



# The Kare Bears Buzz

February 2009

*“Information is a great stress reliever”*

Kare Bears House Telephone:	623-536-1200
Emergency Telephone:	623-696-3911 (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:	<a href="http://www.karebears.org">www.karebears.org</a>

**“Spend a Moment Every Day Thinking of Someone to Thank”**



**Report to the community:** The year 2008 was a very busy year for Kare Bears. The year-end figures (based on December reports) show we contributed much to our community. On behalf of all residents of PebbleCreek, Kare Bears:

- ♥ Administered 1,148 flu and pneumonia shots
- ♥ Collected 83 units of blood
- ♥ Drove 10,650 miles
- ♥ Made 296 trips to medical appointments
- ♥ Volunteered 624 Kare Bears House office hours



**At today’s meeting we are delighted to welcome Dr. Richard Shildt.** Dr. Shildt will address our greatest health risk ... cancer. Dr. Shildt practiced medicine in Texas and Oklahoma. Since his retirement in 2004, he has filled in for doctors in Oklahoma, Colorado, New Mexico and Montana and is currently working one week a month at the Cancer Treatment Center of America in Goodyear and is also generously giving his time and support to the Breast Cancer Support Group in our community. He and his wife, Kitty, are residents of PebbleCreek.

*“Life may not be the party we had hoped for ...  
but while we are here we might as well dance”*

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



**Kare Bears is pleased to announce the 2009 Board of Directors:**

We have four new Board members joining us for 2009; **Linda Bolon** (President), **Penny Schneider** (Corporate Secretary), **Janis Korba** (Programs & Special Events) and **Frank Morgan** (Marketing Operations). We are pleased to have four continuing Board members; **John Kuck** (CFO/Treasurer), **Laura Measles** (2<sup>nd</sup> Vice President – Kare Bears House), **Phil Korzilius** (Health & Wellness) and **Rich Veleta** (Transportation).

The 1<sup>st</sup> Vice President position, responsible for CATs and Kare Bears Coordinators, is currently open. Linda Bolon will temporarily manage this position until a qualified candidate is selected.

We are also pleased to have three Board Advisors this year; **Rayma Scalzo** (Kare Bears Founder), **Patti Wegehaupt** (immediate Past President/Ex-Officio) and **Mark Pelletier** (Chief of Information Technology).

**“Happiness is a choice each person makes for themselves”**



**Kare Bears sponsored American Red Cross Blood Drive** will be held on **Friday, February 20, 10:00 AM to 3:00 PM**, in the **Eagle’s Nest Ballroom**. Last year’s fall campaign exceeded its goal with a total collection of 38 productive units. Sign-up sheets are located at the information center across from the Pro Shop in the Eagle’s Nest Clubhouse. Please continue with your wonderful support of the American Red Cross. Together we can save lives!



**The annual Kare Bears Health Fair will take place on Saturday, February 21**, from **9:00 AM to 1:00 PM** in the **Tuscany Falls Ballroom**. Over fifty vendors, some from the 2008 Health Fair and many new exhibitors, are participating this year. They will share their expertise and offer a variety of information on health issues such as chiropractic, skin, natural health, home safety, body health, and too many more to mention. There will also be prizes, drawings for gift certificates and baskets of health supplies and services throughout the fair. Free blood pressure screening and chair massages will also be available. Mark your calendars now for this “don’t want to miss” important event.



**Reminder!** Please take a minute to complete your **Kare Bears Volunteer Information Form** and the **Emergency “Kare” Form** which were enclosed in your 2009 PebbleCreek Source Book. If you have misplaced your form, one can be picked up at the Kare Bears House. Forms can be turned in or mailed to Kare Bears at 3645 Clubhouse Drive, Goodyear AZ 85395-6420.



**Volunteers are always needed.** If you have a few spare hours during the month, would like to give back to our great community and meet some wonderful people, Kare Bears is the place for you. March training for new Kare Bears House volunteers will be held on Monday, March 15<sup>th</sup>. It's a two hour session from 1:00 PM to 3:00 PM at the Kare Bears House. Upon completion of this training, the new volunteers will be scheduled with experienced volunteers for additional "on the job" training until they feel comfortable to work on their own. Volunteering experience is exciting and fun and a terrific way to get involved in the community.

If you have any questions or want additional information about Kare Bears House volunteers, please contact **Laura Measles**, second vice president, at **535-8453** or **rmeasles@q.com**.

**“NOBODY CAN HELP EVERYBODY, BUT EVERYBODY CAN HELP SOMEBODY”**

**?** **Kare Bears has many volunteer opportunities** and we need volunteers in all areas of our services. There's a rewarding job for everyone. If you'd like to participate but not certain of your area of interest, please contact **Rayma Scalzo**, Volunteer Administrator, at **935-1819** or **raymas@cox.net**.



Small quantities of **The Kare Bears Kitchen at PebbleCreek Cookbooks** are still available for purchase at the Kare Bears House. The cost is at the unbelievably low price of only \$10 per copy. These wonderful books contain a collection of recipes created and tested by your own friends and neighbors right here in PebbleCreek. If you've ever wondered how that delicious meal served at lunch or dinner was prepared, now is your chance to find out and to prepare that dish yourself. These books also make a thoughtful birthday present, something for a departing houseguest or a great hostess gift. Please stop at the Kare Bears House during business hours to obtain your own copy.



**Safety Strobe Lights** are on hand at the Kare Bears House, free of charge, for those "Creekers" who walk, jog, run and bike before sunrise and after sunset. At this time of the year when the daylight hours are short, the early and late exercisers need to protect themselves and others by using this important safety device. Our thanks to those who are already committed to safety within our community.



If you are interested in meeting your neighbors and helping in this great “neighbors helping neighbors” service, **consider becoming a Kare Bears Coordinator**. Coordinators are a vital part of the organization. A coordinator will personally or with the help of a buddy, contact a sick neighbor to bring a greeting card or gift to cheer them up and let them know we care, will welcome a new resident and also help deliver Source Books once a year. To become a part of this very special group of giving people, please contact **Linda Bolon, 623-202-1816** or **Linda\_Bolon@yahoo.com**, for more information and to reserve a place in a soon to be scheduled training class.



**The next Kare Bears meeting** will be Wednesday, March 18, at 11:00 AM in the Eagle’s Nest Clubhouse Ballroom. Our guest speakers will be Steve and Christie Kramer. They will educate us in family provided care of older adults and the daily demands of caring for a loved one at home. Few people are prepared for the tasks involved in caring for their elderly loved ones so it’s a wonderful opportunity to gain the knowledge firsthand. Mark your calendars for this date and tell your friends and neighbors who may also benefit from this special information.

## 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 536-7137.
- ◆ **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 537-6262 or Tony W at 935-7553.
- ◆ **The PC Breast Cancer Support Group** will meet on Friday, March 4<sup>th</sup>, 10:00 AM to Noon, in the Capri Room at Tuscany Falls. For additional information please contact **Rayma Scalzo** at 935-1819.

**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](mailto:hjschafer004@aol.com) with the information you would like included (subject to editing).**