

Foothills Caring Corps Taste of Foothills Fundraiser

COME JOIN OUR FUN!
Our venue has changed, we have entrance tickets now and we have a tiny bit of name change but the fun, celebration and thank you to our supporters are the same!

Come join us at Stagecoach from 4:30-7:30pm, March 23rd.


The tickets are an easy click away online at EventBrite.com; enter Foothills Caring Corps in the Event Search box or we have staff and volunteers to help you with the ticket purchase. If you need assistance, please call us at 480-488-1105!!!

Our area's renowned Chefs and Restaurants will be on hand for specialty items you will enjoy. Come for a taste! We have spirits

for beverage and even a wine table raffle.

We will honor our Founding Director, Gail Simmons; have a well known local Emcee, Kevin Glenn; an interesting Silent Auction; entertainment by Pick O'The Litter; Live Auction including two trips; our raffle for cash and additional entertainment with impersonators, John Wayne and Patsy Cline!!!

SEE YOU THERE!



Gail Simmons

The Van Program... We're Small but Mighty

If you enjoy meeting people and being of service, The Van Program could use your help. Our goal for the New Year is adding 50 new volunteers for 2017. Please consider sharing your time to participate in this FUN Program. Volunteers are needed to Drive or Assist on group outings to shopping, restaurants, theater, concerts, library activities, Chair Yoga, Silver Sneakers and

many other interesting events. This is a great opportunity to make a difference in the quality of life for an older adult and be a part of this exciting team! Volunteers are given training, guidance and monitoring to ensure a quality experience. What do you have to lose... NOTHING!!

For more information visit foothillscaringcorps.com call **480.488.1105** or email services@foothillscaringcorps.com



Mirabel Golf Tournament

The 6th Annual FCC Mirabel Golf Tournament held on November 14, 2016 was once again a huge success! FCC netted \$103,315 for our programs. The Sponsors, Players and Volunteers enjoyed a day of great food, great weather (unlike the wintery 2015 Tournament) and spectacular fun. The day's scores included: Low Net Winners – David Colby, Gerry La Fountain, Scott Naumann and John Chandler and Low Gross Winners – Mark Rushford, Drew

Gabler, Tristan Crook and Kyle Frame. Thank you to the hardworking staff at Mirabel. Each year they work diligently to make this a successful event. A very special thank you to the Planning Committee: Jill Ford and Maureen Dobrow, Co-Chairs along with Laurie Boyanovsky, Donna Brown, Frank Brown, Ginny Holzemer, Steve Ketterer, Jim MacAllen, Nancy Mann, Michelle Newlin, Sylvia Owens, June Reilly, Trudy Rhoades, Roz Skillman, Carolyn Slocum, Carol Wolfe and Debra Determan, Executive

Director of FCC. Because of their hard work and support of FCC we are able to assure the on-going and expanded services for our Neighbors.

Save the date for the 7th Annual Golf Tournament to be held on Monday, November 20, 2017 at Mirabel.



Matt York Photography

Health & Resource Expo 2017



Photos By
Herbert Hitchon

The Health & Resource Expo 2017 was held on January 28, 2017 at the Cactus Shadows Fine Arts Center. It was a beautiful sunny day and people of all ages came to learn about local resources. There were 50+ health and wellness vendors representing the wide variety of local resources that are available. Many joined in the interactive and fun demonstrations.

Some of the highlights of the Expo were: flu immunizations, on-site health and nutrition experts, tips how to avoid scams, brain healthy activities, home safety and much more.

The community-wide initiative was organized through a Foothills collaborative with Foothills Caring Corps, Carefree Physical Therapy, Honor Health, Foothills Food Bank, Town of Cave Creek, Desert Foothills Library, Cave Creek Unified School District, Desert Foothills Family YMCA, Maricopa County, Jewish Family & Children's Services, Scottsdale Human Services, Town of Carefree, Paradise Valley Community College and other valuable contributors and sponsors.



Save the produce!

Neighbors: Don't forget

3-5 servings of vegetables are recommended daily by the U.S. Food & Drug Administration for contribution to a healthy diet! Each serving should equal ½ cup or 4 oz.

Nutrition News from FCC:
Hello Neighbors! Here is some info on a new event in town called

"Market on the Move".

This event brings fresh produce for sale every 4th Saturday of the month from 7:30-11 a.m. in the Coolwater Christian Church parking lot. For a donation of \$10, you can receive up to 60 lbs. of fresh produce in a "farmers market like" atmosphere & setup that you can share with your friends, family, neighbors and others in need. Doing

so also helps to rescue good fresh produce that might otherwise go to waste.

Coolwater Christian Church

28181 N. 56th St.,
Scottsdale 85266

Directions: Located on the SE corner of 56th St. & Dynamite Rd. Just west of Scottsdale Rd. & east of Tatum Blvd. There are entrances to parking lot off of both sides of 56th & Dynamite.

Please attend- join in to save fresh produce. Be healthy!

Nutrition students
can discuss:

Healthy Cooking: Cooking techniques and creative ways to increase fruit and vegetables in your diet!

Special Diets: Diabetes, Heart Health, Weight Loss/Gain, Gluten Free, Dairy Free, Hypertension, and many others!

Food Safety: Proper temperatures, food storage, expiration dates, etc.

Meal Planning: Create a weekly menu for each meal.

Healthy Alternatives: Learning to read food labels to make informed, healthier choices.

Grocery Shopping:
Make your list based on your menu plan!



Nutrition Interns Are Here!

The Dietetics students from Paradise Valley Community College will be available to speak with neighbors January-April during various van trips, meal deliveries, and private appointments.

For more information or to schedule an appointment contact

Ann Kalectaca
Mobile Meals
Coordinator
480.488.1105



Note from the President

Thank you for taking the time to read this wonderful newsletter. FCC has been woefully understaffed for quite some time. We are happy to welcome new staff members, Bonnie Bailey

(medical transportation coordinator); Linda Burris (administrative assistant); Amanda Weiler (health advocacy, volunteer coordinator); Ann Kalectaca (mobile meals coordinator); and Poppy Peterson (reception coordinator). Please stop by the office to help us welcome these great additions to the team.

We remain engaged in updating our website and other communication

tools. FCC is a multifaceted organization and we want to ensure our message is clear to the community. We are excited about the new ideas and "look" for the organization. Once we have a final version, we will certainly let you know so you can see it all for yourself!

The annual campaign letters have been sent. Many of you have been generous with donations for our annual campaign. Thank you for your prompt action for FCC. For those of you who have put the letter in a safe place, I urge you to take out the letter and remember the great works of FCC as you make your donation. There is no other organization in our community who serves more of our Neighbors to ensure they have a hot meal, a ride to the doctor or a friendly face visiting them.

The Golf Tournament, our largest fundraiser, was a great success. The

weather was beautiful. FCC was able to net over \$100,000 from your generous donations, sponsorships and golf fees. Mirabel is a beautiful place to spend the day whether you played golf, volunteered to ensure the event ran smoothly or stopped by to provide moral support for everyone. If you missed the event this year, be sure and sign up next year!

We also received the largest donation in the history of FCC. Thank you to the anonymous donor who provided stock valued at over \$100,000.

"Thank you" hardly seems sufficient. We look forward to serving so many new Neighbors with this incredible gift. We are so honored to have received this generous donation.

Until next month, I wish you all the best and thank you for reading!

Emily Kile
FCC Board President

Foothills Caring Corps
P.O. Box 831
Carefree, Arizona 85377

 **FOOTHILLS**
CaringCORPS



February 2017



Van Program

The Foothills Caring Corps Van Program is one of our most popular programs. "Neighbors" are transported on vans to shopping, lunch outings, movies, libraries, bingo, concerts and more. This program is a great networking and social experience for "neighbors".

Contact services@foothillscaringcorps.com or call 480.488.1105 to volunteer today!



Save the Date

Visit FoothillsCaringCorps.com for more information

CPR First Aid / AED Training

Get trained. Save a life. You'll be glad you did.
Call Foothills Caring Corps to reserve your spot.
480.488.1105

CPR & AED Training 2 Year Certification

Feb 17 | 9:00 AM - 1:00 PM
Carefree Fire Station
37401 N Tom Darlington Dr, Carefree
Free for Carefree Residents, all others \$25

CPR, AED & First Aid Training 3 Year Certification

Feb 21 & Feb 24 | 9:00 AM - 1:00 PM
Foothills Caring Corps
7275 Easy St, Carefree
Fee \$25

Tax-Aide AARP Foundation

Each Wednesday starting Feb 1 - Apr 12
12:00 PM - 3:15PM
Desert Foothills Library

Free tax help to low - and moderate - income taxpayers. They will help taxpayers prepare and file their personal federal and Arizona income tax returns. Appointments are required and can be scheduled by calling the Library at 480-488-2286.

Volunteer Foothills Caring Corps

All events located at 7275 Easy St Suite B101
For more info contact
services@foothillscaringcorps.com

Volunteer Orientation

Mar 9 | Apr 13 Second Thursdays
9:00 - 11:00 AM

Van Transportation Training - Level 1

Feb 16 | Mar 16 | Apr 20
9:00 - 11:00 AM

Volunteer Fingerprinting

Mar 9 | Apr 13
11:00 - 11:45 AM

Community Support Groups

Desert Foothills Library

38443 N Schoolhouse Rd
Cave Creek | 480.488.2286

The Healing Pathway Grief Support Group

2nd & 4th Mondays
9:30 - 11:00 AM
Feb 27 | Mar 13 & 27

Caring for the Caregiver Caregiver Support Group

First Mondays
10:00 - 11:30 AM
Mar 6 | Apr 3

Desert Mission

United Methodist Church
7373 N Dixileta Drive
Scottsdale | 480.595.1814

North Scottsdale Alzheimer's Support Group

2nd & 4th Wednesdays
10:30 AM - 12 Noon
Feb 22 | Mar 8 & 22

Parkinson's Support Group

First Thursdays
10:30 AM - 12 Noon
Mar 2 | Apr 6

NEW Support Group

Desert Hills

Presbyterian Church
34605 N Scottsdale Rd
Scottsdale | 480.488.3384

Grief Support Faith Based Support Group

Thursdays
4:00 PM - 5:30 PM
Begins Feb 2



Foothills Caring Corps | 7275 E Easy Street Suite B103

Mailing address | P.O. Box 831 Carefree, Arizona 85377

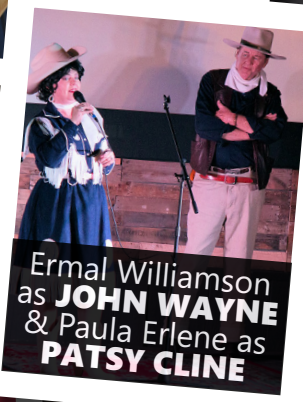
480.488.1105 | Services@FoothillsCaringCorps.com | FoothillsCaringCorps.com

Join us!

Foothills Caring Corps 13th Annual Taste of Foothills Fundraiser



Music by PickO'TheLitter



Ermal Williamson
as **JOHN WAYNE**
& Paula Erlene as
PATSY CLINE

Specialty Dishes from
several fine restaurants
including:

**Bryan's Black
Mountain Barbecue
Carefree Bistro | Harold's Corral
Sassi Restaurant | The Herb Box
Carvalho's Brazilian Kitchen
Janey's Coffeehouse
Venues Café**

Other activities include:

**Live & Silent Auction
Wine Table Raffle
Raffle Drawing**

Emcee:

Kevin Glenn

Casual Dress

TASTE OF Foothills

Thursday | March 23 | 4:30-7:30 PM

Stagecoach Village 7100 E Cave Creek Rd

Purchase Raffle tickets and enjoy the Taste of Foothills - One raffle ticket admits 2. Purchase tickets online at EventBrite.com and enter Foothills Caring Corps in the Event Search box or complete attached Ticket Process form. Bring your ticket with you to event.

Foothills Caring Corps

P.O. Box 831 Carefree, Arizona 85377
480.488.1105 | FoothillsCaringCorps.com

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CaringCORPS**