

Opportunity to Support the Caring Corps



Attention: All participants in the Fry's Community Rewards Program

In order for FCC to continue getting funds from the Fry's Community Rewards Program, all existing participants must RE-ENROLL. The process is easy and will only take a few minutes. For instructions, please call the office at 480-488-1105.

For those not enrolled, please consider joining the Fry's Community Rewards Program. You shop, use your Fry's V.I.P. card and FCC receives monthly funds. The enrollment process is simple and fast. Please call the office for enrollment instructions.

Wanted: Medical Equipment



FCC is in need of medical equipment for the Medical Equipment Loan Closet. We are in need of walkers, wheel chairs and commodes. Any donation to the Medical Equipment Loan Closet is tax deductible. Equipment can be dropped off Monday through Friday from 8:30 am to 4:30 pm.

Thank you for helping FCC provide this important service to our community members.



7275 E. Easy Street
Suite B103
P.O. Box 831
Carefree, AZ 85377
480.488.1105

Services@FoothillsCaringCorps.com
www.FoothillsCaringCorps.com



Look for Foothills Caring
Corps on Facebook

**FOOTHILLS
CARING
CORPS, INC.**

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

**Upcoming Dates
to Remember**

**Volunteer
Orientation**

**Second Thursdays
August 13
September 10
9-11 a.m.**

**Van Transportation
Training - Level I
August 20
September 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

AUGUST 2015

Ice Cream Social/ August 20th

Scoops of ice cream, and toppings too, with lots of fun to be had by you!

Here's The Scoop! All FCC Volunteers are invited to the Foothills Caring Corps Summertime Ice Cream Social.

Please join us on Thursday, August 20 from 3:00-4:30pm, to celebrate and thank our hard working Volunteers!! Come and get to know other volunteers! Why not bring along a friend who may want to join our FCC team?

Please call the office at 480.488.1105 to RSVP.



Fall Prevention Expo

Wednesday, September 30, 2015

8:30 AM - 1:30 PM

Desert Foothills Presbyterian Church
34605 N. Scottsdale Rd., Scottsdale, AZ 85262

Join us for a FREE informative and interactive presentation full of ideas, products and support for fall prevention. Refreshments provided.

Activities, demonstrations and topics to include:

- Fall Risk Assessments
- Immunizations
- Pharmacy Consultations
- Blood Pressure Checks
- Tai Chi
- Chair Yoga, Pilates, Tai Chi, Sign Chi Do, Qi Gong, and Silver Sneakers
- Life Alert
- Fall Recovery

And much, much more!



Photos by
Cynthia Baloh Photography

Call 480.488.1105 for more details

Foothills Caring Corps 5th Annual Golf Tournament at Mirabel November 16, 2015



2014
Hole-in-One
Winner

SPONSORSHIP LEVELS

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

For more information on becoming a sponsor, please call 480.488.1105
www.FoothillsCaringCorps.com

Photos by
Matt York Photography

8:30 am
Continental Breakfast
and Registration

10:00 am
Shotgun Start

2:30 pm
Hors d'oeuvres Reception
Golf Prizes and Awards

Foothills Caring Corps Memorial Tree Wall



Over the years Foothills Caring Corps, Inc. has had generous donors who have contributed gifts in memory of their loved ones. The Caring Corps is developing a Memorial Tree wall in their office. Our next newsletter will highlight this new opportunity.

2015-16 Annual Campaign

We will be launching our Annual Fund-Raising Campaign next month and in preparation of this, we are enclosing our statistics sheet which provides the facts about our organization.

Please watch for our Annual Campaign Kick-Off Letter and Brochure which will be arriving soon in the mail.

Thank you in advance for keeping us in mind as you select your charities for this year!

June Reilly and Patricia Yates
Annual Campaign Committee Co-Chairs



Adding more Vitamin D into Your Diet

Vitamin D is responsible for:

- Aiding in the absorption of calcium.
- Can help to form and maintain strong bones and decrease fractures.
- May provide protection from osteoporosis, high blood pressure, and cancer.

Older Adults should consume more Vitamin D, around 800IU daily.

Try meals with foods that have higher levels of Vitamin D such as; **eggs, fish, fortified cereal, and milk.**

Vitamin D Menu

Breakfast:

2 scrambled eggs
¼ cup cheddar cheese
1 slice whole wheat toast
6 oz. orange juice



Snack:

1 individual container of favorite yogurt

Lunch:

1 cup of milk
Tuna salad sandwich on whole wheat bread
Small spinach salad with balsamic vinaigrette

Dinner:

6 oz. baked salmon
1 cup brown rice mixed with 2 tbsp. grated parmesan cheese
1 cup of each Sautéed spinach and asparagus



Snack:

1 cup of Cheerios
¼ cup dried cherries
¼ cup peanut M&Ms

Submitted by PVCC Interns

Planned Giving Corner



As an estate planning attorney, I spend much of my day working with families to create documents that will allow a smooth transition of control and wealth from one person to the next. So often the main goal of the client is to leave a gift to children and grandchildren, but a fear that the gift will be spent immediately. They express to me how hard they worked to accumulate their wealth, whether such accumulation is small or large. The clients are concerned about how well the next generation might respect the financial gift that is being left behind. I remind clients that there are lots of entities that would be honored to receive some part of their estate and that by doing so, they are setting an example for that next generation. Giving to charity shows the community that we care about people we may have never met; it shows the community that our wealth is meant to enrich not only those in our own inner circle, but to improve the lives of those in the community at large; and it proves

that we care more about those that need our help but never asked, than those who might more readily have an expectation of an inheritance.

As you review your own estate plan, please think about whether there is room to add a donation of any size to be left to the Caring Corps at your death. Let us celebrate your life and your generous gift that will create a legacy for your community.

Thank you,

Emily Kile

*Chairperson, Foothills Caring Corps
Planned Giving Committee*