

Ecumenical Community Thanksgiving Eve Service

Please join us for a lovely service
to begin the season of thanks

Wednesday, November 23rd
6:30 p.m. Service



Hosted by
Saint Gabriel
the Archangel
Catholic Church
32648 N. Cave
Creek Road
Cave Creek
480.595.0883

Offerings to Benefit the
Foothills Caring Corps

More information and photos to come from our very fun and successful
6th Annual Golf Tournament held at Mirabel on November 14th!
See our December newsletter!



The Power of Kindness



If you are like me a simple act of kindness, especially unexpected, can make my entire day. How great to have someone hold the door for you, help carry a load, tell you how nice you look or ask you how someone you love is doing. It is a reminder, in very concrete ways, that just by virtue of being a fellow person on this journey through life, you matter! It is so wonderful to be appreciated for just being you and not always for what you might have done that earned you that special care. Our Neighbors feel this every time you touch their lives. Your actions become messages that remind all of us of our common humanity and our responsibility to care for one another.



This is precisely why we are so thankful to be staff members at the Foothills Caring Corps. We get to witness your acts of kindness both to us and others every day and that is amazing. We are always being surprised! Your service sends us out the door each day with a sense of hopefulness and appreciation in the goodness of life. Volunteers, we love what you do, but we love who you are as well. Your kindness is infectious! It changes our community.



In this season of thankfulness lets all remember that acts of kindness are nuclear. They not only bring joy and well being to the one who receives but they have the power to affect all those who witness them as well. Thank you and may you be invited to slow down a bit, appreciate who you are and continue to show kindness to those you meet. It is powerful!

*Jayne Hubbard
FCC Staff*

Photos from Matt York Photography
and Edwina Starke

Safe Driving - Part I

There are more drivers over the age of 70 in the U.S. than ever before. With the largest population segment—baby boomers—beginning to enter their seventh decade, the number of older drivers on the road is likely to continue to increase.

If you are 70 or older, consider taking a Driver Safety Course through AAA, AARP, or other organization. It may be decades since you took your written and road tests to obtain your drivers license. Laws have changed. Cars have changed. Most likely, you have changed. A Driver Safety Course can help you attain the skills, knowledge, and adjustments you need to remain a good driver. It can also save you money on car insurance.

Follow these tips to be safe behind the wheel:

- Always wear your seatbelt, whether you are the driver or passenger, and regardless of where you are seated in the car.
- Drive during daylight and in good weather.
- Have annual eye examinations, and wear corrective lenses and sunglasses, as needed.

- Plan your route ahead of time, and find the safest route with well-lit streets and intersections with left turn arrows. Stick to familiar roads whenever possible.
- Don't tailgate. Leave one car length between you and the vehicle in front of you for every 10 miles per hour of speed.
- Avoid distractions, including eating, talking on the phone, adjusting the radio, and listening to loud music. Carrying on conversations with your passengers can also be distracting. Focus on driving.
- Do not text and drive. There is no safe way to multitask while driving.
- Do not drive tired. Studies show that driving drowsy can be as dangerous as driving drunk.
- Exercise regularly to increase strength, flexibility, mobility, and range of motion. Always check with your doctor before beginning any new activity.

Part II will be in our December newsletter.

Source: Life Advice—MetLife
(Autumn 2016 Volume 23, Number 4)

A-Ticket, A-Tasket, Thank You For Your Baskets...



Thank you Kiwanis Market Place, Melinda Berger and Ruth Germundson. The baskets donated came in handy when assembling raffle prizes for our 6th Annual Golf Fundraiser. We always welcome

baskets (large enough to hold 2 or 3 bottles of wine) that can be used at upcoming fundraisers. Please drop off your donations at the FCC office. All donations are appreciated and tax deductible.

Memorial Tree

In recognition of your contributions in memory of your loved ones who have passed, a Memorial Tree has been designed for the Foothills Caring Corps office. The



The Memorial Tree displays your loved one's name on gold, copper or silver leaves. The three leaf tones designate levels of giving. In addition the rocks and doves highlight major gifts. Together these names portray a beautiful wall of loved ones still in our memories. Please stop by to see the unique display in our office in Suite B102. If you would like more information about donating "in memory of", please call Debra Determan, Executive Director at 480.488.1105. Thank you for your memorial gifts. The tree was donated in memory of John Ford.



President's Corner

Since January, FCC has added 101—yes, you read that correctly, One Hundred and One, - new Neighbors to be served. In that same time period, we added 44 new volunteers. Almost a dozen of the people added for service this year are 90 years old or older. Few of these individuals would be living at home if it were not for the services provided by FCC.

However, we can only serve these individuals with your support. Many of the people we serve do not have adequate assets to meet all of their living and maintenance expenses. Do you know someone who owns a landscaping or home cleaning company that might be willing to provide vouchers for free or reduced cost services? Perhaps you can donate a gift card for such services or make a cash donation that we can use to help arrange for these services. Our annual Golf Tournament is just around the corner. It's a great way to spend a day and support the charitable works of FCC. Are you part of an HOA? Can you help spread the word about FCC in your newsletter? Our annual campaign has begun. Help us reach our goal of receiving \$650,000 this year.

The Board of FCC remains very active. We are working to "spruce up" our annual Taste of the Foothills event. The Public Relations Committee is working on new marketing materials and an updated website. Look for an electronic survey in your email to help us continue to improve our events and services. The Planned Giving Committee is working with donors to make sure that the FCC legacy is included in estate planning goals and documents.

The Board and staff of FCC are fully engaged in the good works of FCC. We encourage you to get involved with FCC, as a volunteer, as a champion in your community, and in your charitable giving plans.

Emily Kile
FCC Board President

Heaven Can't Wait-Home Project Help is Here!

Are you staring at a home improvement or fix it job that won't go away no matter how many times you think you have a plan of attack? In that case the Caring Corps has volunteer teams that may be able to get the job done. It is that time of the year when groups from congregations, businesses and service organizations are ready to come to your aid. You may have just the project they could take on like building a ramp, fixing a retaining wall that fell down or general yard clean-up. You could finally have peace of mind. If you are one of those good neighbors in need, we are here to help. Please call Nancy Cohrs at the FCC office if you need help! **480.488.1105** Amazing help is a phone call away.

FCC Dates to Remember

Volunteer Orientation

Second Thursdays

December 8

January 12

9-11 am ~ Suite B101

Van Transportation

Training - Level I

December 13

January 19

9:30-11 am ~ Suite B101

Volunteer Fingerprinting

Thursday, December 8

11 am ~ Suite B101

For further details, call Maria at

480.488.1105 or e-mail,

Mariap@foothillscaringcorps.com



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FCC Office Hours
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We're on the web!

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Promoting independence
for older adults