



**CareNow**  
FOUNDATION



## UpdateNow!

November, 2007 News from  
CareNow

*"A thankful heart is not only the greatest virtue, but  
the parent of all the other virtues."  
Cicero*

### The Thankful Heart

Last year at this time I was making my first trek to Africa in order to see firsthand the tremendous need for the most basic of healthcare services. We returned home just in time for Thanksgiving, and while the conflicting feelings surrounding our oft times obscene abundance pressed hard upon my heart and mind I eventually found the balance needed for self-preservation. What I gained and have strived to keep alive each day is a deep and true thankfulness for each aspect of the life I lead - the fantastic and the challenging.

As you gather with your family and friends next week I hope you take the time to celebrate your many good fortunes. We thank you, our friends, family, and supporters for your faith in our efforts to make a difference in our world.

My heart is truly thankful - how about yours?

**Carrie Sharpshair**

Executive Director, [CareNow Foundation, Inc.](http://www.carenow.org)

### Holiday Shop Online and Help

### Lily's Ship Has Come In...

Thanks to our fantastic supporters, the first of two shipments has made its way from Southern California to South Africa! This container was completely filled with supplies and equipment for the Lily Medical Centre - the pictures below are from unpacking day.



Noel Wright, co-founder of Lily writes, " When we first dreamed of the Lily Medical Centre our aspirations did not envisage items such as an X-Ray machine, a Cardiograph machine, a Dentist's chair, examination tables, and simply hundreds of other related medical items. It will take some time to decide how we can appropriately express our heartfelt gratitude. Right now we are somewhat overwhelmed."

## CareNow!



It's so easy... Just click the image above, enter CareNow in the "Who do you GoodSearch for" box, and shop away. A percentage of your holiday purchases will go directly to CareNow!



Hold on to your hat, Noel, because the next shipment will contain much-needed medications. CareNow donors contributed almost \$30,000 for these two shipments - the value of the goods, however, totaled over \$600,000! How does this happen? It's all due to a wonderful relationship with [Giving Children Hope](#).

## November Friend of CareNow

*Bob & Jan Lauerman*  
Independent Business Owners

**Healthy Lifestyle Products**  
856 Ashford Street  
Simi Valley, CA 93065

Cell: (805) 551-0056  
Fax: (800) 453-1373

JanL@EcoQuestIntl.com  
[www.EcoQuest.com/JanL](http://www.EcoQuest.com/JanL)

How is the air you are breathing? Thank you to [Jan Lauerman of EcoQuest](#) - for each purchase made before the end of the year, Jan will donate 10% of her profit back to CareNow!

## Year End Contributions

If you are considering a year end contribution, please keep in mind the following:

- The CareNow office will be closed the last week of December.
- Donations made with a check need to be postmarked by December 31, 2007. Donations received with postmarks after December 31, 2007 will be eligible for tax deductions in 2008.
- Credit card donations should be made online on or before Noon (Pacific) on December 31, 2007.

**DonateNow!**