard and go for our fundraising goals!

Foothills Caring Corps, Inc. enhances the quality of life for older neighbors and people with disabling conditions in our community through a force of volunteers and staff who provide basic needs such as food, medical transportation and activities.



TICKETS Fore CHARITY™
PRESENTED BY CHARLES SCHWAB FOUNDATION



November 21, 2012

7 p.m. Community Thanksgiving Eve Ecumenical Service

Hosted by

Christ the Lord Lutheran Church

9205 E. Cave Creek Road Carefree

480.488.2081

To Honor the Foothills Caring Corps

"MASK"querade Ball Monday, October 29, 2012



**6:30 p.m. Social
7:00 - 10:00 p.m.
Dinner & Dance
AFFINITY**

Tohono Ballroom
at el Pedregal
34505 N. Scottsdale Road
Scottsdale, AZ

Cost: \$75.00 per person
\$30 of your entrance fee is a tax-deductible donation for Foothills Caring Corps

Tables of 8 or 10 available for early reservation

For tickets, please call Foothills Caring Corps at 480.488.1105 or visit our website www.FoothillsCaringCorps.com to purchase tickets online through PayPal.

FOOTHILLS
CaringCORPS

Charity Golf Tournament November 19, 2012

MIRABEL

How you can be involved

SPONSORSHIPS

Title Sponsor: \$25,000 (includes 16 players)
Gold Sponsor: \$15,000 (includes 12 players)
Silver Sponsor: \$10,000 (includes 8 players)
Bronze Sponsor: \$ 5,000 (includes 4 players)
Hole Sponsor: \$ 1,500 (includes 2 players)
Individual Player: \$ 300

www.FoothillsCaringCorps.com

480.488.1105



Art Design by Bill Gunn

Save a place in your heart for Caring Corps...

*Would you become a Member of our
Legacy Circle of Support?*

We're asking you to include the Caring Corps in your planned giving program, in the form of a bequest. A charitable bequest is written in a will or trust and directs a gift to be made to a qualified exempt charity. A charitable bequest can help you save estate taxes by providing your estate with a charitable deduction for the gift. By designating Foothills Caring Corps, Inc. as the beneficiary of part or all of your IRA, the full value of the gift is transferred tax-free at your death, and your estate receives a charitable deduction.

There are many other opportunities such as cash, an outright gift of securities, a gift of real estate, or a charitable remainder annuity trust, to name a few.

Your planned gift can be accomplished in one easy step, call 480.488.1105 and talk with Debra Determan.

The Taste of Cave Creek 2012

Wednesday, October 17

&

Thursday, October 18

5 - 10 p.m.



Stagecoach Village
7100 E. Cave Creek Road, Cave Creek

Tickets only \$10 per day.
Food samples from \$2 - \$4

Tickets available at the Cave Creek Town Hall &
(coming soon) Taste of Cave Creek website.



GENERATIONS CONNECT

Foothills Caring Corps and Cactus Shadows High School

In the spring of 2012, Nancy Cohrs of Foothills Caring Corps asked if some of my students would be interested in interviewing the elderly residents of Cave Creek and Carefree. Since one of my class assignments is to interview someone "who lived in a time of history you didn't live," this was a natural! So began a relationship between the school and the community we hope will go on for years. (Barbara Hatch, World History Teacher, June 9, 2012)

And so Generations Connect Program began. The thought was to

"connect" high school students with Neighbors 90 years of age and older. Ten of Foothills Caring Corps' Neighbors participated. The students were paired up with a Neighbor for an interview. A FCC volunteer accompanied each student to meet with the Neighbor and their stories were told. The students learned about the difficulties of life during the Great Depression and the devastating affects of World War II on loved ones, family and friends. Their lives spanning 90+ years of joy, romance, fulfilling dreams, reaching goals, as well as losses and sadness were shared. An Architect, an Artist, a Teacher, Nurses, a Naval Officer, an Air Force Fighter Pilot even an original Rockette. The stories unfold each in their own riveting way and much

to the surprise of the students they were moved by the bond they made with their Neighbor. Some students asked if there was one important thing the Neighbor wanted to share. Here are a few of their responses. "Most importantly, never settle for having anyone step ahead of you. Anyone is capable of leading themselves", "Respect your parents because they help you more than they are appreciated", "Just remember you can do it", "Don't get old" which when explained meant "take life as it comes and enjoy it while it lasts" and the last words of wisdom "Never take life for granted". This experience was well received by both the students and the Neighbors and we are hoping to expand the program in the upcoming months.



Desert Foothills Library Homebound Delivery Service Coming October 1

Desert Foothills Library is in need of volunteers that are willing to be the heart of the community and enhance a homebound neighbor's quality of life by delivering library materials to library patrons that are unable to visit us. This service will only be successful if the Library has sufficient volunteers to meet the need for those who are homebound. An information session for volunteers will be held at the Library August 25, 10:30-11:30am. Register to attend by calling 480.488.2286 or email homebound@dfla.org.



John Amaral & Dana Ryan
Local Legion Veterans

Veterans assist with Transportation Program

Foothills Caring Corps is training a new group of volunteers. Local Vets have signed up as FCC volunteers to drive other Veteran's to appointments at the local VA Hospital. They will also assist in other medical transports as needed by the Veterans.

JUST A REMINDER!

To all of our Volunteers this is a reminder to log all of your volunteer hours each month. Accurate statistics help us with marketing, fundraising and grant writing. That extra half hour here and there adds up and can make a real difference! Volunteer timesheets are located at: www.foothillscaringcorps.com/hours



A Very special **THANK YOU** to
Ken Mathis and the team at
MATHIS SURFACES & DESIGN



Mathis Surfaces & Design fabricated and donated 50 granite heatstones for use in our Mobile Meals Program. The heatstones are used for keeping the meals warm while on the delivery route to our Neighbors. Mathis Surfaces & Design is a Phoenix based company serving all of Arizona since 1986 in sales and installation of tile, natural stone and granite slab fabrication. Their motto is "exceptional services" and that is just what FCC received.



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