



Upcoming Dates
to Remember

Held at FCC Annex
11 Sundial Circle
Carefree

Volunteer
Orientation

Second Thursdays
June 12
July 10
9-11 a.m.

Van Transportation
Training
Level I
June 19
July 17
9-11 a.m.

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

MAY 2014

2014 Cash & Caring Raffle and Taste of the Foothills



Our highlights from 2014 included delicious specialty food items from *Amaro Italiano Ristorante*, *Bryan's Black Mountain Barbecue*, *The Boulder's Resort*, *A Waldorf Astoria Resort*, *Café Bink*, *Cibo e. Vino*, *Harold's Corral*, *Janey's Coffeehouse*, *Venues Café* and water provided by *Sparkletts*. Affinity Band entertained the over 400+ attendees with a range of musical selections. Incredible items were donated for the silent auction by the local retailers which netted FCC \$12,470. We are also thankful for the very special items donated to the live auction which netted \$10,330. Those who supported us are highlighted in our next newsletter, the Annual FCC Review. A special thank you to the Fund Development Committee as well as the more than 100 volunteers who made our night



a success. In all, a fun, successful night where we netted \$72,229 for our 2013-2014 Annual Campaign.

Next year we will have an exciting evening planned for your enjoyment. We would like you to join the celebration for Foothills Caring Corps. Next year our event will again be held in March 2015.

Foothills Caring Corps chosen by Scottsdale Leadership Team

Supporting FCC's Volunteer Recruitment



Scottsdale Leadership's Core Program provides the knowledge, connection, skills and confidence for participants to take on leadership roles in the community. Each year, up to 45 diverse individuals are selected through a competitive process to participate in the 9-month award-winning interactive program. Part of the program involves a competition where the class members are split into teams and compete with each other through 5 innovative community service projects called; "Lead it Forward."

The Scottsdale Leadership team supporting FCC features 9 outstanding individuals that are helping FCC deal with a volunteer shortage. The team has provided FCC with a detailed volunteer recruitment and marketing strategy aimed at fulfilling short and long term needs. In addition to providing a wide range of recruitment tools and collateral, the team is forging partnerships with local businesses, associations and individuals committed to making a difference.

On April 4, 2014, Scottsdale Leadership won the Audience Choice and Judges Choice awards in the "Lead It Forward" competition. Foothills Caring Corps received the \$2,000 winners prize from Scottsdale Leadership. Scottsdale Leadership created a work plan for volunteer recruitment that now will need a robust PR/marketing committee to implement. The end products beyond this plan such as the brochures, flyers, video, and graphics for social media will need to be distributed to targeted populations.



Foothills Caring Corps has been honored to be chosen to work with and receive professional consultation from the members of Scottsdale Leadership. What a wonderful opportunity!! What a wonderful group of talented people.



Elderly and Dehydration

With age, the body loses its ability to detect thirst. Therefore, to stay sufficiently hydrated, elderly people should anticipate the body's needs and not always wait until they are

thirsty to have a drink. To prevent dehydration, it may be best to drink on a regular basis. Ideally, elderly people should get into the habit of drinking one or two glasses of beverage with each meal and drink occasionally during the day when they aren't eating.

Usually people drink when they are thirsty, and simply relying on the thirst signal will normally ensure that they drink enough to stay well hydrated. But by the age of 60, if people only drink when they are thirsty, they may not get as much water as they need. The problem continues to get worse as they get older.

Dehydration can cause serious problems in older adults. Elderly people are at greatest risk of dehydration and its potentially life-threatening consequences. People aged between 85-99 years are six times more likely to be hospitalized for dehydration than those aged 65-69 years. Mild dehydration may also cause conditions such as constipation.

Article taken from www.attorneygeneral.org

Fall Prevention

Save the Date!

Monday

September 22, 2014



Foothills Caring Corps would like to thank our local Fry's Grocery Store for their generous ongoing donation of grocery bags. FCC uses approximately 800 grocery bags per month for the Mobile Meals Program to carry cold food items for each homebound recipient that receives a mobile meal.

Caring for the Caregiver

Monday, June 2
(1st Monday each month)
10:00 – 11:30 a.m.

A monthly educational support group. Being a caregiver can take a physical, mental and emotional toll on you. Taking care of yourself is essential in being able to take care of your loved one. It can be helpful to talk with others who are going through similar experiences. Join us for this opportunity to fellowship with other caregivers and discuss the challenges, the joys, share helpful ideas and resources. Led by professional facilitators from Hospice of the West: Danah Flanagan, MSW, LSW and Nancy Greschel, MSN, CHPN.

Desert Foothills Library
38443 N Schoolhouse Road
Cave Creek, AZ 85331
To Register, please call 480-488-2286

LOCKBOXES FOR CAREFREE RESIDENTS...



Foothills Caring Corps, Inc., the Town of Carefree Rural Metro Fire Department and the Scottsdale Association of Realtors have developed a pilot program to offer lockboxes to Carefree residents! This Lockbox Program will allow 911 Emergency Responders access to homes in the event of an emergency. For more information, please call FCC at 480-488-1105. A \$25.00 donation is requested.



FOOTHILLS
CaringCORPS

Foothills Caring Corps, Inc. Special Contributions

January - March 2014

Memorials Given in Memory of:

George Barbieri
Antoinette Barbieri
Terry Bartlett
Anonymous Donor
Jack Giordano
Beatrice Giordano
Anthony Iarocci
Carolyn Diercksmeier
Vance and Ann Howe
Ruth Stevens
Carol Aiken
Black Mountain Fitness Gym
Laura Crosby
Joyce Dellios
Paula Harries
Phyllis Heikens
Herbert and Evelyn Hitchon
Jonathan and Linda Pearson
Peter Wise
Alexander Tietz
Sally Gould
Jerry and Laurie Lowe
Patricia Mayer
Roger and Sharon Pearson
Chuck and Monica Zontanos

Tributes in Honor of:

Frank and Peg Abbruscato
Charles and Vivian Johnston
Sue Bickerdyke
Richard and Elizabeth Burns
Dan and Debbie Wainwright
Joan Carroll
Randall and Susan Folts
Arnold Hirsch
Kile & Kupiszewski Law Firm
Miller Weber Kory, LLP
Mr. Miller
Mr. Weber
Mr. Kory
Kile & Kupiszewski Law Firm
Joe Raimondo
William Stern and Ellenor Mueller
Bridget Swartz
Kile & Kupiszewski Law Firm
Theut, Theut and Theut, P.C.
Brian Theut
Mark Theut
Paul Theut
Chris Theut
Kile & Kupiszewski Law Firm



Foothills Caring Corps is currently seeking Volunteers that would like to be involved in the FCC Public Relations / Marketing Committee. We have a volunteer recruitment plan that needs a timeline and structure developed for implementation. If you would like more information, please call Debra Determan, Executive Director at 480-488-1105.



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. Our offices are open Monday - Friday, 8:30 a.m. - 4:30 p.m.

Bashas'



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MEMORIAL DAY



Foothills Caring Corps office will be closed for Memorial Day, Monday, May 26th.

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