

CLUB NEWS – Take CARE of Yourself!

From Escapees RV Club

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Make your plans now to attend the annual CARE Health Fair taking place in Livingston, Texas **March 30 –April 4, 2009**. This is an excellent opportunity to get all those medical screening tests you've been putting off, in a convenient, low-cost way.

Park your rig at Rainbow's End while you attend FREE informative seminars every day that include talks by a neurologist who will discuss sleep disorders, a cardiologist, a rheumatologist, a podiatrist, a seminar on anxiety and depression, and Bea Ellis talking about staying active, plus many more. Seminars include opportunities to ask medical professionals your questions.

Don't miss out on low-cost exams! Many new this year!



Ladies book your mammograms now by calling 936-329-8570 (deadline is March 13, 2009). Memorial Medical Center/Livingston will be working in direct cooperation with the Escapees CARE Fair, so be sure and tell them you are an Escapees member, and let them know if it has been at least 366 days since your last mammogram.

Monday and Tuesday (March 30 – 31), low-cost blood tests will be offered from 6 a.m. to 9 a.m. And blood pressure will be

taken free.

Wednesday, April 1, health-screening specialists will be offering nine ultrasound exams for \$179 (less than \$20 per exam!) or pick and choose and pay \$45 each. Call 800-931-4772 to make an appointment in advance.

Non-invasive ultrasound exams include:

- ✓ Carotid Artery Exam
- ✓ Abdominal Aorta Exam
- ✓ A.B.I Exam
- ✓ Thyroid Exam
- ✓ Liver Exam
- ✓ Left Kidney Exam
- ✓ Right Kidney Exam
- ✓ Gallbladder Exam
- ✓ Spleen Exam

You many also take advantage of a free eye-screening exam that same day (April 1) from 9 a.m. to 12:00 p.m.

Thursday, April 2, CARE will hold its unique "Celebrate with the Celebrities" dinner beginning at 5:30 p.m., with the fabulous Walter Plant entertaining at 7 p.m. Cost \$10. This is the only part of the Health Fair where the proceeds go to CARE.

Friday, April 3, in addition to the ongoing seminar schedule, join the gang for “Music and Memories” (free), which includes a dessert potluck and music by the Hobo and the Rose (Harry and Lois Bussie).

The Escapees CARE Health Fair concludes on Saturday with a hitch-up breakfast, but don't rush to “hitch-up;” we'd love for you to stick around awhile and enjoy the beautiful spring that East Texas has in store for us.

Interested in Volunteering?

Call Dan Duryea at (936) 327-4256 for more information.

Can't Volunteer? Here are some other ways you can help!



Donate Direct

All donations are tax-deductible. Some folks find it is easier to give a small monthly donation of \$10 or more and have it automatically deducted from their bank account or automatically charged to their credit card. Please donate whatever you can. Don't forget, you can remember CARE in your will.

Send Your Camping World Receipts!

Camping World contributes two percent of the total of all Camping World receipts turned in by Escapees up to \$5,000 per year. Camping World will only accept receipts that are no more than 90 days old, so send your receipts in quickly.

Mail Camping World receipts to:

Escapees RV Club
100 Rainbow Dr.
Livingston, TX 77351

or

Escapees CARE, Inc.
155 CARE Center Drive
Livingston, TX 77351

Shop to Benefit CARE

Enjoy online shopping at your favorite store and donate to Escapees CARE at the same time! The iGive.com website is a shopping website portal. Think of iGive.com as the front door to a shopping mall with over 650 shops inside. Many of your favorite online sellers are there: Best Buy, JC Penney, Cabela's, Target, Camping World, Land's End, Omaha Steaks, Bass Pro Shops, and the list goes on. Every one of these sellers will donate a percentage of your purchase total to Escapees CARE. Yes, it's as simple as 1) first, register at www.iGive.com. It's free. 2) Second, designate Escapees CARE as your “worthy cause” of choice. Please be sure you designate “Escapees CARE,” as there is another CARE charity that is a different entity. 3) Third, shop!

CARE E-Recipe Book

Compiled as a fund-raiser for CARE by the community members of RVScrapbook.com, this E-recipe book can be purchased for the amount of your choice. \$100 donations come with a bonus six months membership in Happy Camper Club's Half-Price Camping

program, and this item would make a meaningful gift for any RVer. For more information, visit www.rvscrapbook.com.

More Information About Escapees CARE, Inc.

- CARE provides three meals and a snack seven days a week. Last year CARE served 35,832 meals and through September of 2008, CARE has already served 28,757 meals.
- CARE schedules all medical appointments for most of its 48 residents and provides transportation to and from the appointments as many residents no longer drive.
- CARE has an LVN (nurse) on duty eight hours on every business day.
- For the adult day care program CARE provides a secure day room and two CNAs (certified nursing assistants) who provide monitoring, games, exercise and much more for the participants.
- The atmosphere at CARE is more like an RV rally and is nothing like a nursing home.

And those are just some of the services provided at CARE. Escapees CARE, Inc. is able to provide its services at a very affordable fee due to the generosity of Escapees RV Club members through their donations and volunteering.

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