

# Foothills Caring Corps News

**FOOTHILLS  
CARING  
CORPS, INC.**

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

[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)

**AUGUST 2014**



**Upcoming Dates  
to Remember**

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

**Volunteer  
Orientation**

**Second Thursdays  
August 14  
September 11  
9-11 a.m.**

**Van Transportation  
Level I Training  
August 21  
September 18  
9-11 a.m.**

**WE WILL BE  
CLOSED ON  
LABOR DAY**

**Monday, September 1**

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

**Phone 480.488.1105  
Fax 480.488.8117**

## **Become a Premier Member in our Legacy Circle of Support**

How odd to think that in our little community many would have no friendly visitors or a hot meal for months on end without the Foothills Caring Corps team. The Caring Corps relies on your generosity to provide services to our community. We know that you receive many requests for support now and throughout the year. It is often difficult to decide how much to give, when to give and what charity is worthy of your donation. I am the Chairperson of the Planned Giving Committee for the Caring Corps and I am asking you to make the Caring Corps your priority this year. The Foothills Caring Corps provides, among other services: meals to home bound individuals; medical appointment transportation; transportation for grocery shopping; medical equipment loan closet; friendly "visitor" services; minor home repairs; and friendly pet visits.



You may be diligent and able to keep an "eye" on family and friends, but many individuals in our community do not have that connection to another person and are left alone at home. It is, perhaps, easier to give to a charity that is conducting research into a disease you or someone you love may have—this year I am asking you to donate to a local charity that supports your local community and the people that live next door. In 2013-14 we served 6,699 meals, provided transportation for more than 12,000 trips to support Neighbors for their appointments, grocery shopping, and social and recreational activities, and logged 30,154 miles on our vans. As part of our mission to reduce isolation and loneliness we provided more than 3,100 personal and phone friendly visits to our Neighbors.

This is the year for you to make a donation to the Foothills Caring Corps and support your neighbors and your community. Meet with your financial advisor or estate planning attorney to add the Foothills Corps as a beneficiary of your life insurance policy, annuity or beneficiary of your estate. Your gift today will help ensure that FCC can provide services to this generation and the next. Thank you for your generous support.

*Emily B. Kile, Esq.*

**Kile & Kupiszewski Law Firm  
Chairperson, Foothills Caring Corps  
Planned Giving Committee**



**FCC is slowly becoming involved with Social Media  
Come join us! Help us grow!**

We would like more friends! Please join our facebook at [www.facebook.com/FoothillsCaringCorps](http://www.facebook.com/FoothillsCaringCorps) and check "like us."

We are trying to both gain friends with Facebook and become more involved with Linked In. We'd love a visit! [www.linkedin.com](http://www.linkedin.com)



Benefits of social media:

- Keep in touch with volunteers and Neighbors
- Know what's happening at the Caring Corps
- Show and promote the Caring Corps to your friends and family

# Scottsdale/Carefree/Cave Creek Fall Prevention Awareness Day

Tuesday, September 23, 2014

9:30am to 2:30pm

FCF - Holland Community Center  
34250 N. 60th Street, Bldg B  
Scottsdale, AZ 85266



## Good News!! Many risk factors are preventable!!

Please be our guests on September 23rd from 9:30am—2:30pm. We will offer interactive information that will link to many community resources. Learn to stay active and independent through:

- Balance screenings
- Quick Demo of everyday exercises
  - Yoga
  - Qi-Gong
  - Tai Chi
  - Silver Sneakers
- Panel Discussion on personal prevention
- Home Safety Tips

Immunizations available for flu, pneumonia and shingles. Call your local Walgreens Pharmacist at 480.595.8019 regarding insurance/medicare/private pay.

Door Prize Drawing

**\$5 suggested donation ~ lunch included ~ RSVP for lunch count**

For more information call 480.488.1105



Photos by  
Cynthia Baloh Photography

FOOTHILLS  
CaringCORPS

## Golf Tournament November 17, 2014

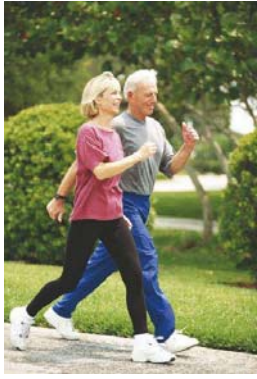
*Save the Date!*



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



## Five Myths About Exercise & Aging

**Myth 1: There's no point to exercising. I'm going to get old anyway.**

**Fact:** Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart

disease, diabetes, colon cancer, high blood pressure, and obesity.

**Myth 2: Older people shouldn't exercise. They should save their strength and rest.**

**Fact:** Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

**Myth 3: Exercise puts me at risk of falling down.**

**Fact:** Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

**Myth 4: It's too late. I'm already too old to start exercising.**

**Fact:** You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

**Myth 5: I'm disabled. I can't exercise sitting down.**

**Fact:** Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

Sharon Lynn

Group Fitness Coordinator

Desert Foothills Family YMCA

34250 North 60<sup>th</sup> Street Bldg. C

Scottsdale, AZ 85266

July, 2014



**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.schwabcupfc.com](http://www.schwabcupfc.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

### *Foothills Caring Corps, Inc.* *Special Contributions* **April—June 2014**

#### *Memorials Given in Memory of:*

**George Barbieri**

Antoinette Barbieri

**Terry Bartlett**

Anonymous Donor

**James Clerken**

Sue Weeks

**Anthony Iarocci**

Mike and Mary LeRoy

Monika Probst

**Lorraine Mitchell**

Leonard Mitchell

**Sandy Parker**

Howard and Joy Berlin

**Al Sorensen**

Margaret Sorensen

**Gerri Wainwright**

Phil and Marian Abramowitz

Tim and June Reilly

Dan and Debbie Wainwright



## Training Classes



A E D / C P R

class will be held on the following date:

**Saturday, August 23rd**

The class will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$25 fee requested. We need to have 10 participants enrolled 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.

**To register, please contact  
Carefree Rural Metro Fire  
Department at 480.699.8213.**

## Opportunities to Support 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.



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.



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**Look for Foothills Caring  
Corps on Facebook**