

FOOTHILLS CARING CORPS NEWS

www.FoothillsCaringCorps.com

AUGUST 2016



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 25 from 2:00pm-4:00pm, 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 family too?

Place: FCC Offices, Suite B101

Please call the office to RSVP at 480.488.1105.

We'd love to hear from you!!!

Thank you for your interest in Foothills Caring Corps. Our Newsletters are meant to keep you posted with news of our organization and tips & articles that might be helpful. We are both mailing the newsletter in the USPS as well as e-mailing the Newsletter. We also post the newsletter on our website at www.FoothillsCaringCorps.com. Please let us know if you would like to use the on-line method or e-mail method for getting your newsletter. All we need is your permission and your e-mail address and we will make the change. We are also interested if you would like to see particular articles in the newsletter. Let us know your suggestions! 480.488.1105 or services@foothillscaringcorps.com

Thank you!!

Debra Determan
Executive Director



Paws, to Your Health

Join the FCC Friendly Pet Visitors Team



Photos by Edwina Starke



Do you have a dog that is friendly, LOVES to be petted, and truly enjoys being with people? Well then do I have a volunteer opportunity for you and your best friend!

My name is Rascal Schwan and my Mom, Binka, and I are a pet therapy team with FCC. I am a 7-year old Shih Tzu boy. Mom adopted me about 3 years ago and I could not be happier! When I came into Mom's life she realized what a special boy I am and how much I love to be around people. So, we went to school to become a pet therapy team! We are registered with the national organization, Alliance of Therapy Dogs. We started volunteering with FCC shortly after completing the requirements and both of us just love what we do!

We visit our "Neighbor" Pat once a week and have been doing so for over 2 years. I know when Mom gets out my special leash and harness I will be going to see her! I only wear that harness and leash for my volunteer job and I know when she puts it on me I will be going to work! I take my job very seriously and am very happy when we can go to work together! It's a special time for us just as it's a special time for Pat.

I just love Pat and can't wait until she sits on the

couch so I can run over to her and get my tummy rubbed! I think she loves me a lot too because she says that I am pretty adorable! And, I know she loves Mom too. Pat has become a very important part of our family and Mom and I care a lot about her. Mom says we all have a very special relationship. And, that was made possible by volunteering for FCC!

We have more FCC Pet Therapy teams besides Mom and me. Cooper, Mr. Sugar, Cami, Cody, and Reagan all visit Neighbors too. BUT, we know we could use more teams so we can visit even **more** Neighbors! There are quite a few Neighbors who would like to have their own special friend, just like I am to Pat. But, there just aren't enough teams to go around!

If you would like to volunteer for the Pet Therapy program, please contact the office at 480.488.1105 and ask that a Pet Therapy Program packet be sent to you. The packet explains everything about our program and what you and your dog will need to do. If you have any questions about the program, I know that my Mom would be happy to talk to you. I would love to meet you too! Think about volunteering, you definitely won't be sorry!

President's Corner - Emily Kile



Wow! It has been a very hot start to the summer. I hope you are all able to keep cool and do your outdoor activities early in the morning. Even my dear dog, Dug, is limited to one early morning walk a day.

As I watch the temperature rise, I thought about a new "donation game" we can play. Think about sending FCC a donation in the same amount as the daily temperature, weekly totals or monthly totals! This is an easy way to determine how much to donate to FCC on a recurring basis or as many times you want to donate. We look forward to your summer donations.

There are many exciting things happening at FCC. We are thrilled to have Paul Dale join the Board. He is the President of the Paradise Valley Community College. We are hopeful to get students and faculty at PVCC more involved in our FCC community. Also a big "THANK YOU" to the students from Cave Creek Unified School District who volunteered their time to help organize the office and assist the staff in June. We look forward to seeing more students become part of the FCC community. If you know of other organizations, big or small, that may want to learn more about FCC or whose members may want to volunteer for FCC, please call the office. We are happy to provide a presentation to any organizations about our services and our need for volunteers.

The 2004 van has now been "retired." This was the first van obtained by FCC. On June 9, 2016, FCC held a special "retirement party" for the van. Both drivers and assistant drivers were very attached to this "old" van and were happy to share stories from their time with the van and the folks who began with the first van.



Also thank you to Elizabeth and Debbie who attended our last Board meeting to share their experience with being a Neighbor and a Volunteer. Their story inspired the Board and helps keep us in touch with the mission of FCC. We appreciated them taking the time to come to talk to us in June.

Since April 1, 2016, FCC has enrolled 39 new Neighbors (21 Neighbors primarily needing Medical Transportation and 11 Neighbors primarily needing Friendly Visits) and 13 new volunteers. Volunteers are crucial to the success of FCC and approximately 50% of our volunteers leave for the summer. If you have an extra hour or two in your schedule and would like to become a volunteer, we welcome your call.

Emily Kile
FCC Board President

Planned Giving

"It is a great feeling to give a planned gift because I believe that no matter how you choose to be *remembered*, it is important to leave lasting footprints."

— Quote from FCC Planned Giving Donor

FCC Available Equipment:

- Electric Cart (Brand: Guardian, Color: Red)
- Electric Wheelchair

Please call Foothills Caring Corps
480.488.1105 for more information

Eating Well Has Many Health Benefits!



Choosing the right diet will give you the nutrients needed to keep your muscles, bones, organs, and other parts of your body healthy. Eating a balanced mix of foods may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer, and anemia. A proper diet can help you better manage them.

Good nutrition and the right amount of calories will help keep your energy level up. The number of calories needed depends on how old you are, whether you are a man or woman, your height and weight, and how active you are. If you are less physically active, you may need fewer calories to stay at the same weight. Choosing foods which have a lot of nutrients but relatively few calories -- can give you the nutrients you need while keeping calorie intake in check.

Whole-grain, fiber rich foods, fruits and vegetables and seafood are all good choices for a healthy and well balanced diet. These foods will also help with digestion and combined with drinking more water may help with constipation. Even if you are on a limited budget, many of these foods can be incorporated into your diet. You can start with a few new food choices and then add more as you get used to your healthier diet. You will look and feel great!

Health Tips

Healthy Aging, Centers for Disease Control and Prevention

Phone: 800.232.4636

Website:

www.cdc.gov/aging/index.html

Health Information for older adults. Topics include: alcohol use, Alzheimer's disease, arthritis, brain health, cancer, depression, diabetes, exercise, falls, heart disease, hearing loss, high blood pressure, motor vehicle safety, obesity, smoking, suicide, vision, and many other physical and mental health concerns.

Source: MetLife, Life Advice Summer 2016

What About Sugar Blues?

Sugar Blues –According to the journal *Obesity*, sugar is a much bigger threat to health than first suspected. The study reports sugar causes metabolic diseases, heart disease, and high blood pressure, **even when sugar**

eaters do not gain weight from sugar products. Other studies published in early 2015 found that sugar breaks down collagen in the skin and is as damaging to skin's appearance as smoking. If you have a sweet tooth, opt for fruits. Chocolate lovers can choose unsweetened, dark chocolate, or carob, which tastes like chocolate, but is naturally sweet without sugar. Avoid sugar substitutes like aspartame and saccharin, which contain potentially harmful chemicals. Stevia is a natural herb that makes an excellent sugar substitute. For more information on removing sugar from your diet without giving up treats, send an email to: lbraz2@metlife.com.



Source: The Guardian, U.S. edition (October 27, 2015)

Foothills Caring Corps 6th Annual Golf Tournament

Monday, November 14, 2016



8:30 am

Continental Breakfast
and Registration

10:00 am

Shotgun Start

2:30 pm

Hors d'oeuvres Reception
Golf Prizes and Awards
Silent Auction / Raffle Items

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

FOOTHILLS
CaringCORPS

MIRABEL

Photo by Rick Scuteri

More Opportunities to Support Foothills Caring Corps



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 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. (For instructions, re-enrollment or joining, please call the office at 480.488.1105.)

Help support Foothills Caring Corps by using your **Bashas' Community Support Card**.

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.

Get started by stopping into the Caring Corps office and purchasing your \$20 card.



**The following Support Groups
meet at**

Desert Mission United
Methodist Church
7373 N. Dixileta Drive, Scottsdale
480.595.1814

**North Scottsdale
Alzheimer's Support Group**
Second & Fourth Wednesdays

**August 10 & 24
September 14 & 28**
10:30 am - 12 pm

Parkinson's Support Group
First Thursdays
**August 4
September 1**
10:30 am - 12 pm

FCC Dates to Remember

Volunteer Orientation

Second Thursdays
**August 11
September 8
October 13**
9-11 am
Suite B101

**Van Transportation
Training - Level I**

**August 18
September 15
October 20**
9-11 am
Suite B101



P.O. Box 831
Carefree, AZ 85377

7275 E. Easy St. Ste B103
PO Box 831
Carefree, AZ 85377

Phone: 480.488.1105
Fax: 480.488.8117

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

"It's not the years in your life
that count. It's the life in your
years."

-Abraham Lincoln



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

Services@FoothillsCaringCorps.com
www.FoothillsCaringCorps.com

We're on the web!

FoothillsCaringCorps.com

Promoting independence
for older adults