

## News

November 2017

## 7th Annual Golf Tournament at Mirabel ~ November 20, 2017



Matt York Photography

Only 2 weeks left to sign-up to play! Get your reservation in today Contact Betty or Jennifer at 480.488.1105



#### Sharing Thanksgiving

Thanksgiving is America's second favorite holiday after Christmas. It is a time to gather together with family and friends to enjoy a wonderful meal and socialize. We laugh and share stories

with our loved ones over a delicious meal. However, Thanksgiving can also be a lonely time for neighbors who aren't able to spend the day with their family and friends. As you prepare for your family's Thanksgiving meal consider inviting a neighbor to join you for dinner who might not have family to celebrate with. This simple act of kindness can help to alleviate the

feelings of loneliness and isolation that many people feel over the holidays. By opening your home to neighbors who are normally alone during Thanksgiving you can help to provide much needed hope and socialization this Thanksgiving.

Enjoy your Thanksgiving Holiday!

### Simple Roasted Butternut Squash

Prep 15 m Cook 25 m Ready In 40 m

Recipe By: MChele

#### Ingredients

1 butternut squash peeled, seeded, and cut into 1-inch cubes 2 tablespoons olive oil 2 cloves garlic, minced salt and ground black pepper to taste

#### Directions

- 1. Preheat oven to 400 degrees F (200 degrees C).
- 2. Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.
- 3. Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.



"Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so simple and easy."

## Congratulations

**To Our Photo Contest Winners** 







Winner #1
Doris Rybarczyk's
Birthday Celebration.
Photo Taken by
Leigh Siegel,
Foothills Caring Corps Volunteer



Winner #2
Bella Vista College Prep
Photo taken by Jarrod Phillips,
Director of Youth Ministry at
Good Shepherd of the Hills Episcopal Church



Winner #3
Taste of Cave Creek Information Booth
Volunteers George Schmid and David Crozier.
Photo taken by Susan Henninger,
Foothills Caring Corps Volunteer



# Community Thanksgiving Eve Service

You're invited to an evening of Music and Fellowship

Wednesday, November 22, 2017 7:00 pm Service

Following the service there will be a reception for all.

Hosted by Christ the Lord Lutheran Church 9205 E. Cave Creek Road Carefree, AZ 85377 480.488.2081





For 17+ years the Foothills Caring Corps has joined with area congregations to offer the community this oppor-

tunity to come together in praise and thanksgiving for all of the ways in which God has blessed our lives throughout the year.

The Foothills Caring Corps helps older adults and homebound individuals to remain healthy and living independently in their homes. Last year 37,357 hours of volunteer program services were donated by 554 active volunteers supporting the Foothills community.

Bring your family and guests to this festive celebration of Thanksgiving.



## Community Support Groups

#### Save the Date

Visit our website FoothillsCaringCorps.com for more information

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

2nd Thursday of the month Nov 9 | Dec 14 | Jan 11

**Volunteer Orientation** 9:00 - 11:30 AM **Volunteer Fingerprinting** 11:00 - 11:45 AM

3rd Thursday of the month

Nov 16 | Dec 21 | Jan 18

Van Transportation Training - Level 1 9:00 - 10:00 AM

2nd Tuesday of the month Nov 14

Van Transportation Training - Level 11 9:00 AM - 2:00 PM

#### Thanksgiving Eve Service

Join us for the Community Thanksgiving Eve Service Wednesday, November 22 | 7:00 PM

Christ the Lord Lutheran Church 9205 East Cave Creek Road, Carefree, AZ 85377 | 480.488.2081

Please join other community members for a Reception following the service to celebrate the Thanksgiving Holiday!



#### Volunteer Bakers Needed

Cookies and bars are needed for the reception following the Thanksgiving Eve Service. We need 24 dozen home baked items. Please call **480.488.1105** if you can help.

#### Desert Foothills Library

38443 N Schoolhouse Rd Cave Creek | 480.488.2286

Grief Support Group 2nd & 4th Mondays

**9:30-11:00 AM** Nov 13 & 27

Caregiver Support Group

First Mondays 10:00-11:30 AM

Nov 6 | Dec 4

#### Desert Mission United Methodist Church

7373 N Dixileta Drive Scottsdale | 480.595.1814

North Scottsdale 2nd & 4th Wednesdays Alzheimer's 10:30 AM - 12 Noon

Support Group Nov 8 & 22

Parkinson's First Thursdays
Faith Based 10:30 AM - 12 Noon

Support Group Nov 2 | Dec 7

#### **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
Every Thursday

#### THANK YOU

Thank you to the Black Mountain United Church of Christ Youth Group for making Halloween cookies for the Mobile Meals Neighbors.



**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 As you shop during the upcoming Holiday Season, please remember to use your cards.

Your purchases will support Foothills Caring Corps.

#### Bashas'

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

#### Fry's

Please consider joining the Fry's Community Rewards Program. You shop, use your Fry's V.I.P. card and FCC receives a rebate. The enrollment process is simple and fast. (For instructions, re-enrollment or joining, please call the office at 480.488.1105.)

#### **AmazonSmile**

Shopping at Amazon? Help Raise Money for Foothills Caring Corps! Foothills Caring Corps participates in Amazon's charitable donation program, the AmazonSmile Program. When you sign in with this program and select Foothills Caring Corps, every time you purchase an eligible item on Amazon we receive a portion of the purchase price. There is no extra cost to you, the item prices are exactly the same and you only have to sign up once. To sign up for Foothills Caring Corps to receive \$\$ from your purchases go to www.smile.amazon.com and select Foothills Caring Corps as your charity. (You may want to bookmark www.smile.amazon.com to make it easier to return to the page for future shopping). From now on, any eligible purchase you make on AmazonSmile will result in a donation to Foothills Caring Corps!





In a collaborative spirit, several local nonprofit and for-profit agencies organized and implemented the Senior Health and Wellness Expo held on October 18th at the Desert Hills YMCA gymnasium. intent of the EXPO was to provide a onestop-shop to learn about local resources for Desert Foothills residents. More than 155 participants at the EXPO were able to talk with resource vendors. obtain information about services and in some instances, sign up for services. Participants were also able to listen to several presenters who spoke on wellness topics and demonstrated healthy body exercise.

A special thank you to the presenters, resource vendors, volunteers, staff and participants who made the EXPO a successful event. We were also pleased to be recipients of support from Northern Trust who helped to sponsor the event. Stay tuned as it is expected that the local non-profits of the Foothills area will annually work to use the EXPO format to publicize our local resources. For more information about the event or to comment or get involved, please call Debbra at 480.488.1105 or email debbrad@foothillscaringcorps.com.





Photos by Edwina Starke



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