



P.O. BOX 831
CAREFREE, AZ
85377



Upcoming Dates
To
Remember

**Volunteer
Orientation**

Second Thursdays
September 8
October 13
9-11 a.m.

**Van Transportation
Training
Level I**

September 15
October 20
9-10 a.m.

**The next Cancer
Support Group
meets Saturday,
October 1 at 10 a.m.**
**Good Shepherd of the
Hills Episcopal Church**
480-488-3283



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

SEPTEMBER 2011

"MASK"querade Ball

**Dine
&
Dance**



Friday, November 4, 2011

6:30 p.m. Social
7:00 - 10:00 p.m.

Dinner & Dance

el Pedregal Ballroom
at the Boulders Resort

34631 N. Tom Darlington Drive
Carefree, Arizona

RSVP is required by October 26th



**Sonoran Serenade
Big Band**

to purchase tickets call
480.488.1105

Board of Director's Corner

I am proud to serve on the Board of the Foothills Caring Corps for the past 2 ½ years. We have eleven Board members that have important responsibilities to manage the programs, oversee the operations and to bring the services to our neighbors that will allow them to stay in their homes by providing transportation and social services. The number of neighbors continues to grow and we are now serving over 540. With the growing numbers comes the responsibility of raising the funds to support our work. It is both challenging and rewarding.

My board work is important, but my passion is personally serving the neighbors. I love to drive the van. It is wonderful to hear the joy of the friendships as they blossom when riding together. Because I have delivered "meals on wheels," provided medical transportation, and made friendly visits, I know how important these services are and more importantly, how they connect our neighbors with the community.

The Caring Corps also partners with other community charities such as Kiwanis and the Scully Learning Center Foundation. The Board continues to maintain service delivery that meets many needs of the older adults and also offers volunteer opportunities for all residents of our community.

Board of Directors

Jill Ford, President
Emily Kile, Vice President
Lou Matusiak, Treasurer
Rosalyn Skillman, Secretary
Father Steven Dart
Kathy Haugner
June Reilly
Jean Segil
Beulah Wissinger
Clyde Wyant
Patricia Yates

Kathy Haugner

Foothills Caring Corps Board Member

Matching Volunteers and Neighbors Contributes to Foothills Caring Corps Success



Virginia Brown & Debbie Wainwright

We try to bring two people together with something to give each other," said Debbra Determan, Foothills Caring Corps Executive Director.

The Foothills Caring Corps serves as a lifeline for older adults in the community by providing meal deliveries, medical transportation, wellness visits and a multitude of other vital services to the homebound. Their focus on early intervention and training allows the elderly to remain independent and in their homes.

They also work hard to match volunteers with neighbors.

Volunteer Debbie Wainwright agrees. "Potential volunteers should know that the Caring Corps has a place for them. They match volunteers and neighbors who can form a real connection. A desire to help out a neighbor is all that is required. Everyone has gifts to give."

Debbie Wainwright, a Carefree resident, initially heard about the organization while buying a raffle ticket to support a Caring Corps fundraiser. When she later had time to give, she wanted to use it wisely and became a Foothills Caring Corps volunteer.

Debbie was matched with Virginia D. Brown. When Virginia was left unable to drive because of health issues, Debbie stepped in to assist. They soon discovered they are both artists and through their passion for art, a friendship was formed. It is a bond they both cherish.

"I honestly don't know if I would be here today if it weren't for Debbie Wainwright," said Virginia D. Brown, a gifted artist who paints award winning landscapes, flora, fauna and people.

Debbie still assists Virginia more than four years since their first meeting. In addition to their Car-

ing Corps work, they often spend time working in Virginia's art studio, supporting each other in their artwork and in their lives.

"I encourage everyone to consider becoming involved with the Caring Corps. It doesn't matter how much time you have to give, or if you have a schedule that frequently takes you out of town. There are so many opportunities to contribute and to make a difference in someone's life, in your own life," said Debbie.

If you or someone you know wants to learn more, volunteer orientation sessions take place monthly. The next sessions are scheduled for Thursday, September 8 or Thursday, October 8, from 9 – 11 a.m., at the Foothills Caring Corps offices, 7275 E. Easy Street, Suite B104, in Carefree. RSVP is recommended.

For information or to RSVP, call the Foothills Caring Corps at 480-488-1105.
Kim Prince

Neighbor Corner

My experience with Foothills Caring Corps

I can't thank Foothills Caring Corps enough for all they did for me at a very difficult time. During my 4 ½ year fight to overcome cancer I have utilized the services of FCC for medical transportation. Although I had many friends and family who were always there for me, FCC played a major part in getting me to many appointments for chemo, ra-

diation and through two stem cell transplants. I truly don't know what I would have done without them. The demands were huge but FCC staff and volunteers came through for me every time. Each and every driver was on time, caring and delivered me safely to my appointment. I will be forever grateful to this wonderful organization who are there for people in need.

*Lana Koran
Caring Corps' Neighbor*



Doris Rybarczyk, Neighbor & Benefactor
Cheryl Simmons, Volunteer

Growing Older Quotes from Will Rogers

...continued from last month

Fourth ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth ~ I don't know how I got over the hill without getting to the top.

Sixth ~ One must wait until evening to see how splendid the day has been.

And Last ~ If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

Support Groups

Christ the Lord Lutheran Church

9205 E. Cave Creek Rd.
Carefree, AZ 85377
480-488-2081

Alanon Meeting - Tuesdays at 7:30 PM

Alcoholics Anonymous (AA) Meeting
Wednesdays at 9:00 AM in the Education Bldg.

Alcoholics Anonymous (AA) Meeting
Thursdays at 9:00 AM in the Education Bldg.

Northridge Community Church

6363 E. Dynamite Blvd.
Cave Creek, AZ 85331
480-515-4673

Alcoholics Anonymous (AA) Meeting
Sundays at 5:45 PM in Flagstaff Room

Alcoholics Anonymous (AA) Meeting
Mondays at 6:00 PM in Flagstaff Room

Open to community.

Quotes on Aging Gracefully

There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age."

--Sophia Loren

"Beautiful young people are accidents of nature, but beautiful old people are works of art."

--Eleanor Roosevelt

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."

--Mark Twain

"You are never too old to set another goal or to dream a new dream."

--Les Brown

"Aging is an inevitable process. I surely wouldn't want to grow younger. The older you become, the more you know; your bank account of knowledge is much richer."

--William Holden

"If wrinkles must be written upon our brows, let them not be written upon the heart. The spirit should never grow old. "

-- James A. Garfield



Golf Tournament November 21

Where: Mirabel Country Club

When: Monday, November 21, 2011
10:00 a.m. Scramble Format

How: Call 480.488.1105

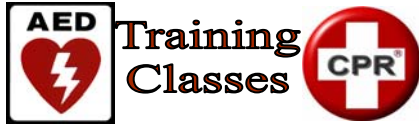
Why: Tournament proceeds help
Foothills Caring Corps
501(c)3 support older adults
quality of life

480.488.1105

MIRABEL

www.FoothillsCaringCorps.com

Sign-up for these Important Dates



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

Wednesday, September 14th

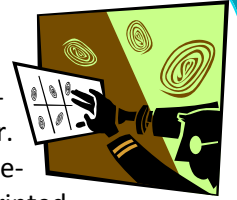
The class will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$20 fee requested. We need to have 10 people signed up for each class to make it a productive class. It is critical that all volunteers be trained in AED & CPR. With the new guidelines and methods, this 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.

Fingerprinting

Fingerprinting will be handled on an individual basis for the month of September. Please contact Nancy Cohrs for further details if you are interested in being fingerprinted.

Call Nancy at 480.488.1105 or e-mail, NancyC@foothillscaringcorps.com. Specific times for fingerprinting will resume in October.



Free blood pressure checks
Every Thursday from 9:00 a.m. to noon

Carefree Homecare Companion Service
25 Easy Street, Suite C
Carefree

No appointment necessary



P.O. Box 831
Carefree, AZ 85377

Visit us at
www.FoothillsCaringCorps.com