



**Training
Classes**



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

Tuesday, March 12, 2013

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.



BOOK BUDDIES Available!

FREE Service
Easy as 1..2..3

- Call Desert Foothills Library at 480.488.2286 and ask for Homebound Delivery Service.
- Fill out and submit the application they will send to you.
- Be assigned a book buddy to bring you books and magazines. Our trained and vetted volunteers will chat with you to discover your reading preferences.



Large Print and Audiobooks available.

Desert Foothills Library Homebound Delivery Service
480.488.2286

cwinger@dfla.org

Bashas'



Help support Foothills Caring Corps by using your Bashas' Community Support Card. For details call Pat at 480.488.1105.



7275 E. Easy Street
Suite B103 & B104
P.O. Box 831
Carefree, AZ 85377
480.488.1105

Services@FoothillsCaringCorps.com
www.FoothillsCaringCorps.com



**Look for Foothills Caring
Corps on Facebook**



P.O. BOX 831
CAREFREE, AZ
85377



Upcoming Dates
to Remember

**Volunteer
Orientation**

Second Thursdays
March 14
April 11
9-11 a.m.

**Van Transportation
Training
Level I**

March 21
April 18
9-11 a.m.

**TASTE OF THE
FOOTHILLS
SPONSORSHIP
LEVELS:**

“Ranch” \$10,000
“Spread” \$ 5,000
“Corral” \$ 1,500

For more information
on being a sponsor for
our Cash & Caring
Raffle, please call
Debbra at
480.488.1105

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

Phone 480.488.1105
Fax 480.488.8117

Foothills Caring Corps News

www.FoothillsCaringCorps.com

MARCH 2013

Purchase Your Tickets

Cash & Caring Raffle / Taste of the Foothills



March 21st, 5 to 8:30 p.m.
el Pedregal

34505 N. Scottsdale Road, Scottsdale

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



**Live Music by
Mary Hoffman
Band & Dancing**

**Event Highlights
Live Auction
Silent Auction**

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, Janey’s Coffeehouse, Harold’s Corral, The Boulder’s Resort & Golden Door Spa and Venues Café. Sparkletts Water and Cash Wine Bar.

FOOTHILLS CaringCORPS
Promoting Independence
for Older Adults

CASH & CARING RAFFLE
- ENTRY TICKET FOR 2 -

!CASH PRIZES!

\$5,000 ~ \$3,000 ~ \$1,000

EVERY TICKET HAS
3 CHANCES TO WIN
~ Sales limited to 500 tickets ~

1 for \$100
3 for \$250
8 for \$500

* FILL IN ENTRY ON BACK *
NEED NOT BE PRESENT TO WIN

**Purchase your
raffle ticket today
Call our office at
480.488.1105**

Credit cards accepted

Ticket purchase
entitles entry for two

**2013
'Taste of the Foothills'**
Community Gala

Thursday, March 21
5:00 - 8:30 p.m.

LIVE & SILENT AUCTIONS

7:30 pm ~ Cash & Caring Raffle Drawing

Public Invited • Casual Dress
ADMISSION AT ENTRANCE

el Pedregal
34631 N. Tom Darlington Drive
Carefree, AZ

ALL PROCEEDS TO BENEFIT

FOOTHILLS CaringCORPS

Volunteer Recognition Celebration

*Thursday ~ February 21, 2013
4 - 6 p.m.*

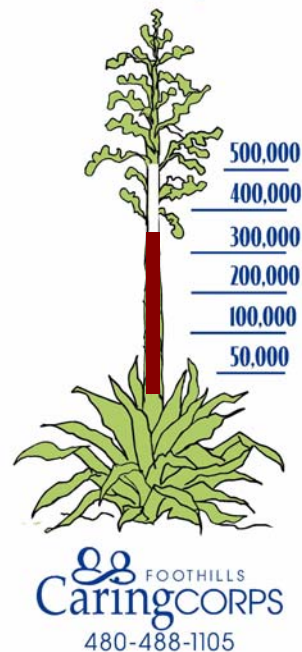


*Hacienda's Mexican Grill
Summit Shopping Complex
32527 N. Scottsdale Road
Scottsdale, AZ 85266*

*Come for a fun social happy hour
Network with other volunteers
Enjoy many tasty appetizers
Group photo at 5 p.m.
No host Bar*

RSVP to the Caring Corps' office
480.488.1105 or email Nancy at
NancyC@foothillscaringcorps.com

FOOTHILLS CARING CORPS 2012-13 Annual Fund Raising Campaign



FCC's fiscal year is ending March 31st. We have 41 days left to raise 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 81% of our goal. If you have not yet been able to contribute toward our annual campaign, please support our programs. 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.

*June Reilly, Annual Campaign Chairperson
FCC Board of Directors*

Putt for the Putt Putt with the Foothills Caring Corps

Tonto Verde Golf Club

April 17, 2013

SPONSORSHIP OPPORTUNITIES:

- Title Sponsor: \$10,000
- Reception Sponsor: \$1,500
(Peter Slocum, Sponsor)
- Hole Sponsor: \$1,000
(13 sponsorships still available)
- Margaritas at Registration Sponsor: \$1,000
- Wine Sponsor: \$1,000
- Sponsor for the \$5,000 10/30/50 Putt Contest: \$500
(Al Lang, Sponsor)
- Signage Sponsor: \$300



COPING WITH CANCER



EDUCATION, INFORMATION, AND NETWORKING POSSIBILITIES

A meeting will be held on Saturday, March 9 beginning at 10:00 a.m.
Good Shepherd of the Hills Episcopal Church
6502 E. Cave Creek Road
Cave Creek, AZ

We invite you and your family to join us for refreshments.

The topic will be: Understanding Options for Care in the Home.
Come meet others in the Cave Creek area coping with cancer survivorship
A discussion period will follow the presentation.
Anyone whose life is impacted by cancer is welcome to attend.

Reservations are highly recommended.
Please call the church at 480-488-3283.

Virginia G. Piper Cancer Center



Are you in the dark? Are you listening to the steady drip, drip, drip of a kitchen sink faucet? We may be able to help you!

Foothills Caring Corps has a program that is sometimes overlooked... it's our Minor Home Repair service. Our volunteers can help neighbors with basic home repairs that can sometimes be a bit of a challenge. Repairs that may involve getting on a ladder or step stool or squeezing into tight places such as under sinks or in cabinets. Caring Corps has a group of specialized volunteers that might be just what you need! They will change out light bulbs in those "high, hard to reach" places, loosen those "tight screws" in changing out heating/air conditioning filters, or replace the batteries in those pesky "chirping" smoke detectors.

Give us a call, we might have just the right volunteer to fix your problem!
480.488.1105



Flu Fighting Foods

This season, the flu has been particularly bad. Here are some ideas how to fight it by eating!



Garlic—Offers several antioxidants that battle immune system invaders. Among garlic's targets are *H. pylori*, the bacteria associated with some ulcers and stomach cancer. Cooking tip: Peel, chop and let sit 15 to 20 minutes before cooking to activate immune-boosting enzymes.



Button Mushrooms—Don't dismiss the lowly mushroom as nutrient poor: It has the mineral selenium and antioxidants. Low levels of selenium have been linked to increased risk of developing more severe flu. And the B vitamins riboflavin and niacin, found in these mushrooms, play a role in a healthy immune system. Studies have also shown mushrooms to have antiviral, antibacterial, and anti-tumor effects.



Spinach—known as a "super food," spinach is nutrient-rich. It has folate, which helps your body produce new cells and repair DNA. And it boasts fiber, antioxidants, such as vitamin C, and more. Eat spinach raw or lightly cooked to get the most benefit.



Broccoli—Easy to find at the grocery store and incorporate into meals, broccoli is an immune-boosting basic. It's full of nutrients that protect your body from damage. It has vitamins A, vitamin C, and glutathione. Add some low-fat cheese to round out a side dish with immune-enhancing B vitamins and vitamin D.



Wheat Germ is the part of a wheat seed that feeds a baby wheat plant, so it is full of nutrients. It has zinc, antioxidants, and B vitamins among other vital vitamins and minerals. Wheat germ also offers a good mix of fiber, protein, and some good fat. Substitute wheat germ for part of the regular flour called for in baked goods and other recipes.



Tea—Green or black. Both are loaded with disease-fighting polyphenols and flavonoids. These antioxidants seek out cell-damaging free radicals and destroy them. Caffeinated and decaf work equally well.