



The Kare Bears Buzz

March 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

“Listening Is a Gift We Can Give Others and It Costs Nothing”



The next Kare Bears meeting will be Wednesday, April 15, at 11:00 AM in the Eagle’s Nest Clubhouse Ballroom. Dru Bacon, a seven (7) year resident of PebbleCreek and Founder of the PebbleCreek Environmental Club, will speak on “Current Environmental Issues and Solar Energy”. He will share information on environmental issues, Federal tax credit, Arizona Public Service rebates and how you can save money being “Green”.

Dru has pursued his interests in environmental issues since moving to Arizona and, to date, has helped lead nearly 100 PebbleCreek residents to install rooftop solar electricity. He has also been named the No. 2 “Green Hero” in the state of Arizona by the Arizona Republic. Join us by attending this interesting learning experience on solar and alternative energy.

“SMILE! It makes people wonder what you’re up to”



Kare Bears is very pleased to announce that Mr. Robson is allowing **Kare Bears to remain in our current home** at the Kare Bears House. We are very grateful for the considerations, continued support and generosity shown to Kare Bears by the Robson Corporation. It is this great working relationship that makes it possible to serve the residents of our community.

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

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



A BIG WELCOME and THANK YOU to **Mary VanLeeuwen**, a new Kare Bears Coordinator. Glad to have you in our family of volunteers.



Health events prove to be a major success. This year's **HEALTH FAIR** attracted 55 exhibitors/service providers and was attended by 500 PebbleCreek residents and guests. To add to a wonderful mix of information and services, a total of 67 door prizes given out (35 donated by Health Fair exhibitors and 32 donated by 17 non-exhibitor business in the local area).

The PebbleCreek Nurses administered free blood pressure screenings to approximately 100 PebbleCreek residents. West Valley Hospital administered free EKG tests, and Mollen Immunization Clinics gave free cholesterol checks. Mollen Immunization Clinics also administered flu and pneumonia shots and made appointments for interested PC residents to get shingles immunizations.

Overwhelming opinions were that this was an excellent Health Fair. To all volunteers that helped make this event a huge success, we thank you. To **Phil Korzelius**, who chaired the event, worked hours planning and organizing, kudos for such a terrific job.



Volunteering is a great way to give back to the community and pay in toward the time you might need assistance yourself. It is lots of fun, very rewarding, and there are opportunities for everyone: men, women, snowbirds, retired, working, etc.

Please consider being a Kare Bears Coordinator. The average time ranges from 1-4 hours a month and the activity involves working with your neighbors helping those who are ill, physically challenged, recuperating from surgery or grieving the loss of a loved one. It is a great way to get to know your neighbors by visiting, calling, running errands, etc. Special training is involved to familiarize you with our services and you will also be provided with a lot of resources to share with your neighbors.

Needless to say, there are also many other opportunities such as working at the Kare Bears House, providing transportation, which includes mileage reimbursement, being a greeter at monthly meetings, etc. There is a job for everyone!

To join this wonderful, caring group of people, please **complete a Kare Bears Information Form**. You may submit one online at www.karebears.org (see volunteer section) or pick one up at the Kare Bears House. If you have any questions, please contact us at 623-536-1200.

"When we help others, we help ourselves"



LITTLE ONES COMING FOR A VISIT? Anything for Baby

Equipment Rentals specializes in quality rental items with free delivery and pickup. They provide a wide variety of safe, sanitized baby equipment. Rentals include baby cribs, car seats, high chairs, strollers plus much more. For information or to reserve equipment, call 480-515-9783 Monday-Saturday, 9:00 am – 6:00 pm.



Spring Fling Get-Together will take place on Wednesday, April 8th. Special Volunteers, Kare Bears House Volunteers, Coordinators and Drivers be sure to mark your calendar for this date. We hope you will join us for a special time of eating, laughing and having a good time. Check your e-mails and mail boxes for invitations and additional information.



The next Kare Bears sponsored **AED/CPR** training class, conducted here in PebbleCreek by the Goodyear Fire Department, is scheduled for **Wednesday, April 8**, from 8:30 am to 12:30 pm, in the Tuscany Falls Ballroom #3. The signup booklet is located on the Eagle's Nest Clubhouse information counter across the hall from the Golf Pro Shop. The price of the class is \$35 per person. Checks should be made payable to the City of Goodyear and left at the Eagle's Nest front desk when you sign up, or you can bring your check to the class. Please take advantage of this opportunity to update your skills in these two important life-saving techniques. Please call Phil Korzilius, Kare Bears Health & Wellness Director, at 6230433-9057, if you have questions.

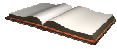


Kare Bears is again bringing the **AARP Safe Driving Course** to PebbleCreek. The class is being offered **Friday and Saturday, March 20 and 21**, in the Capri Room of the Tuscany Falls Clubhouse from 8:30 am to 12:30 pm, both days. This is an 8-hour course, spread over two days, so attendance on both days is required for course completion. The signup booklet is located on the Eagle's Nest Clubhouse information counter across the hall from the Golf Pro Shop. The price of the class is \$14 per person for non-members of AARP and \$12 per person for AARP members. Checks should be made payable to AARP and left at the Eagle's Nest front desk when you sign up, or you can bring your check to the class. Many car insurance companies offer discounts on premiums for people who have completed this course so this is an opportunity to both update your driving practices and potentially save money on car insurance. And who doesn't want to do that? Please call Phil Korzilius, Kare Bears Health & Wellness Director, at 623-433-9057, if you have questions.

“The smallest deed done is greater than the best intentions”



SPECIAL NOTICE: Kare Bears House will be closed morning of April 8th so all our volunteers may participate in our Spring Fling Get-Together.



SOURCE BOOKS: The CATs, Kare Bears Coordinators and special volunteers have done a great job in delivering the Source Books to each home in PebbleCreek. We have had wonderful comments and compliments from our neighbors on the timeliness and convenience of the deliveries. If you have been out of town or have not yet received a Source Book, please contact your Coordinator or call the Kare Bears House (623-536-1200) to arrange delivery. Please remember one book per household.

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 BIG PARKING LOT SALE** is just around the corner. The sale will begin at 7:00 AM on Saturday, March 28, in the Eagle's Nest parking lot adjacent to the Activities Office. It promises to be bigger than ever so come on out and browse until you find that special "can't live without" treasure.
- ◆ **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.
- ◆ **The PC Breast Cancer Support Group** will meet this month on March 27th from 10 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.
- ◆ **Congratulations** to all the men and women of PebbleCreek for their superb and successful efforts in this year's Senior Olympics!

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).