



Issue: June 2024

“Neighbors helping  
Neighbors”

[www.karebears.org](http://www.karebears.org)

# ***Kare Bears Korner***

## **President's Message**

Hi everyone,

As the temperatures soar outside, all of us here at Kare Bears crank up our own heat and “work behind-the-scene”. Here is an update on some of our projects:

With the help of our marketing volunteer we are analyzing your feedback in our survey from last month. Many recurring themes showed that the community's needs and interests have, indeed, changed with all the new residents in the last 4-5 years. There are many more interests and needs in Mental Health support, Caregivers' needs and Prevention (nutrition, healthy life style, vaccines etc.) as well as information about illnesses and treatments. We will do our best to meet some of the needs.

We are continuing to work on computerizing our services. We have chosen a software specifically designed for Senior Centers called SchedulesPlus and our IT Team has started training our volunteers. The roll out will continue through the summer and will go full speed as the snowbirds return to PebbleCreek. This project will change many of our operating procedures but in time, will smooth out many aspects of our services.

Kare Bears have officially taken the Alzheimer's/Dementia Support group back. Their longtime facilitator, Teri Sellers, is moving out of town so the Support group will return to Kare Bears so the group has now come full circle. We wish Teri all the best for the next chapter of her life.

Our Vice Presidents at the House have also been busy maintaining and updating our House. Our Health & Wellness team continues to coordinate the services: vaccine clinics, CPR/AED training, Hearing screenings etc. You will hear more about this from them as the details become available.

There can never be a message out from me without a mention of our volunteers. We receive incredible support from our fellow residents in every project. It makes us here at the Kare Bears House so thankful for this little village we live in. You are the very best!!!

Mai Nacht

## ***From Share Bears:***

Would you like to get out of the house and meet some new friends? Join us for Share Bears bingo. We meet on Fridays in Eagle's Nest Ballroom for social time at 10:30 am and the bingo games begin promptly at 11am. It's the ideal activity for those who are more comfortable socializing at a slower pace and a quieter environment. We play 10 games with 2 optional games at only a quarter a game. Drinks and snacks are complimentary. If you're over 18, bring \$3.00 in quarters and come play bingo. For additional info, please visit our website at [www.karebears.org](http://www.karebears.org) and click on "Services" or text (949) 289-5471.



## ***Upcoming programs and Announcements:***

**The Alzheimer's/Dementia Support Group activities will be paused for the summer while we work on integrating it into Kare Bears. More details will be sent out to participants as they become available.**

July 19: CPR/AED Training. Location: Palm Room in Eagle's Nest, time: 8:30-11:35.

Cost: \$35. Cash or check only, payable to AZ Pro, CPR/First Aid.

August 27: Blood Drive by Vitalant. Location: Palm Room, Eagle's Nest

September 26: Eating for Health – Ball Room, Eagle's Nest. More details to follow

October 30: Fall Luncheon – More details to follow

**For more information on any of our programs and services, please visit our website at [www.karebears.org](http://www.karebears.org)**