

# Foothills Caring Corps News



P.O. BOX 831  
CAREFREE, AZ  
85377



Upcoming Dates  
To Remember

**Volunteer  
Orientation**

**Second Thursdays**  
March 8  
April 12  
9-11 a.m.

**Van Transportation  
Training  
Level I**

March 15  
April 19  
9-10 a.m.

**Foothills Caring Corps**  
Cash and Caring  
*Raffle Ticket*  
3 Chances to Win  
\$1,000 \$3,000 \$5,000  
Promoting Independence  
for older adults  
\$100 each or 3 for \$275  
8 for \$500  
Limited number of tickets will be sold  
Ticket activated upon receipt of payment.

**Purchase your  
Raffle Ticket today  
Call our office at  
480.488.1105**

**Credit cards accepted**

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

**Phone 480.488.1105  
Fax 480.488.8117**

[www.FoothillsCaringCorps.com](http://www.FoothillsCaringCorps.com)

MARCH 2012

## Purchase Your Tickets

### Cash & Caring Raffle / Taste of the Foothills



**Live Western Music  
by Rondavous  
& Dancing**



**March 29th at el Pedregal  
5 to 8:30 p.m.**

Purchase your ticket today  
Call our office at 480.488.1105  
Credit cards accepted

**Event Highlights  
Live Auction  
(New) "Cowboy Booty"  
7:30 p.m. Cash & Caring Raffle Drawing**

The Taste of the Foothills will include specialty dishes from Bryan's Black Mountain Barbecue, Café Bink, Carefree Station, El Encanto Mexican Restaurant, Firecreek Coffee, Harold's Corral, Latilla at the Boulders Resort and Venues Café. Sparkletts Water and Cash Wine Bar

### Make sure you come for our Live Auction Items

More yet to come!



For golfers we have 3 Four-somes for two of the most prestigious golf clubs.

For those who would be interested in a fabulous Gourmet Dinner for 8 in Boulder's home — an elegant multiple course dinner with wine pairing

Indulge yourself with the finest prime steak, aged to perfection, as well as fresh seafood, innovative side dishes and decadent desserts from Fleming's Prime Steakhouse — Incredible Dining Certificate



Oversized Bustle Back Suede Chair and crescent shaped Ottoman, curried caramel updated neutral. Can be used in many settings. \$4,500 retail value  
Donated by Sue Bickerdyke Interiors



## Valentine Luncheon

On February 14th a Valentine's luncheon was held for our Neighbors. What a wonderful time we all had! With their red and pink neighbors and volunteers came ready to have a "sweetheart" of a time!!!

Prizes (bouquets of flowers) were awarded to several participants based on the longevity of their marriages, number of grandchildren, saying I love you in three languages and long time residency in Arizona.



We enjoyed tea sandwiches, drinks and valentine cupcakes along with conversation and laughter. Michael Golding provided lively piano selections. We enjoyed games and singing. Each table was asked to sing a song, with the theme of love or hearts, to the rest of the group. Their musical renditions brought lots of laughs and some darn good voices shared "Let Me Call You Sweetheart", "I Love You a Bushel and a Peck" and a rousing rendition of "God Bless America" (land that I LOVE).



**Thank you** to the following people for contributing time and energy to this fun event: Maggie Palmer, team leader, Soptomist Club of Cactus Shadows, Aktion Club from Kiwanis, Debbie Wainwright and students from Glendale Union High School Next Step Program who made Valentines, Julie Williamson, June Reilly, Kathy Haugner, Marian Abramowitz, Kim Prince, Diane Straus, Jo DiSalvo, Mary Woods, Michael Golding, and Desert Foothills Lutheran Church.



The finale was everyone left with a Foothills Caring Corps' t-shirt and a goodie bag filled with homemade cookies and brownies. A few "Kisses" were thrown in for our Valentine neighbors!!!!

*Julie Williamson  
FCC Volunteer*



## Nutrition Interns Are Here!

The Dietetics students from Paradise Valley Community College will be available to speak with neighbors February-April during various van trips, 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.

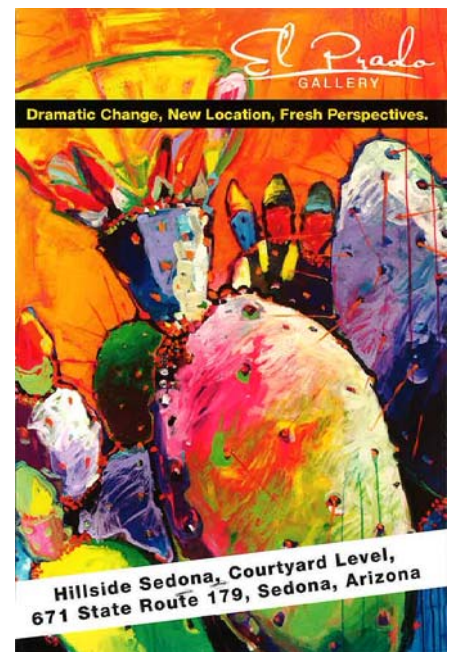
**Food Safety** - Proper temperatures, food storage, expiration dates, etc.

**Meal Planning** - Create a weekly menu for each meal.

**Healthy Alternatives** - Learning to read food labels to make informed, healthier choices.

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

For more information about scheduling an appointment or which van trips they will be going on, please call Nancy Cohrs, Neighbor/Volunteer Services Coordinator at 480.488.1105.



El Prado owners Chris and Joyce Gere worked with FCC on a consignment painting for the past four years. They are our heroes.

## Community Outreach



Cancer Support Group meets

**Friday, April 6th**  
**10:00 a.m.**

“In Home Care” — how to be a smart consumer and learn about options when you need help in your home

Good Shepherd of the Hills  
Episcopal Church

6502 E. Cave Creek Road in Cave Creek

For more information, please call 480.488.3283



## Fall Risk Screening

Saturday, March 24th  
at the Mini-Fair  
8:00 a.m. - 11:00 a.m.

Holland Community Center  
34250 N 60th Street Bldg B  
Scottsdale 85266

Physical therapists will perform a screening test to determine balance challenges and movement challenges. Please plan to attend. If you have questions, contact Carefree Physical Therapy at 480.488.9095.

## Annual Campaign

FCC's fiscal year is ending March 31st. We still have our annual goal of \$500,000. FCC supporters have done a phenomenal job in helping us to reach our goal. With the expected revenue from the Cash & Caring Raffle / Taste of the Foothills we will be approximately at 93% of our goal. If you have not yet been able to contribute toward our annual campaign, please see if you might be able to now. Your support will help us to continue to provide the services needed to help 640 of your Neighbors remain living independently in their own homes.

*FCC Board of Directors*

“The Hummers”  
by Artist Keith Lindberg



Take a look at the shop next to el Pedregal Café — our painting needs a home!

## AARP Tax-Aide



**Free Tax Help!**

For taxpayers with low- and moderate-income, with special attention to those age 60 and older.

Now through April 11, 2012, AARP Tax-Aide volunteers will be available

each Wednesday afternoon from 12:30 to 4:30 p.m. at the Desert Foothills Library. They will help taxpayers prepare and file their personal federal and Arizona income tax returns.

Please bring the following with you when you come:

- Current year's tax forms and preparation booklet
- Copy of last year's income tax return(s)
- W-2 forms from each employer
- Unemployment compensation statements
- SSA-1099 form if you were paid Social Security benefits

## Free Tax Help!

- All 1099 forms (1099-INT, 1099-DIV, 1099-B, etc.) showing interest and/or dividends and documentation showing original purchase price of sold assets
- 1099-MISC showing any miscellaneous income
- 1099-R form if you received a pension or annuity
- All forms indicating federal income tax paid
- Dependent care provider information (name, employer ID, Social Security number)
- All receipts or canceled checks if itemizing deductions
- Social Security cards or other official documentation for yourself and all dependents.

Appointments are required and can be scheduled by calling the Library at 480.488.2286.

To locate a site near you,  
visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) or  
call toll-free 1-888-227-7669





## Training Classes



AED/CPR classes will be held on the following dates:

**Wednesday, March 21<sup>st</sup>**

The classes will be held at the Carefree Fire Station from 9:00 a.m. to 1:00 p.m. Donations toward the \$20 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](mailto:NancyC@foothillscaringcorps.com) to reserve a space.

Fingerprinting will be available at the Foothills Caring Corps office on:

**Thursday, March 15<sup>th</sup> from 11 a.m. to noon**

**Tuesday, April 10<sup>th</sup> from 11 a.m. to noon**

Please come in and complete your fingerprinting process, if you have not done so already.



Hello All: Those of you who have been with FCC for a while will be surprised to note that this past year is the first year that we have had fewer volunteers than neighbors! FCC is on the move to recruit new volunteers.

Specifically as spring and summer are just around the corner, help us to find volunteers to add to our work force! Please remind people of our orientations, the 2nd Thursday of each month. Our numbers show 545 active volunteers and 640 active neighbors.

We can really use your help in recruiting volunteers. All ages, all sizes and all backgrounds welcome!



We continue to get positive feedback from all the wonderful Christmas cards that our Neighbors received during the holidays. **THANK YOU** Heritage Elementary 3rd and 4th

graders in Peoria District for making the beautiful cards for our Neighbors!



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