

## FOOTHILLS CARING CORPS

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



### Upcoming Dates To Remember

AARP Driving  
Classes  
November 3 & 5  
8 a.m. - 12:30 p.m.  
Classes held at Christ  
Anglican Church  
McGinnis Hall

Volunteer  
Orientation  
November 13  
December 11  
9 - 11 a.m.  
Classes held at Christ  
Anglican Church  
McGinnis Hall

Book Sale  
Nov 15 & 16  
Desert Foothills  
Lutheran Church  
29305 N. Scottsdale Rd.  
Paperback & hardback  
donations accepted.  
Contact  
480-710-2403

Giant Church  
Yard Sale  
Desert Mission United  
Methodist Church  
November 22  
8 a.m. - 3 p.m.  
SE corner of  
Scottsdale Road &  
Dixileta Drive

Annual Holiday  
Boutique & Bake Sale  
Christ the Lord  
Lutheran Church  
9 a.m. - 4 p.m.  
December 4 & 5  
9205 E. Cave Creek  
Road

A program of Foothills Community Foundation

NOVEMBER 2008

## Call today to purchase your Harry Mathews Concert Tickets! 480-488-1105....Tickets also at the door.

This will be a dynamic performance! Harry is an excellent Vocalist, Saxophonist, Pianist & Guitarist! You won't want to miss it! Proceeds will benefit the Foothills Caring Corps by assisting with our mobility programs: Vans Program, Medical transportation routes & maintenance of fleet vehicles.



Friday, November 7th, 2008 at 7 PM

The concert will be held at  
Desert Hills Presbyterian Church  
Located at 34605 N. Tom Darlington Rd.  
Scottsdale, AZ 85262



## First Annual Christmas Festival! Carefree Festival of Lights Celebration!



December 12, 13 & 14

Yes, it is going to SNOW in Carefree!!!

Santa will be in a vintage fire truck, Cinderella will be in her Pumpkin Carriage and beautifully decorated floats will be in the parade. We will have our van decorated and be in the parade of lights on December 12th at 6 pm! Please call Jayne at 480-488-1105 to help with decorating our van.



Nov. 29th - Dec. 14th "Festival of Trees" fundraising event. Decorated Christmas Trees are placed on the upper & lower levels of the Los Portales Mall for a silent auction. The trees will benefit various charities. Drawings are scheduled for

Sunday December 14th at 4 pm. To help decorate our Christmas tree in November, please call Virginia at 480-488-1105.

We will be wrapping packages on Easy Street on Sunday, December 14th. Please call 488-488-1105 to bring bows, ribbon & wrapping paper.





## *Community Thanksgiving Eve Ecumenical Service*

*Hosted by St. Gabriel Catholic Church*

*To Honor the Foothills Caring Corps*



**Wednesday, November 26, 2008**

**6 p.m. Choir Rehearsal ~ 7 p.m. Service**

Several local congregations will participate with the St. Gabriel Catholic Church in presenting this uplifting evening of music, song, prayer and Thanksgiving.

**St. Gabriel the Archangel Catholic Church**

**32648 N. Cave Creek Road, Cave Creek 480-595-0883**

Foothills Caring Corps, a program of the Foothills Community Foundation **(480) 488-1105**

[Services@FoothillsCaringCorps.com](mailto:Services@FoothillsCaringCorps.com)

The service will honor the Foothills Caring Corps. The Caring Corps helps older adults and homebound individuals to remain healthy and living independently in their homes. The programs of the Caring Corps currently serve more than 400 of our neighbors in the local community. Donations collected at the service will directly benefit those served by the Caring Corps.



### **White Bean/Garlic Dip for Veggies**

Weight Watchers New Complete Cookbook

6 – 8 servings Preheat Oven 400°



6 large cloves of garlic  
15 – 16 oz. can cannellini beans (Progreso), drained well  
2 T. fresh lime juice  
1 T. extra virgin olive oil  
3 scallions, minced  
 $\frac{1}{4}$  orange or red bell pepper, seeded and finely chopped  
1 T. fresh cilantro, finely snipped  
Cayenne pepper to taste  
 $\frac{1}{4}$  t. salt  
Veggies for dipping

Sources: The Professional Chef:  
A culinary text by The Culinary Institute of America  
Lila Kleinkopf

1. Cut off thin slices from ends of each garlic clove. Wrap garlic in a foil packet and roast in a preheated oven until soft, approximately 30 min.
  2. Place cannellini beans into the bowl of a small food processor. Squeeze roasted garlic from their skins into the food processor bowl with beans. Add lime juice and olive oil. Process until slightly pureed.
  3. Transfer pureed mixture to a medium bowl and stir in the minced scallions, bell pepper, cilantro, cayenne pepper and salt.
  4. Refrigerate, covered until flavors are well blended... at least 1 hr.
- Serve with crisp fresh veggies such as cauliflower, broccoli, carrots, celery, etc.

**Thanksgiving is a time for giving thanks. Be thankful for the things you do have, that you want, and be equally thankful for the things that you don't have, that you don't want.**



### **Share your table for the holidays...**

Foothills Caring Corps and Foothills Food Bank are planning to match those of you who are alone, lonely, isolated or without family for the upcoming Thanksgiving and Christmas / Hanukah holiday meals with those of you who have room at your table.

Call us at **480-488-1105** and let us know your interest.

2008

# HEALTHCARE FIGHTS Hunger

## The effects of hunger on the human body

A healthy body needs balanced nutrition.  
Hunger makes learning/concentration difficult.

Nutrition needs change with age,  
but everyone needs fruits,  
vegetables, whole grains and protein.

**"Hunger"** is defined as a condition in which people do not get enough food to provide the nutrients (carbohydrates, fats, proteins, vitamins, minerals and water) for active, healthy lives.

**"Food insecurity"** means not knowing where the next meal is coming from. From 2004 to 2006, in Arizona, 13.1% of households were food insecure. During the same period of time 11.3% of U.S. households were food insecure.

**FACT:** The World Health Organization estimates that one-third of the world is well-fed; one-third is underfed, and one-third is starving.

**FACT:** One of every eight children under the age of 12 in the U.S. goes to bed hungry every night.

**FACT:** Children in families with hunger are more likely to suffer from infections, have trouble concentrating and miss school.

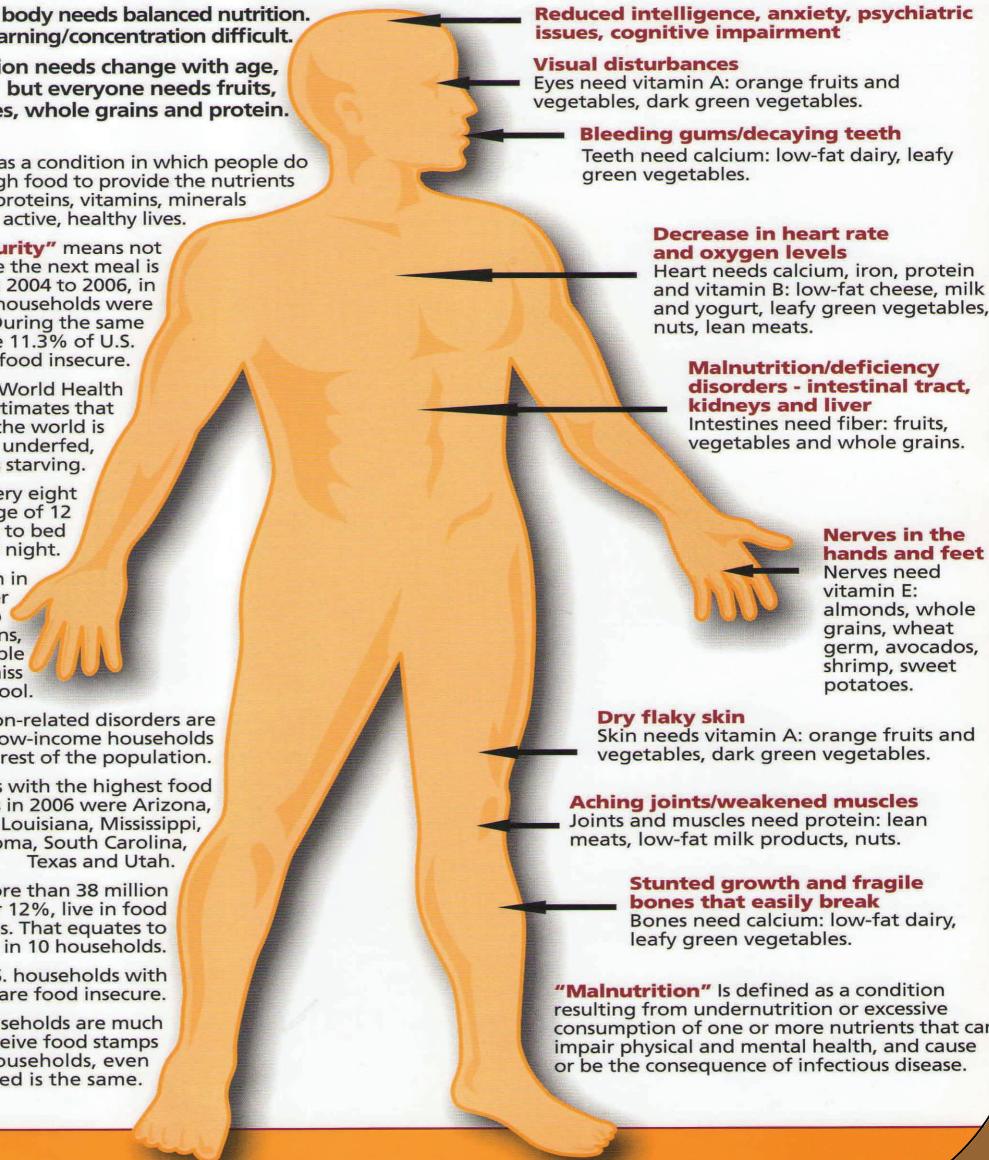
**FACT:** Nutrition-related disorders are greater among low-income households than among the rest of the population.

**FACT:** The 10 states with the highest food insecurity rates in 2006 were Arizona, Arkansas, Kentucky, Louisiana, Mississippi, New Mexico, Oklahoma, South Carolina, Texas and Utah.

**FACT:** More than 38 million Americans, or 12%, live in food insecure homes. That equates to one in 10 households.

**FACT:** 6% of U.S. households with senior citizens are food insecure.

**FACT:** Elderly households are much less likely to receive food stamps than nonelderly households, even when the need is the same.



A partnership of the Arizona Hospital and Healthcare Association, the Arizona Medical Association, the Arizona Academy of General Dentistry and the Association of Arizona Food Banks

## Keep Holiday Food Safe

Harmful bacteria will multiply rapidly in food that is not handled properly and may cause people to become very ill. One of the times with the greatest potential for food-borne illnesses in the U. S. occurs during the Thanksgiving and Christmas holidays. And, the foods with the greatest potential to grow harmful bacteria are low acid high protein foods such as meats, poultry (turkey), seafood, milk, puddings and cream fillings, cooked grains, stuffing, potatoes, melons and garlic-and-oil mixtures. (continued on back page)

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A combination of ideal temperature and moisture will cause foods to spoil rapidly. The addition of an acidic food such as citrus juice or vinegar will help diminish spoilage in some low-acid foods such as the beans in the accompanying bean dip recipe. This will help keep such a low-acid snack food safe as it sits at dangerous room temperatures. However, generally foods should not sit at a temperature above 40°F or below 140°F more than 2 hours. The life of bacteria grows quickly between these temperatures. An easy way to remember this rule is to say that "life begins at 40"; foods should be kept colder than 40°F and warmer than 140°F. Room temperature is 72°F to 82°F. This is an ideal temperature for harmful bacteria growth. Cooking food will destroy most microorganisms; however, improper handling and storage will reintroduce them. Refrigerate all leftovers immediately following holiday meals and then reheat them until they are hot. Temperatures above 165°F kill most bacteria.

It is also important to avoid cross contamination. This can occur when work surfaces, sinks and cutting boards are not sterilized after preparation of raw meats and before preparation of uncooked foods such as salads. Be vigilant in keeping all aspects of your celebrations safe.

**PLEASE** fill out the Survey on Public Transportation & either drop it off or mail it in by **November 21st**.

#### Driving Safety Classes

Attend our AARP sponsored class and receive a certificate that will reduce your insurance rates. Space is limited. \$10 per person. Each class is held from 8:00 a.m. to 12:30 p.m. Classes are held at Christ Anglican Church, McGinnis Hall, 35500 N. Cave Creek Road.

First half of class  
November 3rd (4 hours)  
Second half of class  
November 5th (4 hours)



Desert Cactus Kickers, a Dancing Grannies Group from Cave Creek, to perform December 3rd at 1 p.m. at Desert Hills Presbyterian Church. This is a gift to the volunteers and neighbors of Foothills Caring Corps but also open to the public for a dancing delight for both young and old. Special Christmas arrangement choreographed for a special Holiday celebration! Come out for lots of FUN!

## Foothills Caring Corps

Post Office Box 5892  
Carefree, Arizona 85377

FOOTHILLS  
COMMUNITY  
FOUNDATION



Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit No. 112  
Cave Creek, AZ



Foothills Caring Corps Annual Booklets are available at the office