

Foothills Caring Corps: Dedicated to promoting independence and enhancing the quality of life for older residents throughout the community.

THE 16TH ANNUAL TASTE OF FOOTHILLS FUNDRAISER

"Ticket to Ride"



A Message from the EXECUTIVE DIRECTOR

I have the best time watching volunteers enjoy themselves at our volunteer appreciation celebrations. Such camaraderie, stories and sharing. Twenty years of caring for our Neighbors was celebrated on Thursday February 6th. It was a joy to see so many of our volunteers, current and those from the past, together laughing and enjoying one another. A special thank you to all our volunteers, past and present who have touched our Neighbors' lives and created such a family of support. As we envision our next twenty years, it is my hope we can maintain so many wonderful volunteers and encourage others to join our ranks, so we can continue our mission to improve the quality of life for our Neighbors as they age in place.

-Debbra Determan
480.488.1105
Executive Director
Foothills Caring Corps

The Taste of Foothills is always a highly anticipated event, bringing together donors, Neighbors and volunteers for a fun-filled evening. People reconnect with old friends, enjoy tasty delights from local restaurants and bid at the live auction and ASK. The funds raised at this special event help support the many services provided by FCC to our community. This year the focus will be to raise money for a much needed new van, with handicap access. The vans allow Neighbors the opportunity to get out and enjoy a wide array of activities. Our goal this year is to raise \$69,000 for a new van, plus the cost of insurance and gas,

and \$35,000 for the Volunteer Safety and Training Program.

This year the event will be held on Thursday, March 26 at Our Lady of Joy Catholic Church Parish Center, from 5:00 to 8:30 p.m.

Popular auctioneer Jonathan Blair will lead the live auction with exciting experiences and items up for bid. Entertainment will be provided by Harry Mathews, a local vocalist known for his smokin' sax style, playing saxophone, guitar and piano. Food and drinks will be plentiful with delicious tidbits provided by Liberty

Station Terravita, Pizzacata, Keeler's Neighborhood Steakhouse, Venues, CIVANA Carefree, Harold's Cave Creek Corral and It's a Divine Bakery. Check for updates on newly added restaurants at foothillscaringcorps.com.

General admission is \$50 per person, with \$1,000 VIP tables available for 10. All proceeds benefit Foothills Caring Corps, a volunteer-based nonprofit.

For tickets, to volunteer or for more information call the Foothills Caring Corps at 480-488-1105 or visit foothillscaringcorps.com



Volunteer Appreciation

Our annual Volunteer Appreciation event (*20 Years of Service*) was held at Grayhawk Country Club on February 6. The day was a bit chilly, but all our hearts were warmed by being together and celebrating our volunteers and our 20th anniversary! The venue could not have been better and the food was excellent! Dr. Paul Dale, President of FCC Board of Directors, welcomed all and started off the program. We won't forget Canon Dart's whistled and sung "Mobility Blues", accompanied by Rick Boye on the guitar. We also enjoyed the amazing video by Gregg Housey celebrating our 20th anniversary of service to the community. All were moved by our neighbor Nathan

Holter who shared how much FCC means to him. And finally, we thank Trish Carroll and Michael Golding for their music! We honor and celebrate all of our volunteers, whether they are new to FCC or someone who has been with us for a very long time. We celebrate all that you give of your time and your heart! We so appreciate what you do for our Neighbors and our organization. We would not be here if it weren't for YOU!

Please check out the photos of the event by Darryl Web at <https://photos.app.goo.gl/GepdmNVWD3eti3kG7>



Nutrition Interns Are Here!

The Dietetics students from Paradise Valley Community College will be available to speak with neighbors February through mid-April during meal deliveries and private appointments.

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

Healthy Cooking - Learn healthy cooking methods.

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 healthier choices.

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

For more information about scheduling an appointment, please contact Nancy Cohrs- Neighbor/Volunteer Manager at (480) 488-1105.



Valentine's Day Party!

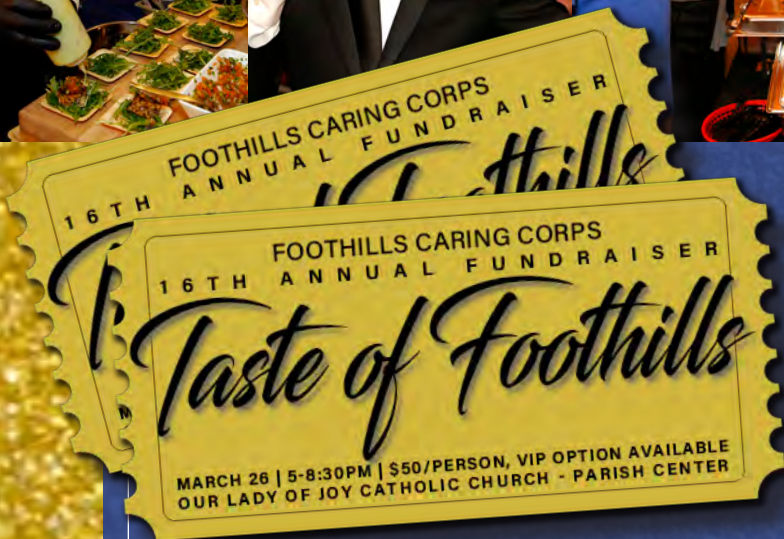
FCC hosted the annual Valentine's Day Party at Holland Community Center and all who attended had a "sweet" time! Our volunteers decorated the room with hearts galore and served sandwiches and treats to all party goers. Music from Mark Kahnke filled the air, party games were

played and door prizes won! You can see from the pictures what a good time was had by all who attended! Thank you to all FCC volunteers and staff who helped to coordinate and make this wonderful event so special for our Neighbors!



16th Annual Taste of Foothills Charity Fundraiser

"Ticket to Ride"



March 26, 2020 | 5-8:30 PM
Our Lady of Joy
Catholic Church
Parish Center
36811 N. Pima Road
Carefree, AZ

Gourmet food, live music, and a live auction to benefit Foothills Caring Corps' Neighbors who need rides to medical appointments and social, recreational or utilitarian outings.

Jonathan Blair will lead live auction and musician Harry Mathews will entertain guests.

Restaurants include award-winning cuisine from CIVANA Carefree, Harold's Cave Creek Corral, It's a Divine Bakery, Keeler's Neighborhood Steakhouse, Liberty Station Terravita, Pizzacata and Venues Café.

 **FOOTHILLS
CaringCORPS**
Hugs & Help Happen Here

\$50 per person, \$1,000 VIP Sponsorship tables (for ten)
Get tickets at foothillscaringcorps.com/events, or
call 480-488-1105.

You're Invited to Our Celebration



Featuring a Musical Concert by



*Award-winning duo
of Brian FitzGerald
and Martin
McCormack plays
traditional Celtic
and Americana songs
that reflect their
Irish heritage and
Midwestern roots.*

Sanderson Lincoln Pavilion

101 Easy Street, Carefree, AZ 85377

Saturday, March 28, 3:00 pm

**Suggested
Donation
\$20
per person**

Foothills Caring Corps

News

Co-editors

Binka Schwan
Camille Tumolo

Staff

Debbra Determan

To view this and past
newsletters on-line, visit
<https://foothillscaringcorps.com/news/>



save the date

FCC Volunteer Orientation

2nd Thursday of each month
March 12, April 9
9:00 a.m. – 11:30 a.m.

FCC Van Orientation*

3rd Thursday of each month
March 19, April 16
9:00 a.m. – 10:00 a.m.
*Previous attendance at our
Volunteer Orientation required.

- 7275 E Easy St Suite 106
- **RSVP 480.488.1105**

get support

Faith-Based Grief Support

Thursdays 4:00 p.m. – 5:30 p.m.
Desert Hills Presbyterian Church
This FREE faith-based support group is
open, co-ed and non-denominational.
Dr. Pat Moseley Nichols, Psychologist
480.488.3384 dr.moseley@cox.net

Caring for the Caregiver

1st Monday of the Month
10:00 a.m. – 11:30 a.m.
Desert Foothills Library
Taking care of yourself is essential in
being able to care for your loved one.
No registration required.
Led by Hospice of the West facilitators.
480.488.2286

Support Groups at

Desert Mission United Methodist Church
10:30 a.m. – 12 noon FREE
No registration required 480.595.1914

Parkinson's Support Group

1st Thursday of the month

Alzheimer's Support Group

2nd and 4th Wednesdays of the month



FOOTHILLS
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