

March 2018



## Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

22302 S. Hwy 89, PO Box 641

Yarnell, Arizona, 85362

928-427-6347

[www.yarnellcommunitycenter.org](http://www.yarnellcommunitycenter.org)

The Yarnell Regional Community Center hosts local events, regular activities, 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. **Sign up for e-news at [yarnellcommunitycenter.org/newsletter](http://yarnellcommunitycenter.org/newsletter).**

Well, it has been widely publicized by now that I will be retiring as Director of the Yarnell Regional Community Center by June 1<sup>st</sup> of this year. I can't believe that it was 4 years ago that Scott Shepherd asked me how I would feel about taking the helm at this great organization. I remember that there was no hesitation then and as I prepare to leave I have mixed feelings, but I was reminded over and over, this year especially, that life is short.

So how do we pass the torch in a way that preserves the great things we have achieved together in the last 4 years? We make sure we have the right person leading the way and have the same great people supporting the efforts that we have had for the last 4 years.

Amid the discussions surrounding the search for a new director we have settled on a few "must haves." Some background in non-profit management so there is an understanding of the importance of on-going fundraising, high energy and detail oriented to juggle all the things that need attention immediately and simultaneously. Finally, and most importantly, an innate and steadfast commitment to the welfare of other people. Every relationship is important.

Do you have all those qualities and more? Do you know someone else who might? Stop by and talk to me or send them by. It just might be the best and most fulfilling job you, or they, will have. I know it was for me

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

*Kim*

**Applications** for the Executive Director position are due by March 16, 2018 as advertised in several publications including our web page. A resume and three professional references should be sent to: Yarnell Regional Community Center, 22302 S. Highway 89, PO 641 Yarnell, AZ 85362 in care of Frances Lechner, Chairperson. For more details, please visit [www.YarnellCommunityCenter.org](http://www.YarnellCommunityCenter.org). Our goal is a May 1 start date allowing time for a training overlap.

**Newsletter Sponsors THANK YOU!** March newsletter is sponsored by **Good Samaritan Society – Prescott Hospice**. [www.good-sam.com/locations/prescott-hospice](http://www.good-sam.com/locations/prescott-hospice), 928-778-5655, 1065 Rush Street, Prescott. If you would like to sponsor a newsletter please contact Kim at 928-427-6347.

**Free Blood Pressure Checks Every Tuesday 11am**

**Provided by the Yarnell Fire Department**

## March 2018

### Corn Chowder with Shrimp

Serves 6|Calories 278|Fat 4.2g (.08saturated) |Protein 24g|Carbohydrate 38g|Sodium 224mg|Fiber 2.7g

Why it's good for you? Antioxidants in onions, peppers and corn (lutein).  
High Vitamin C, low saturated animal fat, high protein in shrimp.

1 medium yellow onion, chopped	1 red or green bell pepper, seeded and diced
1 T olive oil	2 ½ cups fat-free milk
1 ½ cups evaporated fat-free milk	2 medium baking potatoes, peeled & diced
2 cups frozen or canned corn	1lb shrimp, peeled and deveined
Salt & pepper to taste	1/3 cup chopped fresh cilantro



In a large pot, sauté onion and pepper in olive oil until soft, about 12 minutes. Add milk, evaporated milk, potatoes and corn. Cover. Slowly bring to a boil and simmer over low heat until potatoes are tender, about 10 minutes. Add shrimp and cook about 3 minutes or until shrimp turns pink. Do not overcook shrimp. Add more skim milk if needed. Season with salt and pepper. Ladle into bowls and top with cilantro.

We enjoyed good camaraderie, food and information at our **Annual Meeting** in February. Congratulations to our newly elected board members. Serving a two-year term are Joyce Dennison (Vice President), Leah Tidey (Secretary), Frances Lechner (Treasurer), and Steve Spence (Member at Large). Minutes from our meeting are posted on our website or available at the Center.

**The YRCC board** meets the 2nd Tuesday of each month. Please join us at our next meeting on March 13 at the YRCC. Our new meeting time is from 2:30-4pm. We will hold some of our meetings in our service areas and intend to meet at North Ranch in April, and Walnut Grove in May.

### THRIFT STORE

Mon-Fri 9am-2pm and Sat 9am-1pm

**\$5 BAG DAYS – March 30 & 31**

**Furniture discount days:** March 16 & 17 - 50% off furniture.

**Shop [www.smileamazon.com](http://www.smileamazon.com)** – choose Yarnell Senior Citizens, Inc., as your charity. A percentage of your purchase will be sent to us every quarter.

**Shop EBAY Items** - <https://www.ebay.com/usr/seniorsplus-22302>.

**Meals-On-Wheels Driver:** If you've ever thought you might like to help out at the Center, we are in need of an additional MOW driver. To see if this may be a good fit for you, contact Kim.

Another way to volunteer is as a **Service Area Ambassador**. SAA's attend our board meetings and help with our outreach, programming and planning. We have SAA's from Wilhoit, North Ranch, Congress, and Walnut Grove. If you would like to be an SAA from an area not yet represented, contact Michelle Jacobson at 614-353-4271.

**Volunteer appreciation** breakfast will be held on **Saturday, March 31st at 8am**. Over 5100 hours of service, which does not even include time spent on furniture transport and events. We have recently purchased a software program called *Network for the Common Good* to better track hours and donor management. We are so grateful to our volunteers.