NEXT MEETING

Saturday, July 13
9:45-11am

Speaker: Davoud Babahaji, a registered pharmacist for 19 years, now working as the Pharmacy Manager at a local Tom Thumb store.

The meeting will be held at Methodist Richardson Medical Center Bush/Renner, 2821 Geo. Bush Hwy, Richardson, 75082, in the Physician Pavilion, Room 200.

All are welcome. Free.

Drug Interaction Checker

Baylor Health (and probably most hospitals), has a Drug Interaction Checker web page. Go to www.healthsource.baylorhealth.com and search for “Library/DrugReference/DrugInteraction”.

According to this site, “drug interactions can result in unwanted side effects, reduce the effectiveness of your medicine or possibly increase the action of a particular medicine. Our Drug Interactions Report can help you determine if the drugs you are taking have any adverse interactions with each other, with over the counter drugs or with your favorite herbals and vitamins.”

Vitamin D in your diet

Eating fish is one of the ways you can add Vitamin D to your diet.

- 3 1/2 oz of salmon is 360 IU
- 3 oz of tuna 200 IU
- 1 3/4 oz sardines 250 IU
- 3 1/2 oz mackerel 340 IU

March 15, 2013, post on NOF’s Facebook page.

Fall-proofing your home

From, “Boning Up on Osteoporosis” p. 60/61

- Keep a flashlight with fresh batteries beside your bed.
- Place light switches within reach of your bed and a night light between the bedroom and the bathroom.
- Place items you use most often within easy reach. This keeps you from having to do a lot of bending and stooping.

JUNE HEALTH FAIRS

- Wed. June 12
  10am-1pm
  2013 Health & Information Fair,
  Richardson Senior Center

- Wed. June 19
  Noon-2pm
  2013 Senior Expo
  All Saints Catholic Church, 5231 Meadowcreek Drive,
  Dallas

- Fri. June 21
  9am-noon
  Heritage Senior Center Healthy Living Expo, 200 S. Jefferson, Irving

Group Directory update

Long-time group member and active volunteer, Suzanne O’Malley, has developed a group directory where members have the option to share their contact information with others as they sign in at meetings, or by contacting Suzanne. Her email is omalley.suzanne@gmail.com or phone 972-208-1232.

Printed copies will be available for those without email.

The directory data is provided to help connect group members who may want to be in touch outside of our meetings. It should only be used for that purpose and not passed along or used for any commercial or marketing purpose.

Thanks for making this happen, Suzanne!