



The Kare Bears Buzz

May 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

Summer Hours!!!



May 1 to November 1, Kare Bears House is open to all residents and guests of PebbleCreek from 9:00 AM to 12:00 Noon – Monday thru Saturday.

**“True greatness is the ability to serve.
The capacity to lead not by the exercise
of power,
but by love”**



Kare Bears is always **thankful for new volunteers** so here's a big welcome to new coordinators Marilyn Holland (Unit 6) and Loretta Morris (Unit 14).

We are also delighted to greet and welcome our most recent house volunteers: Cindy Watty, Charlene Decker, Maueen Platt, Beth Stocker, Lenny Mandel and Peggy Cronin. Next time you're in the vicinity of the Kare Bears House, stop by and say hello to these nice people.

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



Visit “karebears.org” on the Web

The **Kare Bears website** has lots of up-to-date information online about programs, resources and news. Here is just some of the useful information you’ll find there:

- Upcoming Kare Bears events, dates, times and descriptive information
- A list of all AED locations in PebbleCreek
- Listing of Kare Bears services
- Information on how to volunteer
- Monthly issues of “The Buzz”
- Contact information for Board members and Kare Bears Coordinators
- Informative “Bear Facts” articles by Rayma Scalzo
- And, the COMPLETE Resource Guide with contact listings in over two dozen categories
 - Agencies/Groups – Government, Pastoral, Respite, Self Help, Support
 - Medical - Alert programs, Care & Service, Education, Supplies
 - Services – Adult Day Care, Counseling, Handyman, Home Watch, Meals, Pet Sitters, Transportation
 - Facilities – Cemetery, Funeral Home, Hospital, Laboratory, Radiology, Senior Housing, Urgent Care

Just as the Kare Bears organization is here in PebbleCreek for your direct support, the Kare Bears website is your first stop when looking for information on additional resources in the wider community.

“Listening is a gift that each of us can give to others”



Kare Bears name tags are available at the Information Table in the foyer before every Kare Bears meeting. Let the community know you are a Kare Bear and order now for delivery by the next meeting.

Improve your quality of life and someone else's:
Smile!



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We all want to **live a long, joyous and fulfilling life**. Kare Bears June 17th speaker, Lisa Poormon, is a Doctor of Physical Therapy who is dedicated to educate, consult, train and inspire women who strive to attain health and healing in their bodies. She looks at the entire human body as a holistic entity and specializes in Corrective Exercise and High-performance Kinesiology. Dr. Poormon is trained in assessment techniques and individualized applications of exercise and exercise programs and provides services that help restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities of patients suffering from injuries or disease.

This is a topic every one of us needs to hear because we are all ultimately responsible for our own health. So, please mark your calendars now for this very special topic on “Metabolic Nutritional Typing and Exercise Prescription” and join us at **11:00 AM on Wednesday, June 17th, Eagle’s Nest Ballroom.**

“You will face many defeats in your life, but never let yourself be defeated.”

- Maya Angelou



In Kare Bears “talk” **CAT stands for Coordinator Advisor/Trainer**. Everyone should know who their Kare Bears Coordinator is and his/her phone number. If you do not know your coordinator, you can get that information by calling the CAT for your unit. The CATs and the units they cover are:

Jane Bacon	935-5766	- Units 35, 36, 37, 38 and 39
Wally Campbell	451-1100	- Units 26, 27 and 30
Marge Colby	536-5542	- Units 5, 20, 21, 22, 23 and 25
Jan Cosgrove	537-7183	- Units 31, 32, 33, 34, 40 and 41
Roxanne Grona	271-6163	- Units 51, 52, 56 and 58
Marsha Kornegay-Hill	398-5219	- Units 1, 2, 8, 11, 16 and 17

Barbara Merriman 535-1581 - Units 3, 10, 14, 15, 18 and 19

Linda Vise 476-2349 - Units 4, 6, 7, 9, 12 and 24

Patti Wegehaupt 536-7233 - Units 4, 6, 7, 9, 12 and 24



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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).