



Taste of Foothills at CIVANA Carefree Resort

Photo by Edwina Starke

Winds came, yet we celebrated

Make a wish on a four leaf clover. That's what the Foothills Caring Corps did when the weather turned windy and cold and we needed an indoor space for the Taste of Foothills' annual fundraiser. CIVANA Carefree Resort (formerly Carefree Resort) came through in a big way and in twenty-four hours our luck had changed.

Just like an Irish village, local restaurants *Harold's Corral Cave Creek*, *The Herb Box*, *Liberty Station Tavern*,

Venue's Café, *Bryan's Black Mountain Barbecue*, *CIVANA Carefree*, *It's a Divine Bakery* and *Café Bink* served specialty "tastes". The Irish music from *Kilted Spirit*, filled the air as the guests filled the room.

As the guests enjoyed their food, Irish Step dancers, from the Bracken School of Irish Dance, entertained. Soon, Terry O of Channel 15 and Jonathan Blair of Auctions By Blair, stepped up to auction off items and experiences. There were duels to win the bid.

The highlight of the fundraiser was the ASK where generous supporters raised their hands to help fund the transportation programs.

Irish eyes were surely smiling on all involved with the Taste of Foothills 2018!



Photos by Rick Scuteri

Van Trip to the Blu Burger Grille



Picture by Caroline Turner

What a fun time was had by all 15 neighbors from Foothills Caring Corps & our volunteers. We had reservations for 11:45 sharp and when we arrived our table was all set and ready and we were all greeted with warm open arms. The food was delish and the chatter by all was plentiful & lots of laughs and smiles surrounded our big long table.

When lunch was over, the manager came out with complimentary lemon squares that were oh so tasty. We all received separate checks which was no trouble at all for our server.

We had a great time & can't wait for it to come up on the VAN CALENDAR next time around as I, for one, will be certain to sign up. A big thank u to management of Blue Burger Grille and Foothills Caring Corps for setting this up. AWESOME!

Caroline Turner,
Volunteer Driver

Popular Scams Targeting Seniors

Part 1 of 3 | By Brandy Bauer

Millions of Americans fall prey to scams each year. Staying alert and knowing where to report financial exploitation helps stop scammers from claiming more victims.

Beware the (fake) IRS

Scammers know that taxes strike fear in the hearts of men and women. Exploiting the Internal Revenue Service (IRS) name and function is one way that scammers have been able to get people to open their wallets.

Two types of IRS scams have been making the rounds in the past year: Email "Phishing" (as in "fishing for information"). Scammers send phony e-mails that claim to come from the IRS and tell victims that they are due a tax refund. The victims then provide their personal

and financial information, which can be used to steal their identities.

IRS-impersonating phone calls claiming to be from IRS employees, using fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and use a Washington, DC area code (202) to seem like the IRS really is calling about unpaid taxes. The scammer may even threaten victims with arrest or, in the case of immigrants, deportation unless they pay up immediately.

It's important to remember that the real IRS never initiates contact with you via phone call, email, or through social media. The IRS cannot threaten to have you arrested or deported for not paying



taxes. Here's how to tell if it really is the IRS approaching you with a tax issue.

You can send any suspect correspondence to phishing@irs.gov and let the FTC know. If you get a fake IRS call, hang up immediately and report it to the Treasury Inspector General for Tax Administration at 1-800-366-4484.

Bauer, (2017 January 18). *3 Scams to Protect Against in the New Year*
<https://www.ncoa.org/blog/3-most-popular-scams-targeting-seniors/>



A long overdue thank you to Fry's Food Store on Carefree Hwy in Cave Creek for their very generous support of the Mobile Meals Program. They have been supplying store bags for the program for the past 3 years. Their support allows the program to continue to serve the needs of our Mobile Meals Neighbors. Thank you Fry's!!!





Tips to Avoid Foodborne Illnesses

by Lisa Thompson

Most of us have experienced “food poisoning” at some point in our lives. In fact, the Centers for Disease Control says 1 in 6 Americans get sick each year. Foodborne illness is often caused by a bacteria or virus. The common symptoms are cramps, nausea, diarrhea and vomiting. Getting sick from food can turn into a serious situation for the elderly and for those people dealing with chronic conditions, like cancer. The good news is, there are some things you can control in your home to protect yourself.

Home Prepared Meals

1. Wash your hands and surfaces often.
2. Wash your fresh produce.
3. Store and prepare raw meats separately from foods that do not need to be cooked.
4. Cook foods to the correct temperature for the correct amount of time.
5. Store foods at the correct temperature for the correct length of time.

Home Delivered Meals

If you receive home delivered meals, it's important to store and reheat the meals properly. If you leave the meals out for too long, bacteria can grow in the food. **Hot foods should not be left out at room temperature for more than two hours.** If they are, the meals should be thrown out. If you do not plan on eating the meal as soon as it is delivered, it should be refrigerated. The refrigerator should be 40 degrees F or colder. **Foods that are cold should also be eaten within two hours or refrigerated or frozen.**

When you want to eat your meal after it has been refrigerated, it needs to be reheated to 165 degrees F, even if you are microwaving it. Food thermometers, if possible would be helpful. Soups and gravies should be heated until they are brought to a rolling boil.

Following these tips are a great way to make sure your food is safe. For more information on food safety, check out Foodsafety.gov.

2017-18 FCC Humanitarians

Last April 9th, we recognized Phil and Marian Abramowitz for their selfless hearts and tireless service to Foothills Caring Corps and the community.



Phil & Marian Abramowitz

When you think of who might be willing to help you solve a problem, help with

a community project, help someone who needs a ride, or open their home for a charity event, you think of Phil and Marian. Since 2000, the Abramowitzs have lived in Scottsdale doing that... being available to be a friend to someone in need, being a good neighbor to others and volunteering to help in the community. They also do the same for their special interests like being Director of Terravita Duplicate Bridge or leading the AARP TaxAide program or driving Neighbors to medical appointments or driving and assisting on the Foothills Caring Corps vans. They are so passionate about their volunteer work, they are willing to be fund-raisers too!

They have been such strong volunteers at the Food Bank, Foothills Caring Corps and AARP, it became difficult for them to find time for their love of travel.

Starting out in New York and Ohio, Phil and Marian spent 34 years of their married lives moving around in the Mid-West for work and school. Marian spent much of her time volunteering at schools, nursing homes and the American Cancer Society. After Phil's retirement from Ford Motor Company and moving to Scottsdale, we are pleased that Phil and Marian have given the last 18 years of their lives to volunteering and making the Foothills area a better place to live. (Photo Rick Scuteri)



Who needs AAA

when we have awesome volunteers?

Mike Peterson & George Dahl save the day.



Join us & make
a difference

Neighbors share their story at the Taste of Foothills
Photos by Rick Scuteri

All volunteer training and orientation located at 7275 E Easy St Suite B101

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10 9-11 AM Volunteer Orientation & Fingerprinting	11	12 Cooking with Diabetes Desert Foothills Library 10:30-11:30 AM (480) 488-2286
13  Mother's Day	14	15 9-2 PM Level 2 Van Training	16	17 9-10 AM Van Training	18	19
20	21 Irish Dancers	22	23	24	25	26
27	28 FCC Office Closed Memorial Day	29	30	31	Bracken School of Irish Dance to perform at the Higley Center 3-5PM. For tickets and more information visit www.higleycenter.org	



Taste of Foothills



Photos by Rick Scuteri

Community Support Groups

Faith Based Grief Support Group

Ongoing Event

Thursdays 4:00 PM to 5:30 PM

Desert Hills Presbyterian Church

Fellowship Center Lounge

This faith based support group is open, co-ed, non-denominational and free of charge.

Dr. Pat Moseley Nichols Psychologist &

Facilitator

480.488.3384

dr.moseley@cox.net

Caring for the Caregiver

May 7 | June 4

1st Mondays 10:00 AM to 11:30 AM

Desert Foothills Library

Taking Care of yourself is essential in being able to care for your loved one. Join us for this opportunity to fellowship with other caregivers. No registration needed. Led by

Hospice of the West facilitators.

480.488.2286

"The Healing Pathway" After the Loss of a Spouse or Partner

May 14 (May 28 Library Closed)

2nd & 4th Mondays 9:30 AM to 11 AM

Desert Foothills Library

Join us on this Journey that will guide you to find a "NEW NORMAL" as you process through your personal grief journey.

480.488.2286

North Scottsdale Alzheimer's Support Group

May 9 & 23

10:30 AM to 12 PM

2nd & 4th Wednesdays of the Month

Desert Mission United Methodist Church

480.595.1814

office@desertmissionumc.org

Parkinson's Faith Based Support Group

May-3

10:30 AM to 12 PM

Desert Mission United Methodist Church

480.595.1814

office@desertmissionumc.org

For a complete list of adult events in our community visit www.FoothillsCaringCorps.com/events

Van Transportation Neighbors

A friendly reminder...

Help us work more efficiently when you sign up for a trip. Please check your calendar first to make sure you will be available on the date and time scheduled. When we determine which vehicles and the number of drivers and assistants, it is helpful to get the correct count when making those assignments early on.



Also, if you have to cancel a trip, please call 480.488.1105 2 to 3 days in advance. This way we can better coordinate with the venue and our drivers and assistants

We appreciate your cooperation!



Hugs & Help Happen Here

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