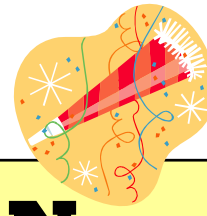




HAPPY NEW YEAR



Foothills Caring Corps News

January 2008

FOOTHILLS CARING CORPS

P.O. Box 5892, Carefree, AZ 85377

(480) 488-1105

*A*nother year has come and gone and what a busy and joy filled year it has been! It is impossible to start this year without thinking of each of you who made our year such a success at Foothills Caring Corps.



We thank each Volunteer for the hours you gave enhancing neighbors lives. We are very grateful for your hours of commitment and encouragement.

We also give our thanks to each neighbor for giving us the opportunity to know and care about you.



4th Annual Cash & Caring Raffle and Auction

The Foothills Caring Corps' 4th Annual Cash & Caring Raffle & Auction will be held at El Pedregal on Monday, March 31, from 4:30 to 8:00 p.m. Tickets for the raffle will go on sale January, 26. As in the past, only 650 tickets will be sold, assuring very good odds for winning! Tickets sell for \$100 each, or three for \$275, with all proceeds going to the Foothills Caring Corps. You do not need to be present to win.

This year's gala event, along with offering festive wine tasting, and fabulous entertainment by Harry Matthews, will include a "Taste of the Foothills", offering event goers samples of local fares. The evening will be rounded out with both a live and silent auction, and a raffle drawing for five wonderful prizes. This year's prizes consist of three cash prizes of \$5000 each, and two luxury vacation packages, which also include cash.

More than half of the funds needed to bring services to Car-

ing Corps neighbors are raised by our annual Cash and Caring Raffle.

Volunteers Needed: There are a number of activities that support the fundraiser, and we need help with all of them! There's something available to suit just about everyone — whether you like to



be in the public eye or behind the scenes. Please look over this list of opportunities and see if there is a place where you can lend a hand.

Volunteers Coordinator: Help make the fundraiser run smoothly by working with other volunteers to coordinate efforts across teams. Ensure that each raffle function has the volunteer staffing

it needs, and that volunteers are being effectively utilized.

Ticket Sales: A Chairperson, as well as subcommittee members, are needed to help with ticket sales. This may involve helping with mailings or with selling tickets at various venues. There is also a focus on recruiting volunteers while selling tickets. Volunteers will need to have a good base of knowledge about the Caring Corps, its services, and what it's like to be a Caring Corps volunteer. Caring Corps will help you with this.

Auction: Volunteers are needed to solicit and secure items for the auction. Activities include contacting local businesses and individuals who might be interested in making a donation or consigning items to the auction.

Contact Foothills Caring Corps

at 480-488-1105

Valentine Soirée

Dorothy's Hall at Christ Anglican Church, 35500 N. Cave Creek Road, once again takes on a festive air, as Caring Corps sponsors it's annual event to celebrate and honor all Volunteers and Neighbors with food, beverages, and special entertainment at the 2008 Valentine Sweethearts Soirée.

Don't miss this celebration. Mark your calendars for this event and come join the festivities and fun on Wednesday, February 13th, from 2 p.m. to 4:30 p.m.

Included in the fun will be



special entertainment by the Desert Cactus Kickers, a Dancing Grannies Group from Cave Creek. Make sure you are on time, because the dancing starts at 2:30 p.m.!



Wednesday, Feb. 13th
2 p.m. to 4:30 p.m.
Food, Beverages
Entertainment
Fun!

To assure that we set up enough chairs and bring enough food, please RSVP to (480) 488-1105 if you plan to attend.

Planning & Steering Committee to Meet

Community members working on issues related to senior services are invited to attend the Quarterly Planning and Steering Committee meeting to be held on **January 29th, from 10 a.m. to noon, at Christ Anglican Church, 35500 N. Cave Creek Road in Carefree.**

Wishing You A Safe and Happy New Year

It's the time of year to think about trading our bad habits in for some that can actually help us gain better health. We want 2008 to be the year for taking care of ourselves.

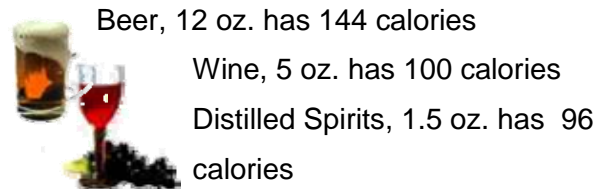
Let's begin eating for good health; exercise to our best ability to gain or maintain our strength; and laugh. Laughter is the best medicine, they say, so a good place to start would be to attend our Valentine Sweetheart Soirée!

Continue to build on that good start by considering the following recipe for staying healthy in 2008. These are guidelines we have put together gleaned from the AARP.

Feel Great In 2008!

If you have not already done so, stop using tobacco.

Limit your alcohol intake or eliminate it all together. *Dietary Guidelines for Americans* suggests no more than one drink a day for women or two a day for men. Because alcohol contains few essential calories, *Dietary Guidelines* suggests the following drink sizes (or smaller) should be adopted so as not to interfere with the necessary intake of your daily calories needed to maintain your health:



Beer, 12 oz. has 144 calories

Wine, 5 oz. has 100 calories

Distilled Spirits, 1.5 oz. has 96 calories

Remember to eat well and regularly. Include fresh fruits and vegetables, whole grains and lean meats, poultry and fish.

Be active. Aim for a minimum of 30 minutes of exercise a day.

Get enough sleep. Your goal should be 7 to 8 hours on a regular schedule.

Get regular check-ups and screenings.



(continued on Page 3)

(Continued from Page 2)

Practice safe habits. Wear a seatbelt; and a helmet if you ride a bike or motorcycle.

Remember mental and emotional health. Talk with your doctor if you have concerns.

A Well Balanced Year

While holding onto something sturdy in case you feel unsteady, try these exercises:

Tight rope walk 10-20 steps. Walk heel to toe with your heel and toe almost touching. Try to do it backwards, toe to heel.



Balance stand. Stand on one foot for 30 seconds. Then switch feet and stand on the other.

Sit and stand. Get up from a chair and sit back down.

Don't Be A Fall-Guy!

To make your house fall-proof:

- **Remove clutter**, paper and clothes from the ground and floor.
- **Keep area well lit.**
- Be aware of your surround-

ings; where your furniture is placed; and any change in entry levels.

- **Clean up spills.**



- Be sure furniture is stable.
- Use non-slip mats in the bathtub and on shower floors.
- Secure loose area rugs.



Using Medications Wisely

Keep a list of the medicines you take and share it with your pharmacist. Include a list of all your prescription medicines, over the counter medicines and supplements you take.

Pick one pharmacy for all your needs.

Go to the pharmacy in person and talk with your pharmacist if you have specific questions or are starting a new medicine. Ask your pharmacist to review your list of medicines.



Tax-Aide

Help in preparing your 2007 Tax Return will be available at the **Desert Foothills Library**, 38443 N. Schoolhouse Rd. in Cave Creek, starting February 5th.

AARP Tax-Aide Volunteers will be at the library on **Tuesday afternoons from 12:30 to 4:30**

throughout the tax season, ending on April 15th.

Appointments are Strongly Recommended to minimize wait times. People with appointments will be serviced first. To schedule an appointment for the Desert Foothills Library site only, call **(480) 488-2286**.

Taxpayers must bring all of their 2007 income documents (W-2's, 1099's, etc), and their 2006 tax return. For joint returns, both spouses need to be present. Completed federal and AZ state tax returns prepared at this site will be e-filed.

The **AARP Tax-Aide** program provides free tax assistance to low and middle income taxpayers with emphasis on assisting those 60 years and older.

Santa to the Rescue

We are pleased that the Carefree Resort & Villa generously provided a fabulous hot meal to all those neighbors on our Mobile Meal list who were counting on us to deliver on Christmas Day! Hugs & a special thank you on behalf of very grateful neighbors, and all of us at the Caring Corps to the **Carefree Resort & Villas and their Santa**, CHEF STEPHEN STRICKLAND.

NEWS & NOTES

Smile, Please !

Beginning this month Foothills Caring Corps volunteers will be taking photos of neighbors for purposes of identifying each who receive services from our organization and to update our records. We will be starting with those that ride the van, and hope to make it around to each neighbor as services are provided.

THANK YOU!!! THANK YOU!!!

Thanks to all the "Santa" volunteers. This year the **Santa to a Senior Program** was a great success. The Neighbors enjoyed receiving the gifts given to Foothills Caring Corps by **Home Instead Senior Care**. Thank you to each of our Caring Corps Santas and to the generous donors affiliated with Home Instead Senior Care.



Volunteer

Orientations

Thursday, February 14th

Thursday, March 13th

Thursday, April 10th

Call 480-488-1105

for more Information

New van driver & assistant

Trainings are scheduled

monthly

Call 480-488-1105

For more information

*All classes held at Christ
Anglican Church,
35500 N. Cave Creek Rd.,
Carefree*



Foothills Caring Corps

Post Office Box 5892

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Carefree, Arizona 85377

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