

**FOOTHILLS
CARING
CORPS, INC.**

P.O. BOX 5892
CAREFREE AZ 85377
(480) 488-1105



Upcoming Dates
To
Remember

**Volunteer
Orientation**
June 11th
July 9th
9-11 a.m.

Van Training
July 14th
9-10 a.m.

FLAG DAY
June 14th



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

Foothills Caring Corps, Inc.

JUNE 2009

Help protect elderly from summer heat.

With the Summer heat already upon us, Foothills Caring Corps, Inc. wants to remind everyone that intense heat can cause serious health problems, especially for the elderly. In an effort to help, the Foothills Caring Corps, Inc. provides meals to some of our Neighbors. Another way we help our Neighbors beat the heat is our door to door shopping service. Whenever stopping by an elderly Neighbor, take an extra minute or two to make sure they are staying cool, drinking water, and eating the food we deliver.

Tips for people who are elderly:

- ▶ If possible, stay in an air-conditioned area, either at home or in a public place such as a mall, library, or recreation center. If air conditioning is not available, pull shades over the windows and use cross-ventilation and fans to cool rooms.
- ▶ Drink plenty of fluids, but avoid drinks with alcohol, caffeine or a lot of sugar. Don't wait until you are thirsty to drink.
- ▶ Start drinking fluids at least 30 minutes before going out.
- ▶ Plan strenuous outdoor activity for early morning or evening when the temperature is lower.
- ▶ Take frequent breaks when working outside.
- ▶ Wear sunscreen SPF 15 or higher, wide-brimmed hats and light-colored, loose-fitting clothes.
- ▶ Eat more frequently, but be sure meals are well balanced, cool and light.

The Foothills Caring Corps, Inc. has made the transition to a 501c3. We have plans to expand our services to meet the increasing needs of our community. Your financial support can make this happen.

We want to thank our 600+ volunteers who donated over 25,000+ hours from July 2008 through April 2009. Your donation of time is essential in providing the services our Neighbors need.

We are committed to providing our Neighbors the help they need to live independently. Our Neighbors depend on us for so much; transportation, meals, friendly visits, caregiver relief, and minor home repair. These are just a few ways they depend on us. Tough economic times have increased our Neighbors need for our services.

We encourage you to help by giving the Gift of Love. Your financial support is crucial to our success and means so much!

The Foothills Caring Corps, Inc. appreciates each donation.

A GIFT OF LOVE



I/WE _____ wish to give a Gift of Love to Foothills Caring Corps, Inc. in the amount of \$ _____.

If you wish to donate in the honor of a loved one, someone special, or a special occasion, please send a note with your Gift of Love.

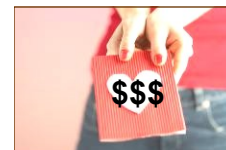
Thanking you in advance!

Make checks payable to FCC and mail to:

Foothills Caring Corps, Inc.

Post Office Box 5892

Carefree, Arizona 85377



Summer Pet Safety

Consider your pet's **housing**. If they are kept outdoors, do they have shade and fresh water access at all times? I have treated one case of heat stroke in a dog that did indeed have shade and water while tethered under a deck, but had gotten the chain stuck around a stake in the middle of the yard -- no water or shade for hours.

Signs of heat stroke include (but are not limited to): body temperatures of 104-110F degrees, excessive panting, dark or bright red tongue and gums, staggering, stupor, seizures, bloody diarrhea and vomiting. Brachycephalic breeds (the short-nosed breeds, such as Bulldogs and Pugs), large heavy-coated breeds, and those dogs with heart or respiratory problems are more at risk for heat stroke. If you suspect heat stroke in your pet, seek Veterinary attention immediately! Use cool water, not ice water, to cool your pet. (Very cold water will cause constriction of the blood vessels and impede cooling.) Do not aid cooling if your pet's temperature is below 103 F degrees - some animals can actually get HYPothermic, too cold. Offer ice cubes for the animal to lick on until you can reach your Veterinarian. Just because your animal is cooled and "appears" OK, do NOT assume everything is fine. Internal organs such as liver, kidneys, brain, etc., are definitely affected by the body temperature elevation, and blood tests and veterinary examination are needed to assess this.

Kitchen Korner Fresh Tuna Burgers

Here's a healthy alternative for hamburger-lovers!

INGREDIENTS:

1 lb. fresh tuna
1 tbsp. minced dill
1 tsp. capers, rinsed and chopped
Salt and pepper to taste
1 1/2 tbsp. olive oil



1. Remove skin from tuna; coarsely chop tuna with a knife or in the food processor. Using a fork, gently blend it with dill, capers, salt and pepper in a mixing bowl. Shape into 4 patties.

2. Heat oil in a large skillet over medium heat. Add patties and cook until golden brown, about 2 minutes on each side, or cook on grill at medium heat.

3. Serve with Green-Chile Pickle Relish & buns.

Green-Chile Pickle Relish:

INGREDIENTS:

3 poblano chiles, grilled, peeled, seeded and finely diced
3 dill pickles, finely diced
1/4 cup finely chopped red onion
3 tablespoons fresh lime juice
2 tablespoons honey
3 tablespoons finely chopped cilantro leaves
3 tablespoons olive oil
Salt and freshly ground pepper



Combine all ingredients in a medium bowl and season, to taste, with salt and pepper. Let sit at room temperature for 30 minutes before serving so that flavors meld.

The Effect of Baby Boomers and Health Issues

By 1964, 78 million "baby boomers" had joined the population, creating a huge demographic bulge that flourished in America's postwar prosperity. These children acquired more education than any previous generation; many grew up projecting a rebellious, idealistic attitude that promised to reshape society.

Now, with the first of them turning 60, the baby boomers are about to do something utterly conventional and predictable. They're going to start getting old and begin developing health problems. They're also going to retire from the workforce.

Boomers are expected to live longer than any previous generation of Americans. Of the 3.4 million born in 1946 -- including Bill Clinton, George and Laura Bush, Donald Trump, Susan Sarandon, Steven Spielberg, and Sylvester Stallone -- 2.8 million are still alive. The men can expect to live another 22 years, the women another 25.

By 2030, when the first baby boomers reach 84, the number of Americans over 65 will have grown by 75% to 69 million. That means more than 20% of the population will be over 65, compared with only 13% today. More than 35% will be over 50.

One big question looms over these developments: Will those years be vigorous and healthy, or will baby boomers sink into the pain and disability of chronic disease? There will be an increased need for Neighbors helping Neighbors to live independently, Assisted Living Facilities, and Nursing Homes.

Will Boomers Stay Healthy?

Baby boomers now make up 26% of the U.S. population. A fragile, dependent population of aging boomers would place tremendous demands on Medicare, and require lots of support from professional caregivers and the boomers' own children.

Widespread obesity among boomers, combined with lack of exercise, could lead to an epidemic of diabetes, which dramatically accelerates aging and leads to a host of chronic diseases. The number of obese Americans 55-64 has jumped from 31% (1988-1994) to 39% (1999-2002), according to Health, United States, 2005, issued by the Department of Health and Human Services.

Other signs suggest, however, that boomers will enjoy not just increased longevity but better health as well. Since 1950, the death rate for heart disease has dropped by 60% and for stroke by 70%, according to Health, United States. Since 1990 the death rate for cancer has dropped by 10%.

That suggests that many boomers may be aging more slowly than previous generations because of healthy habits, such as less smoking and more exercise. Maybe 60 really is the new 50.

"The influence of aging on society depends on which view you accept," Gary Burtless, a senior fellow at the Brookings Institution, tells WebMD. "Longer life spans would be a burden if additional years were spent in a frail, dependent condition, but I don't hold that pessimistic view. I think there's a lot of evidence that people are healthier mentally and physically than they used to be."

Who will take care of the "baby boomers"? Groups and organizations like the Foothills Caring Corps, Inc. will be there to assist the elderly so they may continue to live at home independently. We need your continued support to build our capacity to help more and more 'Neighbors'.

Will Boomers Keep Working?

If boomers remain vigorous and healthy as they age, they could make tremendous contributions to American society.

For one thing, they could remain in the workforce. With American women having an average of just over two children -- just enough to maintain the population -- the workforce will no longer grow as fast as in previous years. A smaller workforce means that economic growth will slow from the typical 2% a year that has prevailed since World War II.

A 2% annual growth rate is very vigorous, however, so a slight slowdown would still produce a rising standard of living for Americans.

"It would just increase more slowly than the past," says Burtless. "I wrote a book a few years ago called Can America Afford to Grow Old? And the answer is yes. We haven't reached the end of improved living standards just because the population is getting older."

If large numbers of boomers remain in the workforce, they will give a significant boost to economic growth.

"If even 5 million baby boomers work instead of retiring, at an average wage of about \$50,000 a year, that would add \$250 billion to the economy every year," says Peter Francese, founder of American Demographics magazine and a demographic trends analyst for the Ogilvy & Mather advertising agency.

Upcoming Events

In the United States, Flag Day is celebrated on June 14th. It commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777.

In 1916, President Woodrow Wilson, issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress.

Flag Day is not an official Federal Holiday, though on June 14, 1937, Pennsylvania became the first (and only) U.S. State to celebrate Flag Day as a State Holiday.



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Our van is coming to your church this summer! Several of our drivers and Neighbors will be bringing the van to your church on a Sunday to advertise our programs and recruit new drivers, assistants and riders! We will be at Black Mountain Community Church this week. If you would like the van to come to your church, please call Jayne Hubbard at 480-488-1105.



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FOOTHILLS
COMMUNITY
FOUNDATION

