

Foothills Caring Corps News

**FOOTHILLS
CARING
CORPS, INC.**

**P.O. BOX 831
CAREFREE AZ
85377**

www.FoothillsCaringCorps.com

JULY 2014



Upcoming Dates to Remember

**Held at FCC Annex
11 Sundial Circle
Carefree**

**Volunteer
Orientation**

**Second Thursdays
July 10
August 14
9-11 a.m.**

**Van Transportation
Level I Training**

**July 17
August 21
9-11 a.m.**

**Quarterly Meeting
July 15th
9-11 a.m.**

**Via de Cristo
Methodist Church
7430 E. Pinnacle Peak Rd.,
Suite 134
Scottsdale, AZ 85255**

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

**The office will be
closed Friday, July 4**

**Phone 480.488.1105
Fax 480.488.8117**

Foothills Caring Corps proclaims July as Independence Month!!!

The word independence means different things to different people. For the Foothills Caring Corps Neighbor, independence means transportation to go to a doctor's appointment, grocery store or barber shop. It means changing a burnt out light bulb or cooking a nutritious meal. Independence for our Neighbors means going out to lunch with a friend or even a movie. It can also mean meeting new friends who care about you. It is all these things and more...



**WE NEED
YOU!**

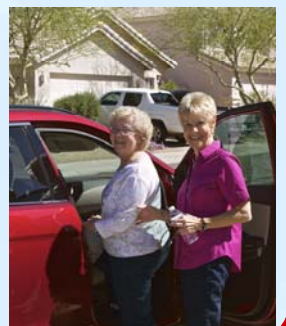
FCC is recruiting volunteers so that our Neighbors can remain living independently in their homes. Please join us to promote independent living. It's easy to get started.

- First, attend an informative two-hour volunteer session, which will focus on all of our various volunteer opportunities! (2nd Thursday of each month).
- Second, find your special niche based on your interests and abilities!
- Third, make a difference in your Neighbor's life; it will make a difference in your life!

FCC Volunteers provide our Neighbors the freedom, self sufficiency, power, resilience and strength to remain independent and living in their homes. Call 480.488.1105 for more information.



**Come and join other Volunteers
help make a difference in the
lives of Neighbors!**



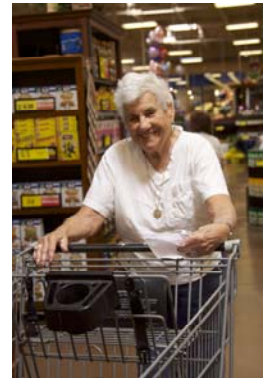
Photos by
Cynthia Baloh Photography
Proven Media

What Does Independence Mean To You...



While I was scanning the shelves at Safeway for my spicy hot low sodium V-8 juice yesterday, it dawned on me how specific we can be about what we like and how diverse our tastes can be with so many choices. Some days, believe it or not, I can enjoy a slow trip around COSTCO just checking out new products or especially “sampling” a few new items. This is part of the joy of independence and the amazing ability to have choices in life. How many times did I come home with the wrong kind of coffee or special ingredient for my mother’s cookies only to see the disappointment in her face that said, “Well o.k. It is not what I wanted but I guess I will make do.” That look was enough to send me back to right my mistake!

We all take our independence for granted, our ability to choose what we want or to want something just a bit special now and again. I never forget this when I see the vans heading out to Walmart, Fry’s Senior Day, Trader Joe’s or better yet the 99 Cent Store. Those trips may not seem nearly as cool as lunch out or a concert or play but they are the most beloved trips of the month. It is clear why. Our neighbors get to browse, dream a bit, consider a new dish to make or try a new purple potato! It is all about independence and the opportunity to make your own choices and do it on the spur of the moment. These may be simple joys but the human spirit longs for them.



So next time you are at Trader Joe’s looking over the new wine selection or sampling the dish of the day smile when you think of our Shopping Services and what it means to our Neighbors. Independence is a blessed thing!

Jayne Hubbard, Mobility Manager



Golf Tournament November 17, 2014

Save the Date!



MIRABEL

How you can be involved

Title Sponsor:	\$25,000 (includes 16 players)	Bronze Sponsor:	\$ 5,000 (includes 4 players)
Gold Sponsor:	\$15,000 (includes 12 players)	Hole Sponsor:	\$ 1,500 (includes 2 players)
Silver Sponsor:	\$10,000 (includes 8 players)	Individual Player:	\$ 350



Fall Prevention Day is Coming

Tuesday, September 23rd

Together local non-profits are developing a Fall Prevention workshop. Come join us. This is an opportunity for our Neighbors, volunteers and community members to come and participate and get tips and resources from our local experts. Please save the date, September 23rd from 9:30 a.m.—2:30 p.m. at Holland Community Center.

Did you know ???

- Falls are the leading cause of death from injury among people 65 and over.
- The risk of falling increases with age and is greater for women than for men.
- Two thirds of those who experience a fall will fall again within six months.
- 33% of all falls in the elderly involve environmental hazards in the home.
- Failure to exercise regularly results in poor muscle tone, decreased strength, and loss of bone mass and flexibility.



2013 Attendees participating in an exercise technique while sitting down



Support Foothills Caring Corps, Inc. while watching the best of the best play golf

The Charles Schwab Cup Championship at Desert Mountain's Cochise course, October 29 - November 2, 2014.

When you buy your \$20 any-day grounds ticket (plus \$2 handling fee) through TICKETS Fore CHARITY and select **Foothills Caring Corps, Inc., 100% of the net proceeds go directly to our organization.**

Your purchase will add funds to programs, like mobile meals and van transportation, that empower older adults and neighbors with disabling conditions to remain living in their homes independently.

Please TEE UP and support the Caring Corps by visiting www.schwabcuptfc.com and choose Foothills Caring Corps, Inc. as your designated charity.

Thanks for helping us SWING hard and go for our fundraising goals!

Foothills Caring Corps, Inc. enhances the quality of life for older neighbors and people with disabling conditions in our community through a force of volunteers and staff who provide basic needs such as food, medical transportation and activities.



TICKETS Fore CHARITY™
PRESENTED BY CHARLES SCHWAB FOUNDATION

New Opportunity to Support Foothills Caring Corps



Foothills Caring Corps is enrolled in the Fry's Community Rewards (FCR) Program. What does that mean? It means that each time you shop at Fry's and use your Fry's V.I.P. Card, Fry's will donate money to FCC.

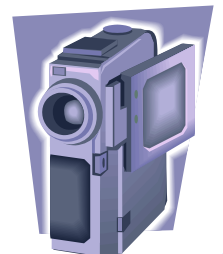
This is a great opportunity to help support FCC. Fry's has committed \$2,000,000 to support non-profit organizations. Just imagine how much money could be made if all of our volunteers and Neighbors enrolled.

What you need to do is sign-up on the Fry's website and then SHOP at Fry's!!

Each Fry's card (participant) must be linked/enrolled into the FCR Program. Please contact the Caring Corps office at 480.488.1105 to get an instruction sheet.

Our videos are wonderful!

Log on to
www.FoothillsCaringCorps.com
You might recognize many people or even yourself!



Other Opportunities to 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.

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.



THANK YOU FOR YOUR SUPPORT!



Fair warning! - - - we are planning to have a photo fest in July. We need models for our upcoming brochures and marketing materials. More details to come! Plan to join us!



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