



Upcoming Dates  
to Remember

Volunteer  
Orientation

Second Thursdays  
June 13  
July 11  
9-11 a.m.

Van Transportation  
Training  
Level I

June 20  
July 18  
9-11 a.m.

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Cancer Support Group  
June 8 at 10 a.m.  
Good Shepherd of the  
Hills Episcopal Church  
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The offices will be  
closed on  
Monday, May 27  
Thursday, July 4

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

JUNE 2013

## 2013 Putt for the Putt Putt with the Caring Corps



Photos by  
Cynthia Baloh Photography

The fiscal year for Foothills Caring Corps, Inc. is April through March. We thank you for your strong support during this past year and appreciate your support starting again this year with the first 18 hole putting tournament called the "Putt for the Putt Putt". A beautiful day was enjoyed by all participants, April 17, 2013. Lively music to help players sink their putts and wonderful food and libations made an enjoyable day. The friendly putting competition helped to support the Foothills Caring Corps programs. Specifically, funds were contributed for the 6 vans in the transportation program as well as funds for the Mobile Meals program. Thank you to our sponsors, the Tonto Verde Golf Club and the volunteers for a fun event.

Just as we have in previous years, we are putting together an annual review of FCC for the 2012-2013 fiscal year. Look for the Review in late August for our full report.

Charity  
Golf Tournament  
November 18, 2013

Save the Date!



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:	\$ 350

**www.FoothillsCaringCorps.com**  
**480.488.1105**

**What a well Planned Gift can do**

Your support of Foothills Caring Corps, Inc. can have a major impact on the programming and services we are able to offer the Foothills Community.

People are often surprised to learn that bequests and other planned gifts can be accomplished very simply.

There are different ways you can support the future of FCC by means of a bequest. Gift options include: outright gift of cash, outright gift of securities, outright gift of personal property, charitable gift annuity, bequest, gift of life insurance, charitable remainder annuity trust, gift of retirement assets, charitable lead trust, gift of real estate and charitable remainder unitrust.

Whichever you select, it is important that your attorney knows that bequests should be made to:

**Foothills Caring Corps, Inc.**

**P.O. Box 831, Carefree, AZ 85377**

If you are planning to make FCC one of your beneficiaries, we encourage you to tell us now. We can work with you and your advisors to make sure the bequest is planned and administered properly. It also gives us the opportunity to thank you and to welcome you as a member in the Circle of Legacy Leaders.

While annual gifts support the yearly budget, endowments allow us to launch important new programs and services to meet the ever increasing demand for services to older adults. Whether you choose to provide funds for immediate needs or establish a perpetual endowment, a bequest or other planned gift arrangement will probably be the largest contribution you'll make to support services to older adults in this community.



**Foothills Caring Corps Friendly Pet Visits**



Foothills Caring Corps has started a new program of friendly pet visits. Arlen Wonderlich DVM, and June Reilly have formed a committee

to administer the Foothills Caring Corps Friendly Pet Program. This program will allow certified pets and their owners to visit those in our community who want to have a dog back in their lives. Many of our neighbors have had family dogs or other pets in the past, but due to circumstances they cannot control, are no longer able to have a pet. And, many of these people miss having the companionship of a family pet. The Dog Therapy program will allow a dog and the dog's owner to come into the neighbor's home for friendly pet visits. We've already heard from some of our neighbors as to how important pets are in their lives and how excited they are about this program. We hope to be up and running within the next several months.

Many neighbors are already lucky to receive visits from Caring Corps volunteers. These volunteers usually visit weekly and

have established an ongoing relationship with the volunteer. This program will take it one step further by bringing an animal into the house for our neighbors to get to know and love. Anyone who is interested in dog visits can contact Foothills Caring Corps to be placed with a certified dog and owner. Dog therapy programs have proven to be very successful in adult and children's hospitals, nursing homes, hospice centers, and children's homes. We know that our friendly pet visit program will also be successful in bringing pet and owner visits to our neighbors in their own homes.

To be a member of the Foothills Caring Corps Friendly Pet Program, all dogs and handlers must pass the Canine Good Citizen test and be certified with Therapy Dog, Inc. prior to being able to do home visits. Dogs must also meet our veterinary requirements. We have a few "teams" ready to start friendly pet visits now and there are others who are in training and will be ready within a few months. If you are interested in being a part of this program, please stop in the office to pick up an information folder. We are excited about this new program and know that you will be also!

For more information, please call 480.488.1105.



## Beware of “Grandparent” Scam

Seniors should be cautious if they receive telephone calls from someone who claims to be their grandchild and requests money for an urgent situation. The Attorney General’s Office has received information that

the “grandparent scam” is in Arizona.

In this scam, the fraud artist calls an elderly person and poses as their grandchild. The caller may say something like, “Grandma, I am so glad I reached you” or “Grandpa, it’s me your favorite grandchild calling.” The caller waits for the grandparent to say something like, “Jimmy, is that you?” The caller will agree and state that he or she has either been in a bad accident or is in some type of trouble and needs money immediately. The caller then asks that the money be sent via money order or through a wire service such as MoneyGram or Western Union.

Here are some tips to remember to avoid falling for this type of scam:

Verify your family member’s whereabouts by directly calling another family member or the grandchild directly with the number you are familiar with. Do not call the caller with the phone number that person provided.

Don’t “fill in the blanks” for the caller. If the caller says, “This is your favorite grandson,” ask “Which one?”

*(For the full version of this Scam Alert visit [www.azag.gov](http://www.azag.gov))*

## Special Volunteer Summer Projects



We have two special projects that will keep a few people busy June, July and perhaps some of August.

### Historical Document Scanning Project

We have several boxes of historical documents that need to be scanned on the printer. These will be organized by year and by topic. We will then be able to shred much of what we have stored in our annex area. We’d like to encourage a couple teams of volunteers to assist us.

### Volunteer Application Scanning Project

We also have a one-two person job of scanning all of the volunteers application forms and their additional copies of materials into a volunteer file on our shared drive. This would be done at the office and could take several hours throughout the summer.

Please call Maggie to set up a time to come in and work on the Historical Document Scanning Project and please call Nancy for the Volunteer Application Scanning Project. 480-488-1105

## Dehydration Risk is Higher for Seniors

Summer is right around the corner, and as an Arizona resident, you know the temperatures are about to get intense. But did you know that extreme heat can be especially dangerous for seniors? This is because the ability to detect thirst actually decreases with age even though seniors tend to hold less water in their bodies. It is important to remember that drinking water is your best line of defense against dehydration. Make drinking plenty of water a priority and know the warning signs and symptoms of dehydration. Below are seven tips to increase water consumption.

1. Set a timer and drink a glass of water every time it goes off.
2. Use specific activities as a reminder to drink water. For example, make a point to drink a glass of water every time you get up to use the restroom, feed a pet, or open the refrigerator. Make drinking a glass of water

the first thing you do in the morning and the last thing you do in the evening.

3. Give water a fresh, appealing flavor by adding mint, lemon and other citrus fruits, cucumbers, and berries.
4. Eat plenty of water dense fruits and vegetables such as watermelon, cantaloupe, berries, tomatoes, and citrus. Did you know green cabbage is 93% water?
5. Snack on Jell-O and popsicles.
6. Avoid caffeinated beverages such as coffee, soda, and tea as well as alcohol. Drink a decaf iced herbal tea or lemonade instead.
7. Take a water bottle with you on outings. Keep water on your nightstand and next to your favorite chair.



## Are you dehydrated? Learn the signs and symptoms.

### Early signs of dehydration:

- Thirst
- Dry mouth
- Dark yellow urine
- Fatigue
- Irritability

### Dangerously dehydrated:

- Dizziness
- Confusion
- Muscle weakness or Cramps
- Sunken eyes
- Low blood pressure or increased heart rate



## Piggy Banks for the Caring Corps

As you know we look at many ways to help meet the needs of our communities. Some are big, many are little. We have one little way with our piggy banks for the Corps! Keep a bank for your loose change, when full, bring it in, we'll give you an empty one back and we'll give you a receipt for your donation.

Ask for a piggy bank from your volunteers or you can call 480.488.1105.

## Support the Caring Corps

Help support Foothills Caring Corps by using your Bashas' Community Support Card. Here's how it works. Purchase a support card for \$20 and receive the face value of \$20 and FCC receives an additional 6% bonus from Bashas'. Each time you reload your card you receive the full amount of the reload and FCC receives an additional 6% bonus. You simply ask for the reload at the check-out line.



Get started by stopping into the Caring Corps office and purchasing your \$20 card.

# *Bashas'*



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