



The Kare Bears Buzz

July 2009

“Information is a great stress reliever”

Kare Bears House Telephone:	623-536-1200
Emergency Telephone:	623-693-3911 (to acquire medical equipment after hours)
Kare Bears House Hours:	Monday-Saturday 9:00 AM – Noon
Kare Bears Website:	www.karebears.org



CONGRATULATIONS TO LAURA MEASLES, newly elected President of Kare Bears. Laura brings with her invaluable Board experience having, in the past, been a board member of various organizations in Alaska (i.e., Alaska Jr. Miss Pageant, United Way, State Chamber of Commerce and Kenai Alaska Chamber of Commerce). She also has a long history as a Kare Bears Volunteer and possesses a clear knowledge of Kare Bears mission, history and goals. Laura can be assured she will have full support of all volunteers of Kare Bears.



Kare Bears Community Service Award

In 2001, Kare Bears established the Founders Award in honor of Rayma Scalzo, founder of Kare Bears. Since that time, each year this award has been presented to a PebbleCreek resident who demonstrated exemplary community service and who also participated in the volunteer service activities of Kare Bears.

In 2008 Kare Bears changed the criteria. This award was given to the most outstanding volunteer in our community. Candidates did not have to be active in Kare Bears to receive this award. These criteria will continue in 2009.

The 2009 Kare Bears Award Committee is asking clubs, organization and individual residents

Mailing Address: 3645 Clubhouse Drive, Goodyear, AZ 85395-6420

Kare Bears House is located in the **former** Model Village (Eagle's Nest) of PebbleCreek



to **nominate deserving people who have given freely of their time, talent and energy** to making a difference in the betterment of our community. This is an opportunity to honor a volunteer and let our community say thank you to an outstanding resident.

Following are **qualifications for nominees**:

- The person being nominated must be a resident of PebbleCreek.
- This person must have performed volunteer services that have benefited our residents during the current year, with additional consideration given for past years of volunteer service. High on the priority list for evaluating each nominee will be the amount of time spent with one or more committees, organizations, or groups.
- The award may not be presented to the same person more than once.

Procedure for nominations is as follows:

- Submission of nominations must be in writing or via e-mail.
- Give as much detail as possible about the nominee including type of service, nature of service, amount of time spent, and other information that will give a clear picture of the nominee's contributions.
- Include name of the club, organization or individual submitting the nomination.
- You may also pick up a nomination form at the Kare Bears House or either club house. Send your submission by September 12, 2009, to Thelma Lindhorn, Attention: Community Service Award Committee, 14989 W. Catalina Drive, Goodyear, AZ 85395; or email at tntlindhorn@cox.net.

We hope you will join us at the luncheon on November 4, 2009, when the Kare Bears Community Service Award will be presented.

Tickets for the luncheon will go on sale mid-September.



Dentistry

On Wednesday, August 19th, our featured guest speaker will be Dr. Dan Wolter speaking on Dental Care and Options for Adults. He will address primary dental challenges which adults face (which are completely different from what children, adolescents, or young adults face) and an overview of available treatment options. Some relevant tips on prevention and maintenance of life-time oral health will also be discussed.

Dr. Wolter feels it may be fun to share with our friends and neighbors some information on various, amazing breakthroughs in dentistry occurring during the past years.

**“The things that count most in life are usually
the things that cannot be counted”**



TO ALL NEWCOMERS: WELCOME to the Monsoon Season!

To all Creekers, remember without rain there are no rainbows. Dust and high winds have no redeeming qualities!!!



Some Vacation Tips

When you leave home:

1. If you leave your house vacated, suspend newspaper deliveries, have your mail held at the post office, and be sure to fill out and leave a **Vacation Form with Patrol**.
2. It's always good to **have friends and relatives check your home** frequently.
3. Be sure to leave a phone number to where you can be contacted.
4. Make sure electrical appliances are unplugged, gas supply is shut off and water taps tightly turned off.
5. Clean out your wallet and purse before you leave. Take only your essential credit cards. Plan to use only credit cards and traveler's checks instead of cash.
6. Pack things of value, such as **medicine and jewelry in carry-on baggage**.
7. Get to know the crime situation in the places you are going to visit so you are better prepared.
8. Discuss the safety rules with those traveling with you.
9. Leave your itinerary with a relative or friend.



Summer Health Issues

The warm days bring out creepy crawlers, and some are poisonous. The **most dangerous are the Black Widow and Brown Recluse Spiders, Scorpions and Africanized Bees**.

The **black widow spider** likes dark places, under window sills, in abandoned planters, or shoes left out overnight. The bite may only feel like a stinging sensation and be felt severely for one to two hours in the bone and muscle. If muscle cramps develop, one should go to the hospital. The elderly should take precautions and check with a doctor for treatment. The **brown recluse spider's** bite can be very dangerous. They are found throughout the southwest and most often in sheds or closets. They may not excrete much venom and sometimes their bite goes unnoticed, but they can be lethal, causing tissue death. Anyone bitten by a brown recluse should seek medical help. They are known to shut down the body organs that result in death.



The scorpion is well known in the southwest and probably everyone living in the region has seen one. A scorpion's bite emits pain almost immediately. If the person is elderly, contact the poison center or a medical person. In all bites, clean the area with soap and water to prevent infection and apply a cool compress.

Africanized bees. In the southwest we have heard stories about the swarming bees, the killer bees. If you see a hive, or if you see larger than normal bee activity around your house, then there may be a hive hidden nearby. Be cautious; call an exterminator. Never try to destroy a hive that you find. Walk slowly to shelter. The bees are agitated by sudden movements. If you do encounter a hive and they begin to attach you, protect your face and find a shelter quickly.

Friends of Kare Bears

- ◆ **Share Bears** meets every Friday in the Alcove of the Eagle's Nest Clubhouse. Socializing begins around 10:30 AM and Bingo games start at 11:00 AM. If you are a "super senior", or if you know of a super senior who would enjoy the companionship, please drop in and join this great group. For further information, please **contact Barbara Kinney** at 623-536-7137.
- ◆ **The PC Breast Cancer Support Group** meets every fourth Friday of the month from 10:00 AM to noon in the Capri Room at Tuscany Falls. All residents who have been recently diagnosed, going through treatment or are long-time survivors of this disease are encouraged to attend. Following our meeting, many go for lunch afterwards (optional). If you would like more information, please **contact Rayma** at 623-935-1819.
- ◆ **The PC Nurses Group** takes blood pressure readings every Thursday from 2:00 PM to 4:00 PM in the Eagle's Nest Library or Alcove.
- ◆ **AA Meetings** are held on Mondays at Noon in the Ocotillo Room at the Eagle's Nest Arts & Crafts Center. Evening meetings are held on Tuesdays at 7:00 PM in the Milan Room at Tuscany Falls. For additional information, please call **Paul G at 623-537-6262** or **Tony W at 623-935-7553**.

If you are a **RECOGNIZED CLUB OF PEBBLECREEK** and would like your group announcement to appear in this section of The Kare Bears Buzz just e-mail Jenny Schafer at hjschafer004@aol.com with the information you would like included (subject to editing).