Group Fundraiser - Big Garage Sale, June 1 and June 2: can you help?

TIME: 9am-Noon, both days
PLACE: Jennie’s house -7514 Vineyard Trail, Garland, 75044
ITEMS NEEDED:
Furniture, adult clothing, kids clothing, baby gear and clothing, toys, games, books, kitchen ware, small electrical appliances & lamps (must be in good working order), office supplies and equipment, tools, costume jewelry, ornaments, pictures, Christmas stuff, hobby & craft supplies, sports goods, etc.

PLEASE DROP OFF YOUR DONATIONS, ALREADY PRICED, EITHER DAY
7:30 – 8:00AM
OR by arrangement with Event Coordinator – Jennie Image, 972-965-1467
HELP NEEDED:
Sorting, pricing, collecting money. No heavy lifting!

CALENDAR
- May 23 (Wed) Information & Wellness Fair, Plano Sr. Rec. Ctr, 401 W. 16th St. 9am-1pm
- June 1 (Fri) AND June 2 (Sat) Group fundraiser Garage Sale (see news item, left)
- June 9 (Sat) Group meeting, 10-11 am (See item “Gardening is for Everybody”)
- June 13 (Wed) Richardson Sr. Ctr Health & Info. Fair, 10am-1pm
- June 14 (Thurs) Garland Sr Activity Ctr, Health, Safety & Wellness Fair, 600 W. Ave. A, Garland, 9am-12:30pm

Our group has an information table at all of the above Senior Center Health Fairs

Genetics and bone density
The results of a new study have “linked 32 novel genetic regions to bone mineral density. ... A worldwide consortium with multiple research groups set out to do the largest search to date for variants related to bone mineral density. ...The findings may help researchers understand why some people are more susceptible to bone fractures.”

Dr. Douglas P. Kiel, a senior author of the study, commented, “The ultimate goal of genetic studies like this is to develop personal, gene-based treatments for osteoporosis as well as to better identify those at high risk for the disease.” Go to the National Institutes of Health web site - www.nih.gov/researchmatters/april2012 - for the complete article by Harrison Wein, Ph.D., and related links.

NOF Supports 2Million2Many
Every year, 2 million bone breaks occur that are no accident, but signs of osteoporosis. And that is 2Million2Many. If you or someone you love over age 50 breaks a bone, request a test for osteoporosis. Learn more and join the effort to bring osteoporosis out of hiding, visit www.nof.org

“Gardening is for Everybody”
The speaker at our Richardson meeting on June 9 is Dallas County Master Gardener, Gene Morrissey. Mr. Morrissey holds a BA degree in Economics from Stanford University and has received awards for his volunteer work with the Texas Master Gardener Association, Inc. He will give a presentation on how to enjoy gardening, safely, even with physical limitations.

Did you know that there are triple-decker raised beds that are just the right height so you can garden sitting down?! Or that you can start planning now for your spring 2013 garden?

Foot Gardening? Organic gardening? All, and more, will be revealed during this interesting and encouraging program. Please join us - June 9, 10-11 am, Methodist Richardson Med. Ctr. Bush @ Renner campus, 2821 E. Pres. Geo. Bush Turnpike, Richardson in Suite 200 (Physician’s Pavilion).