Calendar:
- June 13 (Wed) 10 am–1 pm Richardson Senior Center—Health & Information Fair
- June 14 (Thurs) 9 am–12:30 pm Garland Senior Activity Center—Senior Wellness, Safety & Info Fair (Our group has a table at both Fairs)
- June 16 (Sat) 10-11 am Fort Worth Osteoporosis Education & Support Group—Kick-off meeting Baylor All Saints, 1400 8th Avenue. Speaker: Sue Perna, RT (R) More information? Call Pam Brandon, 817-528-9399
- July 14 (Sat) 10-11 am Group meeting at Methodist Richardson Medical Plaza 1, 403 W. Campbell, Richardson. Speaker: David R. Northcutt, DPM, podiatrist.

Garage Sale raises over $1,000!

My grateful thanks to all of you who made this event such a huge success. We raised $1,085 and still have a couple of items to sell. My helpers at the Pricing Party, and over the two-day sale were unbelievable. They were Kay Barrett, Judith Barnes, Karen Bowman, Judy and Don Cornell, Elizabeth Kimbrough, Sandra Little, Marilyn & Ron Olsen, Catherine & Jim Parr, Coletta & Jerry Sutterfield, and their son, Dan Sutterfield, Urielle Thomas, and Elaine Connor, who, with the assistance of her husband and grandson, took care of the signs. You were all marvelous—a true example of cheerful, dedicated teamwork. And there would have been no sale without all of your generous donations! You know who you are! Many of the items were in good condition, so we were able to obtain a higher price. "If you did not pick up a Donation Receipt (for tax purposes) and would like one, please let me know." Jennie

Kroger Program
Our 3-month participation in Kroger's 2011-12 Neighbor to Neighbor donation program has earned us $744.40. We will enroll in the new 2012-13 accumulation period, starting July 1st.

New study links calcium supplements and increased heart attack risk—the NOF responds

Washington, DC (May 24, 2012)—A study published in the June issue of the Journal Heart suggests a link between increased risk of heart attack and calcium supplementation. The NOF believes that more research is needed to better understand the potential relationship between calcium supplements and heart attack risk and individuals should consult with their health-care providers before discontinuing use of calcium supplements...NOF recommends that individuals meet their daily calcium needs through food source first and take a calcium supplement only if they aren't getting enough calcium from their diet to reach the 1,000 mg or 1,200 mg (adults) total. Inadequate calcium intake has been proven to lead to increased risk for osteoporosis and broken bones.” For the complete Press Release, go to www.nof.org or call 1-800-231-4222

Long-Term Bisphosphonate Use
NOF has also responded to the New England Journal of Medicine articles considering the risks and benefits of long-term bisphosphonate treatment for osteoporosis. Go to: www.nof.org/node/795