

October 2018



Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

22302 S. Hwy 89, PO Box 641

Yarnell, Arizona, 85362

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www.yarnellcommunitycenter.org

The Yarnell Regional Community Center hosts local events and regular activities, and serves weekday lunches, operates a thrift store, promotes fun and quality of life for our neighbors, and manages programs to aid the food insecure in our area. **Visit our website for current events, information, and much more.**

Can you believe it is October already?? With the summer in my rearview window, I am looking back at the past few months and what we have accomplished. The Country Fair, the walk-in-cooler fundraising campaign, the increased community involvement and volunteer growth, it all begins with a shared vision between an organization and its community. I am grateful that so many of you share in our vision. I see your hearts in your spirit of volunteerism and in your generous donations to those in need.

Our Meals on Wheels program has grown by 20% in the past six months, not because of an increase in need, but because of an increase in awareness. I expect that awareness to spread even more over the next six months, bringing an additional 20% growth, or perhaps even more, especially in the outer portions of our service area. We now run two daily and two weekly routes to provide home delivered meals to seniors, not only in Yarnell and Peoples Valley, but from Congress to Wilhoit. The average served per month out of our kitchen is approaching 1,500 meals compared to 1,100 just one year ago. Great job by our entire staff and all volunteers, and a special thanks to our kitchen manager Angie, who has handled this growth with tremendous patience and ease, all while providing the best lunch in town!

Growth can be difficult and painful, but also very rewarding. Our vision is "To be a caring, compassionate, collaborative organization dedicated to improving the quality of life throughout the Yarnell region", and the reward is seeing that quality of life improve for so many! But as with any non-profit organization, expansion of services goes hand in hand with the increase in costs to provide those services. As we get deeper into fall and into the upcoming holiday season, remember that those who need us do not just rely on us for a holiday meal. This is a day by day, month by month, year-round commitment. Automatic monthly donations can be set up by clicking the donate link on our website. Please consider giving back to your community as you are able, and let's watch the vision unfold together!

See the October Lunch Menu for **CLUB YARNELL EVENTS**.

Mike

Newsletter Sponsors THANK YOU!

October newsletter is sponsored by:

Yarnell/Peoples Valley

Chamber of Commerce

928-277-6674

infoonthehill@gmail.com

Sponsorship of the YRCC Newsletter is \$60 per issue. If you would like to sponsor an issue of the YRCC Newsletter, please call Mike.

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With a limited grant to focus on continuing to improve and streamline our thrift store operations, the YRCC board has offered the **Thrift Store Advisor position to Tiffany Dixon**. She will begin October 8, 2018 and report to the board of directors. This is a short term position made available from a grant and we are very pleased that Tiffany, an active volunteer in the kitchen, will now be able to document, recommend and begin to implement improvements intended to help our bottom line in our thrift area. Welcome Tiffany!

Michelle Jacobson, YRCC President

The October YRCC Board meeting will be held on Tuesday, October 9th at 2:30pm. All meetings are open to the public and we would love to have you attend and learn more about YOUR Community Center.

15-Minute Chicken Chili

Why it's good for you? High antioxidants-lycopene in tomatoes, lutein and zeaxanthin in corn. High fiber in beans. Low fat-only 20 percent of calories from fat. Plus: beans help suppress blood sugar rises and are high in antioxidants.

Serves 4/Calories 290/ Fat 6g /Saturated Fat 0.6g/Protein 26g /Carbohydrate 36g/Sodium 244mg/Fiber 9g

1T canola oil or olive oil
10 ounces boneless, skinless chicken breast cut into bite size pieces
1 ½ T chili powder
1 ½ T ground cumin
2 (14.5 ounce) cans no-salt added diced tomatoes
1 (15 ounce) can minced green chilies
1 cup yellow corn kernels, frozen or canned
Salt and cayenne pepper, to taste



In a large saucepan, sauté chicken in oil over medium-high heat 3 minutes or until white. Stir in chili powder and cumin to coat chicken. Sauté 3-4 minutes. Add remaining ingredients; heat through.

Sign up to hear from us about specials, sales, fundraisers, and events at www.yarnellcommunitycenter.org.

Country Fair 2018 – Thank you to all who volunteered and to all who came to support our Meals on Wheels program. View pictures from the Country Fair at www.yarnellcommunitycenter.org

For a small donation, you can sponsor a leaf on our **Tree of Remembrance** in honor of a loved one. Coming in 2019. For more information come by the Center or visit our website.

THRIFT STORE

Mon–Fri 9am–2pm and Sat 9am–1pm

We now accept credit and debit cards.

\$5 Bag Days – October 26 & 27 – All the clothes you can fit into a 13gallon bag for \$5.00.

Furniture discount days: October 19 & 20

Shop www.smileamazon.com — choose Yarnell Senior Citizens, Inc., as your charity. A percentage of your purchase will be sent to us every quarter.

Blood Pressure Checks Every Tuesday 11am-12 Noon – Provided by the Yarnell Fire Department