



The Kare Bears Buzz

April 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-Friday 9:00 AM – 3:00 PM
	Saturday 9:00 AM – Noon
Kare Bears Website:	www.karebears.org

New Summer Hours!



Beginning May 1, 2009, to November 1, 2009, KARE BEARS HOUSE WILL CHANGE TO SUMMER HOURS. Kare Bears House will be open for all services during the summer from 9:00 AM to 12:00 Noon – Monday thru Saturday. Please be part of getting this change of hours out to the residents of PebbleCreek by telling your friends and neighbors.



Speaking of Kare Bears House: It was **FOUR YEARS AGO this month** that we opened for business at our present location. We take this opportunity to again thank Mr. Ed Robson and the Robson Corporation for providing this house to Kare Bears and the entire community of PebbleCreek.

"The best thing to do behind a friend's back is pat it"

Mailing Address: 3645 Clubhouse Drive, Goodyear, AZ 85395-6420
Kare Bears House is located in the **former** Model Village (Eagle's Nest) of PebbleCreek



FIRST QUARTER REPORT: Kare Bears has been very busy since the start of 2009. During the first three months of this year, Kare Bears volunteers have given generously to the community. So far we've logged:

423 volunteer hours at the Kare Bears House
2,935 miles driven on behalf of residents (78 medical appointments)
146 pieces of medical equipment loaned (canes, crutches, wheelchairs, walkers)

Note: These figures do not include the many hours volunteered in personal contacts.



A BIG WELCOME to **Pat Peaper, Joy Hart, Sue Lupo,** and **Beth Stocker,** our new Kare Bears Coordinators, and to **Marsha Kornegay-Hill** for joining Kare Bears as a CAT for Units 1, 2, 8, 11, 16 and 17. Thank you for volunteering!

“Well done is better than well said”



The next Kare Bears meeting is scheduled on Wednesday, May 20th, at 11:00 AM in the Eagles Nest Ballroom. Guest speaker, **Kathy Church,** will educate us on sensible spending. Kathy is a graduate of the University of St. Thomas in Texas with a Bachelor of Business Administration and Accounting and has her own business, Your Sensible Spending. Using free and low cost tools that reduce spending without changing your lifestyle is one of the many lessons taught by her. Learning to concentrate on “how” to shop and not on “what” to buy can lead to great savings. Sensible spending is where small changes make a big difference.

In today's economy this is a must attend program to learn these simple techniques that can be used by anyone.

*“Life is not a journey to the grave with the intention
of arriving safely in a pretty and well preserved body
better to skid in broadside, thoroughly used up, totally worn
out and loudly proclaiming
..... WOW! WHAT A RIDE !!!!!”*



Alzheimer's/dementia Support Groups: Huger Mercy Living Center is offering free respite care for your loved one afflicted with Alzheimer's/dementia while you attend a support group! They keep your loved one engaged, oversee their care and provide them with meaningful activities that are presented by Certified Nursing Assistants who are specifically trained to work with Alzheimer's/dementia individuals.

Two groups are being offered to meet your needs:

- **3rd Sunday of every month** 11:00 AM – 12:30 PM. A delicious lunch will be provided for you and your loved one.
- **3rd Monday of every month** from 2:00 PM – 3:30 PM. Wonderful snacks are provided for you and your loved one.

Sunday's support group will be facilitated by Kara Dassel, PhD, who is a trained Alzheimer's Association Facilitator. She currently works at Barrows Neurological Institute in the Alzheimer's Research Department. Julie Williams will facilitate Monday's support group, "Living Grief Support". She is a retired Physiologist specializing in grief support and is also trained as an Alzheimer's Association Facilitator.

For more information, please contact St. Joseph's Hospital's Huger Mercy Living Center, 2345 W. Orangewood Avenue, Phoenix, AZ 85021. Telephone number 602-406-5600.



Kare Bears volunteers enjoyed a lovely Spring Fling Continental breakfast in the Eagles Nest Ballroom on April 8th. It was a chance for the volunteers to meet friends, share their experiences, win wonderful door prizes and be entertained. **Many thanks to Laura Measles and the CATS** for making this delightful event possible. Good job!

***"People may forget what you said.
People may forget what you did.
People always remember how you made them feel"***



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** will meet this month on April 24th from 10:00 AM to noon in the Capri Room at Tuscany Falls. Dr. Rich Shildt (Oncologist) and Kitty Shildt (Registered Dietician) will be on hand to answer questions. 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).