

Celebrate the 4th of July on the 3rd of July

*Family, friends, sing-along and fun
Don't forget songs and snacks!!*

*The Land of the Free and the Home
of the Brave, Happy 4th of July.*

*Event hosted by Foothills Caring
Corps, Spirit in the Desert Retreat
Center and Sue Bickerdyke Interiors
& Home Furnishings*

**5:30 - 7:00 PM
Monday, July 3, 2017**

**Spirit in the Desert
Retreat Center
7415 E. Elbow Bend Rd.
Carefree, AZ 85377**

*Please join us in celebrating and
giving thanks for the freedom,
liberties and independence that we all
cherish as Americans!*

RSVP by June 26 to **Jennifer** at 480.488.1105 or Jenniferh@foothillscaringcorps.com



Save the Date!
7th Annual Golf Tournament at Mirabel
November 20, 2017
See insert for more details





A Spicy Dish to Help You Rehydrate

In some cultures, when the temperatures rise, the food has heat. The reasoning is: If you eat

something hot, you perspire, and that cools you down. You're also likely to REHYDRATE. If you're feeling adventurous on a hot summer night, you might want to experiment with this simple Spicy Chicken Fajita Recipe: Serves 4 people

In a bowl or a gallon size ziplock baggie, combine 1 lb. of sliced cooked chicken breast, 2 tablespoons olive oil and 1 slightly rounded tablespoon of Seasoning Mix (recipe will be included). Stir or shake to coat, let rest awhile while preparing the veggies.

Cut 1 large onion, 1 each large green and red bell peppers into thin strips. Heat a drizzle of olive oil over medium high heat, add the onions and peppers, sauté until crisp-tender. Remove from heat and keep warm. Add the seasoned chicken strips to the skillet, cooking 5-6 min. until browned. Return onion and peppers to the pan, stir to evenly season. Add sliced jalapenos for extra spiciness!

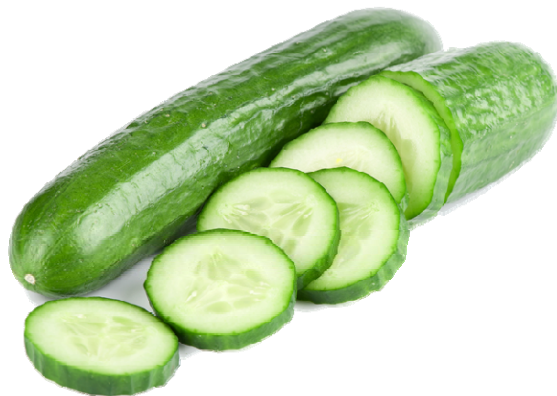
Serve with warm tortillas, guacamole, cheese, sour cream and hot or mild salsa (your choice) as desired.

Create your own homemade Seasoning Mix (make as spicy as YOU want). These homemade mixes are considerably cheaper than store bought. You can also control the amount of sodium in your own mixes as well as the level of spiciness.

Combine all the ingredients in a bowl, mixing well, then transfer to a spice jar. This recipe makes 3 ½ tablespoons, this is enough to season 3 lbs. of poultry.

1 tablespoon cornstarch
2 teaspoons chili powder
1 teaspoon salt
1 teaspoon paprika
1 teaspoon sugar
¾ teaspoon crushed chicken bouillon cube

½ teaspoon onion powder
¼ teaspoon garlic powder
¼ teaspoon cayenne powder
¼ teaspoon cumin

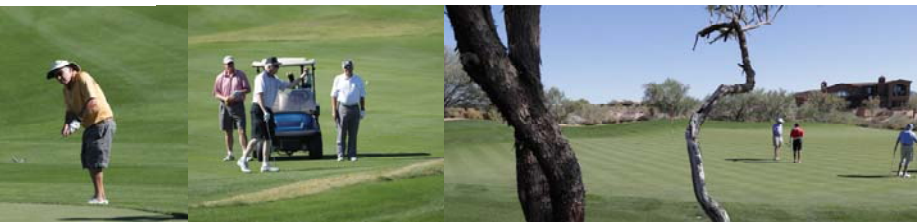


Top 10

Here are the top Ten Fruits and Vegetables for great hydration! These are a great source of hydration and are plentiful and ripe during this season.

1. Cucumbers – 96% water
2. Watermelon – 96% water
3. Pineapple – 95% water
4. Romaine Lettuce – 95% water
5. Celery – 95% water
6. Blueberries – 95% water
7. Tomatoes – 94% water
8. Cantaloupe – 92% water
9. Oranges – 90% water
10. Pears – 89% water





More

Shopping Plus + + +

Make Your Choice

Thrivent Choice Dollars® can help Foothills Caring Corps. Are you a member of Thrivent Financial who's eligible to direct Choice Dollars?

Choice Dollars charitable outreach funds can make a world of difference to our organization as we work together to provide the following services; transportation, mobile meals, minor home repairs, grocery shopping, friendly visiting, the medical equipment loan closet, health advocacy, friendly pet visiting, low vision services, lock box services and respite care. By directing Choice Dollars, eligible Thrivent members recommend where they feel Thrivent should distribute a portion of its charitable funds. Directing Choice Dollars is easy. Simply go to Thrivent.com/thriventchoice to learn more and find program terms and conditions. Or call 800.847.4836 and say "Thrivent Choice®" after the prompt. Please make your choice Foothills Caring Corps.



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.



In order for FCC to continue getting funds from the Fry's Community Rewards Program, all existing participants must RE-ENROLL. The process is easy and will only take a few minutes. For those not enrolled, 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.)



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!



Foothills Caring Corps 7th Annual Golf Tournament

Monday, November 20, 2017

Sponsorship Levels

Each sponsorship includes special event recognition, VIP benefits and recognition in Golf Tournament marketing.

For more information on becoming a sponsor, please call 480.488.1105

Hole

\$2,000

2 players for the tournament

- Signage recognition on one (1) hole
- Recognition on the program and our newsletter

Bronze

\$5,000

1 foursome
(4 players) for the tournament

- Recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course

Silver

\$10,000

2 foursomes
(8 players) for the tournament

- Recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course

Gold

\$15,000

3 foursomes
(12 players) for the tournament

- Special Recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course

Title

\$25,000

4 foursomes
(16 players) for the tournament

- Special Recognition on the invitation, program and our newsletter
- Special recognition at awards presentation and on the course
- Banner, VIP parking, other special benefits

8:30 am Continental Breakfast & Registration

10:00 am Shotgun Start

2:30 pm Hors d'oeuvres Reception | Golf Prizes
Raffle Items | One Live Auction Item



MIRABEL

37100 N. Mirabel Club Dr.
Scottsdale, Arizona 85262

Corporate and Individual
Sponsorship Sign-up

Foothills Caring Corps 7th Annual Golf Tournament | Mirabel | Nov 20, 2017

FCC Mailing Address | P.O. Box 831 Carefree, Arizona 85377

☐ **Title**
\$25,000

☐ **Gold**
\$15,000

☐ **Silver**
\$10,000

☐ **Bronze**
\$5,000

☐ **Hole**
\$2,000

Company Name

Contact/Individual Name

Address

Phone

Email

Please return this complete form with your sponsorship check or send your check at a later date. Thank you!



Community Support Groups

Desert Foothills Library

38443 N Schoolhouse Rd
Cave Creek | 480.488.2286

The Healing Pathway 2nd & 4th Mondays
9:30-11:00 AM
Grief Support Group July 10 & 24

Caring for the Caregiver First Mondays
10:00-11:30 AM
Caregiver Support Group July 3 | Aug 7

Desert Mission

United Methodist Church
7373 N Dixileta Drive
Scottsdale | 480.595.1814

North Scottsdale Alzheimer's 2nd & 4th Wednesdays
Support Group 10:30 AM - 12 Noon
July 12 & 26

Parkinson's Faith Based First Thursdays
Support Group 10:30 AM - 12 Noon
July 6 | Sept 7

Desert Hills

Presbyterian Church
34605 N Scottsdale Rd
Scottsdale | 480.488.3384

Grief Support Thursdays
Faith Based 4:00 PM - 5:30 PM
Support Group Every Thursday

Save the Date

Visit 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

Volunteer Orientation July 13 | Aug 10 | Sept 14 Second Thursdays
9:00 - 11:30 AM

Van Transportation Training - Level 1 July 20 | Aug 17 | Sept 21
9:00 - 10:00 AM

Volunteer Fingerprinting July 13 | Aug 10 | Sept 14
11:00 - 11:45 AM

Christmas in July

Friday, July 28 | 10-1PM | Desert Hills Lutheran Church | RSVP necessary
29305 N Scottsdale Rd, 85262
Active Volunteers, Supporters and Neighbors invited. Limited seating.

Senior Health & Wellness Community EXPO

Wednesday, October 18 | Desert Foothills YMCA Gymnasium
34250 N 60th St, Scottsdale 85266

Community Thanksgiving Eve Ecumenical Service

Wednesday, November 22 | Christ the Lord Lutheran Church
9205 E Cave Creek Rd, Carefree 85377



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

7th Annual
Foothills Caring Corps
Golf
Tournament

Mirabel | Nov 20, 2017

MIRABEL

Matt York Photography



Take me out to the ball game

A special thank
you to Maricopa
County District
Supervisor
Chucuri for
nominating FCC

to be the guests at the Maricopa County Stadium
District Suite at Chase Field. We would also like to
thank Shelley Keller, from Maricopa County for
orchestrating this wonderful Van Trip. The
Neighbors and volunteer drivers enjoyed a great day
watching the AZ Diamondback host the Chicago
White Sox. The home team won!! Diamondbacks –
8, White Sox – 6. Go Team!



*Take me out to the Ball Game,
Let's all ride on the Van*

*We'll buy us some peanuts & crackerjacks and
Happily share all our goodies & snacks
Cheer, Cheer, Cheer for the Caring Corps
We're having so much fun we want to do more...*

Yes, it's

FOOT! HILLS! CARING! CORPS!
That we love and adore!

 **FOOTHILLS**
CaringCORPS
Hugs & Help Happen Here

7275 E. Easy Street
Suite B103
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