



READ BETWEEN THE LINES

JUNE/JULY EDITION 2014

First Native American woman confirmed as Federal Judge

ABC, PHOENIX May 15, 2014 (AP)



A former U.S. Attorney from Arizona will be the first Native American woman to serve on the federal bench.

Diane Humetewa (hoo-mee-TAY'-wah) easily won confirmation Wednesday in the U.S. Senate in a 96-0 vote.

She will fill one of six vacancies in the federal District Court of Arizona.

Humetewa currently serves as special counsel at Arizona State University, where she is also a professor.

She served as U.S. Attorney for Arizona between 2007 and 2009.

She also was an appellate court judge for the Hopi Tribe.

The National Congress of American Indians praised the confirmation, saying

Humetewa has dedicated her time to serving the interests of Native peoples.

The overburdened District Court of Arizona remains one of the busiest in the country, having declared a judicial emergency in 2011.

UP & COMING EVENTS:

MAY

- May 26 - SHINNECOCK SENIOR PROGRAM CLOSED
- May 30 - Wampum BINGO/Birthday Celebration
- May 30 - Senior BBQ

JUNE

- Jun 6 - Frank Masterson Senior Advocate
- Jun 12 - Smokey Joe's and Lunch

JULY

- July 4 - SHINNECOCK SENIOR PROGRAM CLOSED

Events subject to change

**COMING SOON!!!
SALAD BAR TUESDAYS
JUNE, JULY & AUGUST**





1. Get a Kit

Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Basic Supplies: Think first about the basics for survival – food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home. Recommended basic emergency supplies include:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Pet food, extra water and supplies for your pet or service animal.

Include Medications and

Medical Supplies: If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it on your own for at least a week. You should also keep a copy of your prescriptions as well as dosage or treatment information. If it is not possible to have a week-long supply of medicines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should do to

prepare.

If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

Additional Items: In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home.

Also have copies of your medical insurance, Medicare and Medicaid cards readily available.

Include Emergency

Documents: Include copies of important documents in your emergency supply kits such as family records, wills, power of attorney documents, deeds, social

security numbers, credit card and bank information, and tax records. It is best to keep these documents in a waterproof container. Include the names and numbers of everyone in your personal support network, as well as your medical providers. Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

2. Make a Plan

For What You Will Do in an Emergency

The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency. Create your own personal support network by identifying others who will help you in an emergency. Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible. For every aspect of your daily routine, plan an alternative procedure. Make a plan and write it down. Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family,

friends, care providers and others in your personal support network.

Create a Personal Support

Network: If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people and ask them to be part of your support network. Share each aspect of your emergency plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary. Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Practice your plan with those who have agreed to be part of your personal support network.

Develop a Family

Communications Plan: Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations. Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency. It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact, not in the impacted area, may be in a better position to communicate among separated family members. You may have trouble getting through,

or the phone system may be down altogether, but be patient. For more information on how to develop a family communications plan visit www.ready.gov

Deciding to Stay or Go:

Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use commonsense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, make these arrangements in advance.

Consider Your Pets:

Whether you decide to stay put in an emergency or evacuate to a safer location, you will need to make plans in advance for your pets and service animals. Keep



in mind that what's best for you is typically what's best for your animals. If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that only service animals may be allowed inside. Plan in advance for shelter alternatives that will work for both you and your pets; consider loved ones or friends outside of your immediate area, pet-friendly shelters and veterinarians who would be willing to take in you and your pets in an emergency. For more information about pet preparedness, visit www.ready.gov.

Staying Put: Whether you are at home or elsewhere, there may be situations when it's simply best to stay where you are and avoid any uncertainty outside. Consider what you can do to safely shelter-in-place alone or with friends, family or neighbors. Also consider how a shelter designated for the public would meet your needs.

There could be times when you will need to stay put and create a barrier between yourself and potentially contaminated air outside. This process is known

as "sealing the room." Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take this kind of action. For more information about "sealing the room," visit www.ready.gov.

Evacuation: There may be conditions in which you will decide to get away, or there may be situations when you may be ordered to leave. Plan how you will get away and anticipate where you will go. Choose several destinations in different directions so you have options in an emergency. Ask about evacuation plans at the places where you spend time including work, community organizations and other places you frequent. If you typically rely on elevators, have a back-up plan in case they are not working.

Fire Safety: Plan two ways out of every room in case of fire. Check for items such as bookcases, hanging pictures, or overhead lights that could fall and block an escape path. Check hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency. Secure or remove furniture and

objects that may block your path. If there are aspects of preparing your home or workplace that you are not able to do yourself, enlist the help of your personal support network.

Contact Your Local Emergency Information Management Office: Some local emergency management offices maintain registers of older people so they can be located and assisted quickly in a disaster. Contact your local emergency management agency to see if these services exist where you live or visit www.ready.gov to find links to government offices in your area.

3. Be Informed Some Of The Things You Can Do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However, it's important to stay informed about what might happen and know what types of emergencies are likely to affect your region. For more information about specific types of emergencies, visit www.ready.gov or call **1-800-BE-READY**.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With these simple preparations, you can be ready for the unexpected.

Prepare For Emergencies Now.
Information For Older Americans.
www.ready.gov

MAY 2014 HOLIDAY CLOSING DATES

The Shinnecock Senior Program will be **CLOSED** on the following day:

Monday, May 26, 2014 in observance of **Memorial Day**



Remember their names...

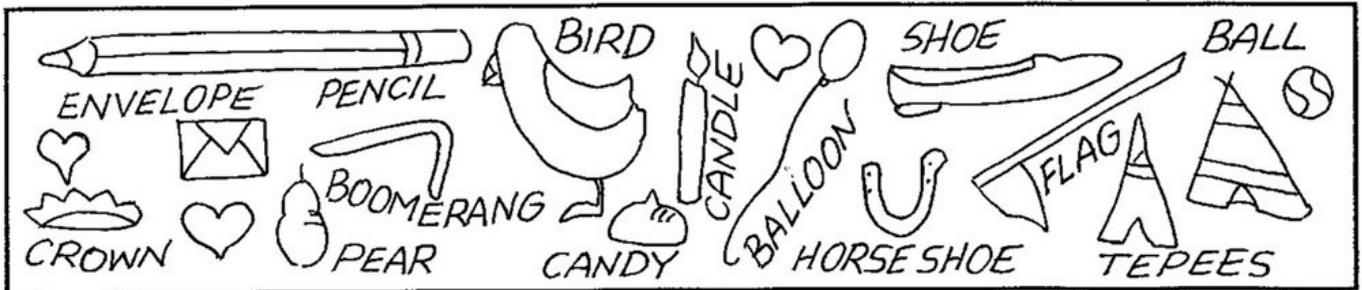


DAVE GRANLUND © www.davegranlund.com

Swimming Hidden Pictures... Time to go swimming! Find all the hidden pictures in this fun image.



www.hiddenpicturepuzzles.com



SEARCH-A-WORD: THE BEACH

Find and circle all of the beach words that are hidden in the grid.

The remaining letters spell an additional beach word

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| T | R | I | H | S | T | S | T | O | W | E | L | B | E |
| Y | K | S | E | S | U | A | T | S | A | G | L | E | R |
| A | S | V | U | R | I | I | O | D | D | N | A | A | O |
| S | A | E | F | N | U | F | R | B | I | I | B | C | H |
| W | U | I | S | S | S | A | R | D | N | L | Y | H | S |
| W | N | N | M | S | O | C | R | A | G | I | E | B | A |
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BARE FEET
 BEACH BALL
 BOAT
 CLOUDS
 DRIFTWOOD
 HAT
 KITE
 LIFEGUARD
 OCEAN
 PAIL
 PIER

SAILING
 SAND
 SEAGULL
 SEASHELL
 SEASHORE
 SKY
 STARFISH
 SUNGLASSES
 SUNSCREEN
 SUNSHINE

SURFBOARD
 SURFING
 SWIMMING
 SWIMSUIT
 T SHIRT
 TOWEL
 VOLLEYBALL
 WADING
 WATER
 WAVES

RECIPE: GRILLED SALMON

PREP: 15 MINS / COOK: 16 MINS / READY IN: 2 HOURS 31 MINS / SERVING: 4

Ingredients:

- 1 1/2 pounds salmon fillets
- Lemon pepper to taste
- Garlic powder to taste
- Salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/4 cup vegetable oil

Directions

1. Season salmon fillets with lemon pepper, garlic powder, and

salt.

2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.

3. Preheat grill for medium heat.

4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon



for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

RECIPE: CORN ON THE COB WITH GARLIC BUTTER, FRESH LIME AND COTIJA CHEESE

PREP: 5 MINS / INACTIVE: 30 MINS / COOK: 20 MINS / SERVING: 4

Ingredients:

- 8 ears corn
- 4 fresh limes, quartered
- Garlic butter, recipe follows
- 1/2 cup grated cotija cheese
- 2 tablespoons chopped chives, for garnish

Garlic Butter:

- 2 sticks unsalted butter, slightly softened
- 8 cloves garlic, peeled and coarsely chopped
- 1/4 habanero pepper, seeded
- 1/4 bunch fresh chives
- Salt and freshly ground black pepper

Directions

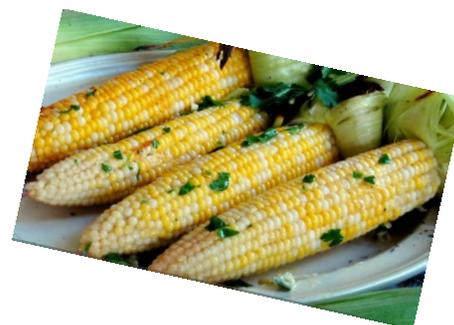
1. Preheat grill to medium. Peel back the husks of the corn without removing them.

Remove the silks and recover the corn with the husk. Soak in large bowl of cold water for 30 minutes. Remove corn from water and shake off excess. Place the corn on the grill, close the cover and grill for 15 to 20 minutes.

2. Unwrap corn and brush with the garlic butter. Sprinkle with the cotija cheese and squeeze with lime. Sprinkle with chopped chives, to garnish.

Garlic Butter:

Combine butter, garlic, habanero, and chives in a food processor and process until smooth. Season with salt and pepper. Set aside until ready to use.



RECIPE: GRILLED ASPARAGUS

PREP: 15 MINS / COOK: 3 MINS / READY IN 18 MINS / SERVING: 4

Ingredients:

- 1 pound fresh asparagus spears, trimmed
- 1 tablespoon olive oil
- salt and pepper to taste

Directions

1. Preheat grill for high heat.
2. Lightly coat the asparagus spears with olive oil. Season with salt and pepper to taste.
3. Grill over high heat for 2 to 3 minutes, or to desired tenderness.



RECIPE: FIVE MINUTE ICE CREAM

PREP: 5 MINS / READY IN: 5 MINS / SERVING: 4

Ingredients:

- 1 (10 ounce) package frozen sliced strawberries
- 1/2 cup sugar
- 2/3 cup heavy cream

strawberries and sugar in a food processor or blender. Process until the fruit is roughly chopped. With the processor running, slowly pour in the heavy cream until fully incorporated. Serve immediately, or freeze for up to one week.



Directions

1. Combine the frozen

RECIPE: VINTAGE LEMONADE

PREP: 45 MINS / COOK: 20 MINS / READY IN: 1 HOUR 5 MINS / SERVING: 4

Ingredients:

- 5 lemons
- 1 1/4 cups white sugar
- 1 1/4 quarts water

sprinkle the sugar over them. Let this stand for about one hour, so that the sugar begins to soak up the oils from the lemons.

another bowl. Pour the juice through a strainer into the sugar mixture. Stir well, pour into pitcher and pop it in the fridge! Serve with ice cubes.

Directions

1. Peel the rinds from the 5 lemons and cut them into 1/2 inch slices. Set the lemons aside.
2. Place the rinds in a bowl and
3. Bring water to a boil in a covered saucepan and then pour the hot water over the sugared lemon rinds. Allow this mixture to cool for 20 minutes and then remove the rinds.
4. Squeeze the lemons into



TOTAL BODY STRENGTH FOR SENIOR

This total body workout is a great way for seniors to get started with strength training. The exercises focus on building total body strength with an emphasis on improving balance, stability and flexibility. See your doctor before trying this workout if you have any pain, injuries or other conditions you're dealing with. Take your time with the moves and only add weights or resistance when you feel comfortable with the exercises.

Precautions: See your doctor before trying this workout if you have any injuries, illnesses or other conditions and modify any exercise that causes pain or discomfort.

Equipment Needed: An exercise ball, a resistance band a medicine ball, a chair and a step or staircase.

How To

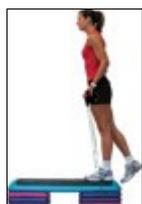
- Begin with a 5-10 minute warm up of light cardio (walking in place, etc.).
- Perform each exercise as shown for 1 set, using no weight or light weights to get used to the exercises. Weights are suggested for each exercise, but modify according to your fitness level and goals.
- To progress, add a set each week until you're doing a total of 3 sets of each exercise with 30 seconds of rest in between each set.
- Click on the links or pictures for a larger picture and more detailed instructions.
- Do this workout 1-2 non-consecutive days a week, taking at least one day of rest between workouts. For best results, combine this workout with regular cardio and a healthy, low-calorie diet.



Chair Squat: Stand in front of a chair with feet about shoulder-width apart. Sit down and, as soon as you make contact with the chair, stand back up and try to do so without rocking back or using momentum. You can place your hands on your thighs if you need to. Hold weights for added intensity. Repeat for 12 reps.



Ball Taps: Sit in a chair and place a ball front of both feet (a mid-sized ball works best). Sit straight up and try not to rest against the back of the chair, keeping your back straight and your abs contracted. Lift your right foot and tap the top of the ball and take it back down to the floor. Switch sides and do the same with your left foot, alternating each foot for all repetitions. Repeat for 30-60 seconds.



Step Ups: You can do this exercise on a staircase with rails or on a step if you have one. If you're on a staircase, stand at the bottom step and step up with your right foot. Bring your left foot up onto the stair next to your right and then step back down on the floor (hold onto a rail if you need to). Perform all reps by stepping up and down with the right foot. Then switch sides and start with your left foot. You can use a resistance band under the working leg (as shown) or hold weights for added intensity. Repeat for 1 set of 12 reps on each leg.



Hamstring Curls: Stand in front of a chair and hold onto it for balance if you need to. Loop a resistance band around your ankles (optional), keeping it looped under the standing foot. Bend your right knee, bringing your foot up behind you (like you're kicking your own butt) and keeping the right knee pointing towards the floor and right next to your left knee. Slowly lower back down and repeat for 12 reps on each leg. You can also use ankle weights instead of a resistance band.



Side Leg Lifts: Stand sideways to a chair or wall for support and tie a resistance band around your ankles (optional). Lift the left leg out to the side, foot flexed and hips, knees and feet in alignment. Try to lift the leg without tilting at the torso--hold the torso upright as you lift the leg a few inches off the ground. Lower back down and repeat for 12 reps on each leg. You can also use ankle weights if you don't have a band.



Wall Push Up: Stand a few feet away from a wall or stair rail (as shown) and place hands on wall at shoulder level, a few inches wider than shoulders. Pull the abs in and, keeping back straight, bend elbows and lower body towards the wall until elbows are at 90 degree angles. Push back to start and repeat. The further away from the wall you are, the harder the exercise. Make sure you don't sag in the middle--keep the abs tight and the back flat.



Lat Pulls With Bands: Stand or sit holding a resistance band in both hands up over your head. Hands are wider than shoulder-width apart and back is flat, abs engaged. Keep the left hand in place and contract the lat muscles (at the sides of your upper back) to pull the right elbow down towards the ribcage. Press back up and switch sides, alternating right and left for all repetitions.



Seated Rotations: Sit tall on a ball or chair and hold weight (I'm using 8 lbs) at chest level, shoulders relaxed. Keeping the hips and knees facing forward, rotate the torso to the right as far as you comfortably can. Focus on squeezing the muscles around your waist. Rotate back to center and then to the left, keeping the movement slow and controlled. Continue alternating sides for 1-3 sets of 10-16 reps.



Bird Dog: Begin on hands and knees with the back straight and the abs pulled in. Lift the right arm up until it is level with the body and, at the same time, lift the left leg up and straighten it until it is parallel to the floor. Hold for several seconds, lower and repeat on the other side, this time lifting the left arm and right leg. Continue alternating sides for 12 reps. Modify by lifting the arm and leg a few inches off the ground until you're able to balance.

When Debt Can Be Useful

Going all-cash can trip you up if you need credit one day
by Jane Bryant Quinn, AARP Bulletin, May 2014

Debt is a two-edged sword. Some of us have too much of it. Others — surprisingly — have too little. It might sound prudent to throw away your credit cards and pay for everything by check, debit card and cash. But going all-cash can trip you up, says Gerri Detweiler of Credit.com, a consumer credit website. If you have no debt, you have no credit score. That complicates your life.

Credit scores are created from the monthly reports that lenders send to credit reporting companies. Your score reflects how many creditors you have, how much you owe, how fast you pay, the size of your credit lines and any defaults. It also incorporates information from the courts, such as bankruptcies or tax liens.

Lenders depend on credit scores to measure how likely you are to repay a loan. The most widely used score, from a company known as FICO, ranges from a high of 850 down to 300. With a score of 750-plus, you can generally borrow or get a new credit card on the best possible terms, says John Ulzheimer of the consumer site CreditSesame.com. At 700-plus, loans are still competitively priced. Below

600, don't bother asking. With no score at all, you don't exist.

Your score could vanish. If you ever had loans or credit cards in the past, you might assume that you always have a score, even though you currently operate debt-free. But that's not so. Your score could vanish if you've had no activity on at least one credit line in the past six months, says FICO's Anthony Sprauve, a senior consumer credit specialist. No score usually means no loans.

Being "unscorable" might not bother you, if you gladly gave up credit cards and debt. But scores touch your life in many other ways, Detweiler says. Without a score (or a high enough score), you might not get a discount on your auto or homeowner insurance. Utilities might require a higher deposit if you move to another town. If you sell your house and want to rent an apartment, the landlord will probably require a good score before giving you a lease. Credit checks are usually required for cable and cellphone service.

If you're married, you acquire a credit score by having personal debt or by sharing debt with your spouse — for example, by applying jointly for a credit card. If one of you dies, shared cards are usually canceled. To keep them, the survivor needs to reapply. You might be given a lower credit limit if your income has declined.

One card is enough. No financial adviser (I hope!) would suggest that you take a mortgage or car loan just to keep your credit score alive. All

you need is an active credit card. To get a good score, you don't even need a variety of credit sources, Sprauve says. One card is enough, provided that you've had it for several years, use it once or twice a month— say, for small purchases such as groceries or gas — and pay in full when the bill comes in.

If you have a credit card that you've been keeping in a drawer for emergencies, check to see if it's still good. The lender might lower your credit limit or even close the account if you haven't used it for 12 to 18 months, Ulzheimer says. To reactivate the card, you might have to apply for it all over again.

For those whose problem is too much debt, credit cards are a trickier issue. Should you, or should you not, cut them up? You're at a danger point if your payments exceed 40 percent of your monthly income. Among people 55 and up who carried debt in 2010, 8.5 percent hit that perilous mark, the Employee Benefit Research Institute reports. (Those are the latest numbers available.) A much higher percentage of people 65 and up carry debt — and a larger amount of debt — than was true 15 years ago. Bankruptcy rates have risen, too, especially among those 75 and up.

Cutting up cards makes sense when you're digging out of debt. But save at least one of them and use it once a month. It's your door to good credit when, finally, you're debt-free.

Jane Bryant Quinn is a personal finance expert and author of *Making the Most of Your Money NOW*.

10 Things You Will Definitely Find In a Native's Home

by Vincent Schilling, ICTM, May 15, 2014

Considering our home is our resting place, a sacred environment that keeps out the troubles of the world, helps us find solace at the end of a tough day – and – a place to store our junk... I mean, sacred objects.

Considering our homes are often filled to the brim with things we just haven't been able to let go of over the years, we find it now appropriate to create this list: 10 Things you will definitely find In a Native's Home

Sorry if we are giving away any secrets. By the way, that laundry is piling up, are you waiting for a special occasion?



Courtesy sassypast.ecrater.com

Old Regalia

Whether it just doesn't fit anymore or needs a bit of repair, we know you have some in the old closet no one really uses. Nothing to be ashamed of, but it's not like we can just let it go or anything.

Alternative History Books

Yep, you know which ones I'm talking about, the angry, Indians were not included in history, what the heck is wrong with you historian's anyway alternative history books. We know you got them sitting prominently on that shelf.

Feathers... a LOT of feathers

If you are anything like me you have them on the bookshelf sticking out of pen holders, carefully placed into Ziploc bags, inside of wooden boxes you name it. If you don't have a lot of feathers, you haven't started collecting them yet and better get with the program.

Leftover beads

These are something you may not be able to see at first until you hear the clack-clack clackety-clack of the vacuum cleaner spinning beads before it sucks them in. You may also find them walking barefoot as they pinch your skin when walking on a hard kitchen floor. You know you've got a load of these pesky little things in your house.

Corn husks

"Don't throw away those corn husks," is something your grandma or wife might have yelled at you last time you were shucking corn. You need these things for gosh sakes, dolls, craft projects and more – hey you never know.

5,000,000,000 containers of craft supplies

Hey let's face it, Natives are a crafting lot – in crafting lies our necessity for living. Yes we know husbands, you just went to the craft store two days ago and you probably have whatever you're buying somewhere in one of those boxes – but you better stop complaining

or you won't get any dinner.

Scraps of leather

You know, when you're making regalia and stuff – you have a bunch of leftovers. This is another thing you are not allowed to throwaway.

Eagle pictures

I actually don't think I need to explain this one at all. If you get a chance you might actually want to put them on the wall as well – we know you're getting around to it, but you've been saying that since 1986.

Pendleton styled anything

Excluding underwear, having something that is Pendleton styled says hey Bub, I'm Native.

Some kind of Wolf – hybrid dog

If you have a truck, they have to stay in back and stand on the edge of the truck bed when you're on the freeway. You know so we can fear for our lives the entire time were driving behind you.





OTC Drug Safety for Seniors

WebMD Feature

By Denise Mann

Reviewed By Louise Chang, MD

You may think that over-the-counter (OTC) medications are always safe. But if you are over 65 and also taking prescription medications, this kind of thinking can get you into some trouble.



"The average number of prescription medications taken by people over 65 is five or six," says Michael H. Perskin, MD, an assistant professor of medicine and an internist at the New York University Langone Medical Center. "As you get older, it increases and so does the potential for drug interactions."

So how can you find effective and safe relief from arthritis and other pain, and cold or allergy symptoms? "When in doubt, ask your pharmacist," Perskin says. "If you have taken the medication before, it's probably OK. But if it's new or your other medication regimen has changed, check it

out."

Here are some other drug safety guidelines for using pain relievers, antihistamines, and cold medications.

Drug Safety: Use One Pharmacy

If you fill all prescriptions at one pharmacy, all the important information about what you take and when you take it is in a central location. Ask the pharmacist if any OTC or herbal medications will interact with your prescriptions. She can likely tap into a computer, see what else you take, and let you know right then and there.

Learning about interactions with commonly used OTC remedies can also assure smart choices. "Always read the labels and follow the dosing instructions," Perskin says.

Talk to your doctor or pharmacist if you have any medical conditions or take other medications. They can help explain what risks you may have and what

precautions to take.

Complications of Using NSAIDs

Nonsteroidal anti-inflammatory drugs (NSAIDs) is the blanket name for such OTC medications as aspirin (Bayer, Bufferin, St. Joseph), ibuprofen (Advil, Motrin), and naproxen sodium (Aleve). When your arthritis flares, it may be tempting to reach for an NSAID to curb the joint pain and inflammation and get back in the bridge or golf game. But there are some things you should know first.

NSAIDs also interfere with warfarin (Coumadin), a commonly prescribed blood thinner. In fact, there is a laundry list of medications and herbal supplements that can weaken or strengthen the effects of Coumadin. Your doctor should make it very clear what other medications and herbal preparations to avoid if you're taking it. "You have to watch really carefully

because there are so many drug interactions," Perskin tells WebMD.

Acetaminophen: When to Use Caution

When taken as directed, acetaminophen (Tylenol) is generally considered safe unless you drink three or more alcoholic drinks a day, or take too much (overdose). If you are taking the blood-thinner warfarin (Coumadin), talk to your doctor or pharmacist before taking acetaminophen, because it can increase your risk of bleeding.

"If you keep below the maximum daily dose, this is a pretty safe drug," says William Schwab, MD, PhD, chief of geriatrics at Kaiser Permanente and Ohio Permanente Medical Group. Problems can arise when you take combination products such as cold or sleeping preparations or certain prescription pain pills that also contain acetaminophen.

"Pain pills such as Percocet and Vicodin or their generic equivalent also contain acetaminophen and also have to be taken into account when figuring out maximum daily doses," Schwab says. "Read the labels and stay within the safe dose range."

Beware of Antihistamines and Sleep Aids

Diphenhydramine hydrochloride -- the active ingredient in many antihistamines and OTC sleep aids -- can be risky for elderly people, Schwab stresses. It has a prolonged half-life, which means it stays in the body for a long time, and can cause confusion and falls. In men, it may also increase risk of urinary retention. "I don't recommend this for elderly patients -- especially men," he says. Talk to your doctor or pharmacist about other alternatives.

High Blood Pressure and Drug Safety

Cold medicine ingredients may increase blood pressure levels or interfere with how well blood pressure medications work. "Most of the things that are not safe for high blood pressure will state this clearly on the box," Schwab says. He recommends that people with high blood pressure read Drug Safety labels carefully for this warning. Safer alternatives do exist, depending on what ails you. Ask your

pharmacist or doctor for guidance on safe choices.

General Tips for OTC Pain Relievers

Some medications need to be taken with food to improve absorption or prevent potential side effects, while others are best taken on an empty stomach. This can be a problem for seniors who may have trouble fixing food for themselves or who may eat little. Talk to your doctor about what you can do to make sure that you are using a medication effectively. For example, drinking a glass of milk before taking an NSAID may help stave off stomach problems.

Memory problems can also be an issue with medication for seniors, raising the risk of accidental overdose if you forget you've already taken as much as recommended. Talk

to your doctor before taking any OTC medications on a daily basis. "If your doctor agrees, then there are pill reminder systems and charts to help you keep track of what you take and when," Perskin says.

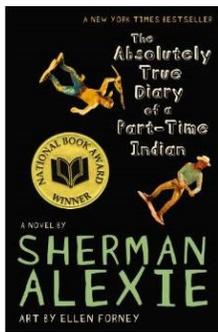


Since more and more Seniors are texting and tweeting, there appears to be a need for an STC (Senior Texting Code). If you qualify for Senior Discounts, this is the code for you.

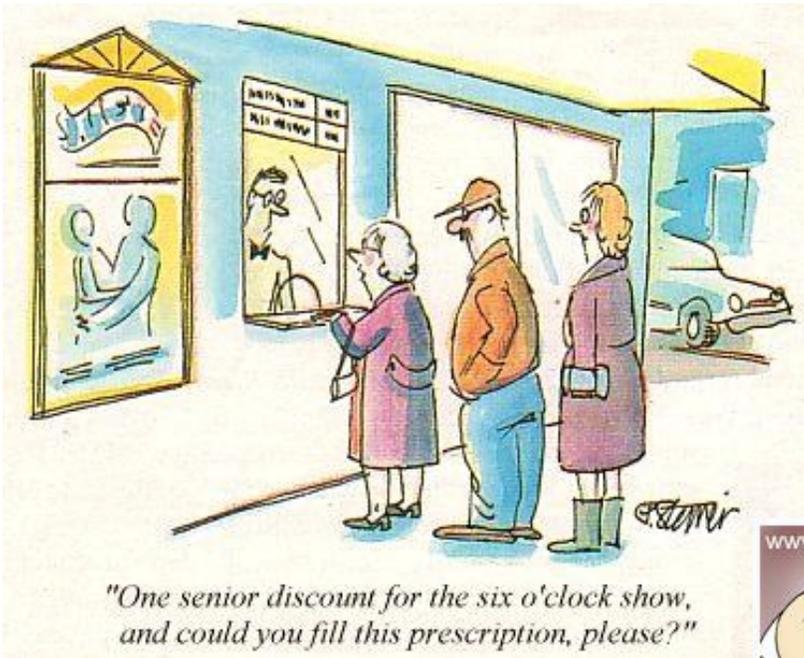
Please pass this on to your children and grandchildren so they can understand your texts.

| | |
|--------------|---|
| ATDO: | At The Doctor's Office |
| BFF: | Best Friend Fainted |
| BTW: | Bring The Wheelchair |
| BYOT: | Bring Your Own Teeth |
| CBM: | Covered By Medicare |
| CGU: | Can't get up |
| CUATSC: | See You At The Senior Center |
| WDWE: | When Do We Eat |
| FWBB: | Friend With Beta Blockers |
| FWIW: | Forgot Where I Was |
| FYI: | Found Your Insulin |
| GGPBL: | Gotta Go Pacemaker Battery Low! |
| GHA: | Got Heartburn Again |
| IMHO: | Is My Hearing-Aid On? |
| LMDO: | Laughing My Dentures Out |
| LOL: | Living On Lipitor |
| LWO: | Lawrence Welk's On |
| OMMR: | On My Massage Recliner |
| ROFL... CGU: | Rolling On The Floor Laughing... And Can't Get Up |
| WAITT: | Who Am I Talking To? |
| WTP: | Where's The Prunes? |
| WWNO: | Walker Wheels Need Oil |

Have you read...



Sherman Alexie tells the story of Junior, a budding cartoonist growing up on the Spokane Indian Reservation. Determined to take his future into his own hands, Junior leaves his troubled school on the rez to attend an all-white farm town high school where the only other Indian is the school mascot. Heartbreaking, funny, and beautifully written, *The Absolutely True Diary of a Part-Time Indian*, which is based on the author's own experiences, coupled with poignant drawings that reflect the character's art, chronicles the contemporary adolescence of one Native American boy as he attempts to break away from the life he thought he was destined to live.



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Elizabeth Brown - 7/13
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Elizabeth Haile - 7/26
Michelle Johnson - 7/31

Residential Repair Program

The Town of Southampton offers a residential repair program for residents age 60 and over, who are owners or renters. This program provides household assistance with chores that do not require the skills of a licensed craftsman. This is not an emergency service.

Call (631) 728-1235 for a list of the types of repairs provided and to schedule an appointment.



Quote of the Month:

**You are the
storyteller of your
own life, and you
can create your own
legend or not.**

Isabel Allende
Author

Solution to SEARCH-A-WORD SPRING

The hidden message is:
APRIL SHOWERS BRING MAY FLOWERS

Next Newsletter Deadline: July 11, 2014

If you would like to contribute an item to the next issue of the Read Between the Lines, the deadline is Friday, July 11, 2014.

Items intended for the newsletter such as announcements, news, photos, recipes or events, can be submitted by email to rez.senior2@gmail.com or mailed to:

Shinnecock Senior Program
c/o "Read Between the Lines"
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Deadline?