

FOOTHILLS CARING
CORPS
P.O. BOX 5892
CAREFREE, AZ 85377
(480) 488-1105

Foothills Caring Corps News

FEBRUARY / MARCH 2008

Cash & Caring Raffle & Auction March 31st — El Pedregal at the Boulders



**4th Annual
Cash & Caring
Raffle & Auction
Monday
March 31, 2008
4:30 to 8:00 p.m.
El Pedregal at
The Boulders**

**Call
(480) 488-1105
for tickets.
\$100 each
or
3 for \$275**

Don't wait for the last minute to get your tickets, because only 650 will be sold!

The Raffle prizes this year include 3 cash prizes of \$5000 each, a Hawaiian vacation package, and a cruise vacation package!

This annual event is the single most important fundraising event for FCC, because it raises more than 50% of the funds needed for our annual budget. This year's event is even more vital. We are in need of a **handicapped - accessible van** to make it easier to safely transport our Neighbors who have been prevented by their special needs from taking advantage of transportation in our standard van.

Your participation and support for this event is critical. With your help, we will be able to purchase that van, as well as continue to increase our other services to older adults in



the Foothills area.

Please email caring-corps@earthlink.net your availability of working as a volunteer at the 2008 Cash & Caring Raffle & Auction. We'll need volunteers between 3:00 - 8:30 p.m. The following positions are needed:

- **Volunteer Coordination:** Help make the fundraiser run smoothly by working with other volunteers to coordinate



efforts across teams. Ensure that each raffle function has the volunteer staffing it needs, and that volunteers are being effectively utilized.

- **Ticket Sales:** A Chairperson as well as subcommittee members are needed to help with ticket sales. This may involve helping with mailings, or with selling tickets at various venues. There is also a focus on recruiting volunteers while selling tickets.



Auction: Volunteers are needed to solicit and secure items for the auction. Activities include contacting local businesses and individuals who might be interested in making a donation or consign items to the auction.

- **Bountiful Basket Raffle:** Volunteers are needed to solicit and secure donations of small items for the Bountiful Basket raffle at the fundraising event. Activities include contacting local businesses and individuals who might be interested in making a donation or consign items to the auction.
- **Event Logistics:** Volunteers may be needed to help with set-up of auction items at the fundraiser, to greet guests, answer questions, assist with the auction, and help in a variety of other ways on the night of the event.

See Insert for more highlights

We Enjoyed the Valentine Soirée February 13th



What a fantastic entertainment and recognition event. We were dazzled by the Cactus Kickers of Cave Creek (sometimes called the "Dancing Grannies"). They had several routines which were set to music that everyone enjoyed.



The Anglican Church Women deserve a round of applause for the delicious food and beautiful Valentines they provided for all of the party goers.

Thank you volunteers and neighbors, what a great celebration!



"We have such an enjoyable group. We named the bus the 'happy' bus."
Dorothy McIntosh



Testimonials

The van has made such a remarkable difference in neighbor's lives. The following are some quotes from Thank You notes.

"I love the trips and being around people my age. My daughter works five days a week and can't take me."
Wilda Sturgess

"Please accept my sincerest thanks for all you do for us. We who travel on our outings on the van all agree

our lives have been greatly brightened. In fact we call it the party van as there is so much laughter and camaraderie."
Annie Flanagan



"The Caring Corps is the "greatest" for seniors. It gives those with no transportation a chance to get out and socialize with others, do their shopping , and

attend different events. Without the Corps, shopping would be more arduous and the prospects of socializing with others would be much less frequent. The van trips not only are greatly needed, but fun as well because you are always meeting new neighbors and seeing old friends. However, as you are aware, there are more "riders" now than the van can hold, so some are denied."
Bettie Warden

Heart Smart Recipe of the Month

In honor of National Heart Month, we have a great recipe from the Food Network to share with you.

Tandoori Spiced Chicken Breast

Recipe courtesy of Bobby Flay

- 2 tablespoons each of onion powder, garlic powder, ground ginger, and ground coriander.
- 1 tablespoon each of ground cumin, ground cayenne, ground turmeric, white pepper, and kosher salt.
- 3 (8-ounce) boneless skinless chicken breasts
- 3 tablespoons vegetable oil
- 4 pita breads, warmed on the grill

Heat grill to medium-high. Combine all spices and the oil in a medium bowl to make a paste. Rub a thin layer of the spice paste onto 1 side of each chicken breast. Grill for 3 to 4 minutes on each side or until slightly charred and just cooked through. Remove from the grill, let rest 5 minutes, and cut lengthwise into 1/2-inch thick slices. Serve open face on pitas.

Yield: 4 servings



Reducing Risk of MRSA



According to the American Medical Association, Methicillin-resistant Staphylococcus aureus, (MRSA), infects

more than 90,000 Americans annually. This staph germ has become antibiotic-resistant, and can be dangerous in some people.

MRSA can appear as an infected sore, an irritated pimple, an angry boil, or a rash of pustules. Tim Kuberski,

MD, John C. Lincoln Hospital's medical director for Infectious Disease, says, "For most people, thorough hand washing is the key to prevention."

Antibacterial soap and hand sanitizers may not work as effectively as plain old soap and water. The *Harvard Health Letter* reports that washing hands with soap and water for 15 seconds (about the time it takes to sing one chorus of "Happy Birthday to You") reduces bacterial

counts by about 90%. But even people who are conscientious about washing their hands often make the mistake of not drying them properly. Wet hands are more likely to spread germs than dry ones.

Help prevent an outbreak of MRSA by effective hand-washing and drying

If you suspect that you might have an outbreak of MRSA, contact your physician immediately.

Concert To Benefit Foothills Caring Corps

March 29, 7:30 p.m. at Christ the Lord Lutheran Church, 9205 E. Cave Creek Rd.



The concert will feature versatile **vocal impersonator, Don Walsh** known as "The Don." "The Don" is a world traveled entertainer, having performed in night clubs, casinos, and festivals from California to Chicago, New York and Europe, including performances in the Chaparral room at Phoenix's own Camelback Inn. An evening with Don Walsh is like being entertained by Frank Sinatra, Dean Martin, Tony Bennett,

Perry Como, Johnny Mathis, Elvis, Nat King Cole, and more.

Christ The Lord Lutheran Church will host the concert **which will be held at 9205 E. Cave Creek Road in Carefree (1/2 mile east of the Pima Road and Cave Creek Road intersection).** Tickets are \$25. Seating is limited. **Call (480) 488-2081 for tickets.**

Light refreshments will be

served by candlelight in the church garden following the performance.

This charitable event is underwritten by Thrivent Financial for Lutherans enabling 100% of the proceeds from the tax-deductible tickets to go to Foothills Caring Corps!



All neighbors are invited to a presentation by Battalion Chief John Kraetz.

"Safety Issues in the Home"

Dorothy's Hall at Christ Anglican Church in Carefree will be the site for a meeting of the Low Vision Group on March 11, 2008, from 9:30 to 11:30 a.m. Special guest, Battalion Chief John Kraetz, of the Rural Metro Fire Department, will talk about safety in the home for people with low vision and for the elderly.

**Call Foothills Caring Corps at:
(480) 488-1105**

to R.S.V.P., and to schedule van or auto transportation.

In Memory

Foothills Caring Corps extends our sympathy to family and friends of the following:

Harry Howard — October 2007

Susie Kelleher — December 2007

Earl Allen — January 2008

Margaret Diller — January 2008

Zigfried Kronberg — January 2008

Velyda Schmunk — January 2008



Emergency 911 Cell Phones for Seniors

Emergency 911 cellular phones have been very popular for seniors and AARP members. They like having no monthly fee and having the constant peace of mind of knowing that they can make a call if they need to.

The best thing about this program is that the phone can be used for 911 only, which is an entirely free service. Non-911 calls can be made, but they are not free. Collect calls can be made, or your non-911 calls can be billed to your credit card.

Foothills Caring Corps is asking for used cell phones and chargers, which will be collected for the Area Agency on Aging for reprogramming and distribution to seniors who need them. **Call (480) 488-1105 for more information on donating a phone.**

If you would like information on receiving an Emergency 911 Cell Phone, call Area Agency on Aging at (602) 264-4357.

AARP Driver Safety Program Volunteers needed to TEACH!

The AARP Driver Safety Program is designed primarily for motorists 50 plus, but is open to all individuals. Attendees learn about defensive driving tactics—like what to do when confronted by an aggressive driver; or how to handle today’s driving challenges like heavy interstate traffic and age-related changes in vision, hearing and reaction time. In Arizona, certified candidates who attend this course may be entitled to a discount in personal liability insurance premiums for up to three years.

Volunteers are also needed to help coordinate and teach this very popular and growing program. Call 1-888-227-7669, or email drive@aarp.org, if you would like to be a volunteer.

If you are interested in attending, contact Tom Burch at (480) 671-4463, or Cynthia J. Fagyas at (602) 262-5165.



Foothills Caring Corps

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Carefree, Arizona 85377

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