



The Kare Bears Buzz

September 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 – 12:00 Noon
Kare Bears Website:	www.karebears.org

"If you can dream, you can do it!"

Walt Disney



Tickets go on sale today for the 14th Annual Kare Bears Appreciation Luncheon on Wednesday, November 4, in the Tuscany Falls Ballroom. Festivities begin at 10:30 AM with a preview of raffle prizes and a remarkable assortment of bears which are designed and outfitted by our own PebbleCreek residents. Lunch will be served at 11:30 AM. This year's choice of entrée is a Vegetarian Plate, Chicken Almandine or Burgundy Beef Tips served with a salad, vegetable medley, rolls and butter, coffee or tea, and cheesecake with a berry sauce for dessert. Tickets remain at \$16.00 per person. Bring your spouse and friends and join us in this wonderful celebration to say thank you to the hundreds of volunteers who make Kare Bears possible.

After today, tickets will be available at the Eagle's Nest Kiosk on Monday, Wednesday and Friday on the following dates during September and October:

September 18: 10:00 AM – 12:00 Noon

Week of September 21, October 12, October 19 and October 26: 12:00 Noon – 2:00 PM

Week of September 28 and October 5: 8:00 AM – 10:00 AM

15383 West Cheery Lynn Road



“Be the change you wish to see in the world”



Flu and pneumonia shots will be administered by Mollen Clinic nurses at the Eagle’s Nest Clubhouse Ballroom from 9:00 AM to 3:00 PM on Thursday, October 22; Friday, October 23; Saturday, October 24; and Saturday, November 7. The sign-up folder has been placed on the PebbleCreek Clubs Information counter across the hall from the Golf Pro Shop in the Eagle’s Nest Clubhouse.

There is no co-payment or out-of-pocket cost for the shots for people covered by Medicare Part B or many other insurance plans. We anticipate receiving a list of insurance plans for which Mollen requires no co-payment for the shots and will post that list in the sign-up folder as soon as it is received. The cost of the shots if you are not covered by insurance is \$25 for the flu shot and \$50 for the pneumonia shot.



The AARP Driver Safety Class will again be offered on Friday, September 25. This is a 4-hour, 1-day, course which will be held in the Capri Room of Tuscany Falls Clubhouse. Sign-up sheets are available at the PebbleCreek Information Counter across the hall from the Golf Pro Shop in the Eagle’s Nest Clubhouse. The cost is \$14.00; \$12.00 for AARP members. Please make check payable to AARP and leave it at Eagle’s Nest front desk or bring the check with you to class.



The next Kare Bears sponsored **American Red Cross Blood Drive** in PebbleCreek will be held on Friday, November 6, from 10:00 AM to 3:00 PM in the Eagle’s Nest Ballroom. Last February’s drive exceeded its goal with a total of fifty-two (52) donors. The sign-up folder to schedule your donation time is located on PebbleCreek Clubs Information Counter across the hall from the Golf Pro Shop in the Eagle’s Nest Clubhouse. You will need to show a photo ID card or Red Cross donor card on November 6th in order to donate. Please continue your generous support of the Red Cross Blood Drives. Together we can save lives!

*No one can go back and make a brand new start.
Anyone can start from now and make a brand new ending.*



Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind." -- Dr. Seuss



Need a ride to a medical related appointment and cannot drive? Kare Bears can help. We provide FREE OF CHARGE temporary transportation. Just call Kare Bears House at 536-1200, during business hours, and a volunteer will take your information (day, time, destination, etc.) and make every effort to match you up with a Volunteer Driver. Please allow two business days (48 hours) to process your request.



Be alert for people with cell phones in hand standing near you in checkout lines at grocery stores, retail outlets, restaurants, etc. With camera cell phones these potential thieves can simply take a picture of your credit/debit card, driver's license or check which gives them access to your personal information and the ability to steal your identity. ID theft is one of the fastest growing crimes in Arizona so please be vigilant.



Are you on the **KARE BEARS E-GROUP**? If you would like to be included on the Kare Bears e-group, just e-mail your first and last name, unit and lot number, street address and your e-mail address to raymas@cox.net. You will then receive an invitation from the website. It is that simple!



September is **NATIONAL PROSTATE AWARENESS MONTH**. Kare Bears urges all men to have their PSA checked now! Early detection of Prostate Cancer is essential. It can mean the difference in living a longer, more productive, normal life and/or leaving this life too soon. Please be informed and get this most important test.

“Do not go where the path may lead, go instead where there is no path and leave a trail”



Friends of Kare Bears

- ◆ **The Home Tour Committee** is pleased to announce that this year's **13th Annual Tour will be held on Saturday, November 14, and Sunday, November 15**, from 2:00–5:00 PM. There will be 10 homes on the tour and the cost will remain the same at \$10. Tickets will be available for sale in October. All ticket sales monies and donations are given to the City of Goodyear's **Shop with a Cop** program. Please **contact Sue White** with questions at **535-0890**.

The Home Tour Committee is looking for men and women interested in being hosts/hostesses. If interested, please **contact Thelma Lindhorn at tntlindhorn@cox.net**.

- ◆ **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**.
- ◆ **Us Too Prostate Cancer Support Group** meets at the Cancer Treatment Centers of America on the first Thursday of the month at 9:30 AM. The next meeting will be October 1st. For more information, please **contact Bob Shelton, 623-535-4690, or Lou Perrinello, 623-935-0886**.
- ◆ **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).