

Upcoming Dates
to Remember

Volunteer
Orientation

Second Thursdays
May 9
June 13
9-11 a.m.

Van Transportation
Training
Level I
April 18
May 16
9-11 a.m.

Cancer Support Group
May 11 at 10 a.m.
Good Shepherd of the
Hills Episcopal Church

FCC Office Hours
Monday - Friday
8:30 am - 4:30 pm

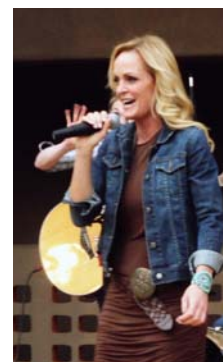
Phone 480.488.1105
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Foothills Caring Corps News

www.FoothillsCaringCorps.com

APRIL 2013

2013 Cash & Caring Raffle and Taste of the Foothills



Photos by
Cynthia Baloh Photography
Proven Media

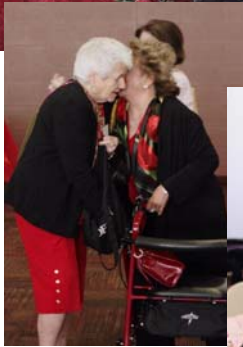
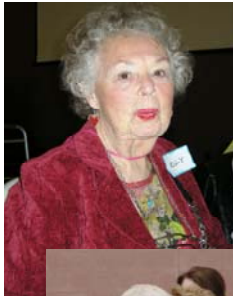
Our highlights from 2013 included incredible specialty food items from *Bryan's Black Mountain Barbecue*, *Café Bink*, *Carefree Station*, *El Encanto Mexican Restaurant*, *Harold's Corral*, *Janey's Coffeehouse*, *The Boulder's Resort*, *A Waldorf Astoria Resort* and *Venues Café*. Mary Hoffman Band entertained the over 400 attendees with wonderful selections of country music. Those who supported us are highlighted in our next newsletter, the Annual FCC Review. A special thank you to the Fund Development Committee as well as the more than 100 volunteers who made our night a success. In all, a fun, successful night where we netted \$65,601 for our 2012-2013 Annual Campaign.

Next year we will have an exciting evening planned for your enjoyment. We would like you to join the celebration for Foothills Caring Corps. The tentative Save the Date is March 27, 2014.

A special THANK YOU to el Pedregal at The Boulder's Resort, A Waldorf Astoria Resort, a perfect venue for an enjoyable and successful evening! The staff were exceptional in setting up and taking down all the tables and equipment. This is the 8th year we have had the wonderful partnership with el Pedregal.

Valentine Luncheon

Thank you to each of you!



Photos by
Lanae Johnson
Proven Media

The Valentine's Day Party was a success because of all the generous help provided by our Caring Corps Volunteers. Here are a few of the hard working people who made this a fun-filled day for our Neighbors: Marion Abramowitz, Jim Coffenberry, Desert Hills Presbyterian Church and Kathleen Harris, Michael Golding, Kathy Haugner, Lanae Johnson, June Reilly, Carol Salituro, Scully School Students, The Soroptomist Club, Connie Thibault, Tami Thrailkill, Clyde Wyant and Mary Beth Woods.

You all made this fun happen!



Foothills Caring Corps Volunteer Recognition Celebration ~ February 21, 2013 Photo by Proven Media

Update in the Office

Suite B102 (next door) became vacant in January 2013. The Caring Corps is now remodeling that space to allow for expansion. This expansion will allow for additional volunteer office space, additional work space for interns and staff as well as space for the Carefree Kiwanis Club medical loan closet to be housed in the FCC office. As we continue to re-align some of our work flow, you will note some changes. We plan to have an Open House for you to stop by and visit the office sometime in June. Please note, we are in re-modeling mode so you know what that means!! We'll be back up to speed soon. We continue to manage this project with volunteers handling most of the work. A special thank you to volunteers and all our supporters during this dusty time. We are looking for some decorations, area rugs etc. for our interior design. If you have something you would like to share either as a worker or decorator, please call Debbra 488-1105.

AARP Safe Driving Class

A professor from our own ASU recently published the findings of her study on transportation and mobility issues for us as we age. It would not surprise you to find that the vast majority of older adults plan and prefer, to walk and drive. This is what we have always done and this is what we hope we will always be able to do! In an effort to make use of this study as a planning tool our Mobility Manager, Jayne Hubbard has met with the towns of Cave Creek and Carefree to see how we might work and plan together to make safe mobility an important part of our healthy communities.

Already our towns are working together on a Maricopa Association of Governments study for bike and pedestrian pathways which is fantastic. This will make us an even safer and a more enjoyable place to live and work. In an effort to keep us all driving safely, the town of Carefree and Cave Creek are sponsoring AARP Safe Driving classes as needed. They will be held for now at the Rural Metro Fire Station in Carefree. The first class was held on Friday, April 12th. The cost for the class is AARP members \$12 and non members \$14. If you are interested you can register for the next class by calling Hal Parrott at 480.946.9625. Many insurance companies will give you a 3 year discount on your premiums for taking this class. The materials look very impressive and those that have taken the course said it was helpful. Sign up right away.



Oven-Roasted Sweet Potatoes and Onions

Spring is here!

The last of the winter produce is giving way to the spring harvest of seasonal fruits and vegetables.

How about some **Oven-Roasted**

Sweet Potatoes and Onions before the weather turns warm?

Sweet Potatoes are a great source of Vitamin C and Vitamin A.

Nutritional info for one medium sweet potato (6 oz or 173g): 214 calories, 7 grams of fiber, 3.9 grams of protein, trace of fat (saturated), 21.4 milligrams of sodium, and 0 cholesterol.

Sweet potatoes can be a great substitute for regular potatoes in any recipe. They can be stored in a cool, dark, dry space for several weeks. Try this easy recipe for a healthy addition to any meal.

Ingredients

- ▶ 4 of medium peeled sweet potatoes, cut into 2-inch pieces (about 2 1/4 pounds)
- ▶ 2 of medium sweet onions, cut into 1-inch pieces (about 1 pound)
- ▶ 2 tablespoons of extra-virgin olive oil
- ▶ 3/4 teaspoon of garlic-pepper blend (such as McCormick)
- ▶ 1/2 teaspoon of salt

Preparation

- Preheat oven to 425°.
- Combine all ingredients in a 13 x 9-inch baking dish, tossing to coat.
- Bake at 425° for 35 minutes or until tender, stirring occasionally.

Nutritional Information

Amount per serving

- | | | |
|-----------------------------|-----------------------------|-----------------|
| • Calories: 247 | • Polyunsaturated fat: 0.6g | • Iron: 1.2mg |
| • Calories from fat: 19% | • Protein: 3.6g | • Sodium: 255mg |
| • Fat: 5.1g | • Carbohydrate: 47.8g | • Calcium: 53mg |
| • Saturated fat: 0.7g | • Fiber: 6.5g | |
| • Monounsaturated fat: 3.4g | • Cholesterol: 0.0mg | |



**Training
Classes**



AED/CPR class will be held on the following date:

**Wednesday, April 24th
Thursday, May 23rd**

The class will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$25 fee requested. We need to have 10 people signed up for each class to make it a productive class. It is critical that all volunteers be trained in AED & CPR. With the new guidelines and methods, this class is quite valuable for all of you to feel comfortable to do something when someone needs help. Call Nancy at 480.488.1105 or e-mail, NancyC@foothillscaringcorps.com to reserve a space.

Fingerprinting

Fingerprinting will be handled on an individual basis for the month of March. Please make every effort to complete your fingerprinting, if you have not done so already.

Call Nancy at 480.488.1105 or e-mail, NancyC@foothillscaringcorps.com for further details.



Piggy Banks for the Caring Corps

As you know we look at many ways to help meet the needs of our communities. Some are big, many are little. We have one little way with our piggy banks for the Corps! Keep a bank for your loose change, when full, bring it in, we'll give you an empty one back and we'll give you a receipt for your donation.

Ask for a piggy bank from your volunteers or you can call 480.488.1105.

Bashas' Help support Foothills Caring Corps by using your Bashas' Community Support Card. Here's how it works. 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. You simply ask for the reload at the check-out line.

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



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