



The Kare Bears Buzz

June 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

“Open your heart, and wonderful things will flow into your life”



We are very excited about the July 15th meeting on “Long Term Care Planning”. Our guest speaker is Marc A. Ventura, Attorney-at-Law, who’s been practicing Law in Arizona since 1996 but has limited his practice to Estate and Elder Law since 1999. Marc has a Bachelors of Science in Finance from Arizona State University and a Juris Doctorate from St. John’s University School of Law, New York. He is currently on the Board of Directors of the Arizona Chapter of the National Academy Elder Law Attorneys (NAELA) and a member of the Arizona Medicaid Planning Council. Marc is also a past member of the Board of the Mental Health and Elder Law Section of the State Bar of Arizona.

The seminar will cover strategies for asset protection, including preparation for future known, or unknown, care expenses. Marc will also discuss how many seniors may qualify for certain public health benefits to help the cost of long term care expenses.

This is a topic that should be of interest and benefit all PebbleCreek residents, so please mark your calendar to attend this special meeting on Wednesday, July 15th, 11:00 AM in the Eagle’s Nest Ballroom.

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

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



“You just never know where a helping hand will come from!”



Did you know that Kare Bears has a uniquely designed Aqua Trek Wheelchair located at Tuscany Falls Fitness Center? This chair assists persons who cannot use their lower extremities to enter and enjoy our beautiful swimming pools during these very hot summer months.



According to calendar, summer isn't here yet for a few more days. But the three digit temperatures tell another story and the **Arizona sun can be a great hazard** for its residents, especially the elderly. Heat stroke, dehydration and sunburn are three dangers.

Heat stroke and dehydration are two very common heat related diseases. Heat stroke may appear similar to heat exhaustion, but the skin will be dry with no sweating. Warning signs of heat stroke: Very high body temperature – dry skin – dry swollen tongue – rapid pulse – throbbing headache – dizziness, confusion, and nausea.

Prevention: Drink plenty of water, but avoid drinking cold liquids as they can cause cramps. Avoid vigorous exercise and reduce physical activity. Stay cool, eat regular, light meals.

Sunburn is serious. The elderly should not be exposed to the sun for long periods and should wear protective clothing. Outdoor exercising and working in the yard should be done during early morning or evening hours.

“A truly happy person is one who can enjoy the scenery on a detour!”



Monthly tours to LaLoma Village are available on the fourth Wednesday of the month. Each tour can accommodate 12 people. Call Kare Bears House, 536-1200, for further information or to sign up for one of these special tours.



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).