



Elder Visions

Newsletter of the National Indian Council on Aging, Inc.

Summer 2004

from Gary E. Kodaseet, Interim Executive Director

Last Chance for Early Registration!

The National Indian Council on Aging's biannual conference "Calling All Clans", to be held August 28, 29 and 30, 2004, in Milwaukee, Wisconsin, is fast approaching and many of you still have not registered. The deadline for early registration is July 30. The NICOA conference provides an opportunity for Indian elders and service providers to come together and share information that concerns aging issues important to all who attend. We are hoping to attract some 2000 elders from some 200 tribes to this conference and are seeking your attendance and input. The conference will provide an opportunity for Indian elders to voice their needs to our government leaders.

The Forest County Potawatomie located in Milwaukee are helping to provide NICOA with the rent of the beautiful Midwest Airlines convention center in the very heart of Milwaukee. Many events are being planned for your entertainment and education. Major League baseball, an elders powwow, an Indian style show, many educational workshops, a Prayer Breakfast, a formal recognition dinner as well as an Indian Color Guard to open and close the event.

**DON'T BE LATE,
REGISTER EARLY!**



Please, mail or FAX your early registrations to:

National Indian Council on Aging
10501 Montgomery Blvd. NE, Suite 210
Albuquerque, NM 87111
Voice: (505) 292-2001 or FAX: (505) 292-1922
E-mail gary@nicoa.org or visit www.nicoa.org

Indian elders 55 and older

Early Registration \$75 includes 2-yr membership.
After July 30th, \$100

Non-elders

Early Registration \$150
After July 30th, \$175

Student (I.D. required)

Early Registration \$75
After July 30th, \$100

We are a 501(c)(3) not-for profit organization and all contributions are tax deductible. American Indian and Alaska Native elders are the keepers of tribal history, traditions and languages and are in need of your support. HOPE TO SEE YOU IN MILWAUKEE. ■



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**The National Indian
Council On Aging**

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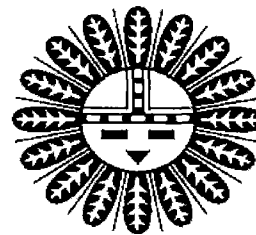
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Recommendations to stop the spreading of germs

Tips to Germ Prevention

According to a recent column in the Frederick Press, Pat Harris, Tillman County Health department nurse, says, "Respiratory infections affect the nose, throat, and lungs. Such infections include influenza (flu), colds, and pertussis (whooping cough). The germs (viruses and bacterial) that cause these infections are spread from person to person in droplets from the nose, throat, and lungs of someone who is suffering from such ailments."

To help stop the spread of these germs, health officials suggest that you should practice "respiratory etiquette" meaning simply, good health manners. This can be done by covering your nose and mouth every time you sneeze, cough, or blow your nose; putting used tissues in the trash and washing your hands often with soap.



- Cover your nose and mouth with a tissue when sneezing, coughing, or blowing your nose.
- Throw out used tissues in the trash as soon as you can.
- Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs.
- Wash your hands often with warm water and soap or alcohol-based hand sanitizers.
- If you have a cough or a fever, stay home.

If you are not sick, Harris offers these suggestions to "keep germs away."

- Wash your hands before eating, or before touching your eyes, nose or mouth.
- Wash your hands after touching anyone else who is sneezing, coughing, blowing his/her nose, or whose nose is running.
- Don't share things like cigarettes, towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.
- Don't share food, utensils, or beverage containers with others. ■

68,510 Women Expected to Die this Year

Lung Cancer Hits Epidemic Level in Women

An epidemic of lung cancer among American women has been quietly growing for decades, and an end to the upsurge appears nowhere in sight, doctors reported Wednesday.

For women, deaths due to lung cancer now outstrip those caused by breast cancer and all gynecologic cancers combined, the researchers reported Wednesday. The team of medical scientists who assessed the scope of lung cancer in women say mortality has continued to climb in women even as smoking and deaths from the disease have declined in men.

Deaths caused by smoking rose 600 percent in U.S. women between 1930 to 1997, and continues to rise, the team of scientists said. Drawn to cigarettes largely as a method of weight control, young women are attracted to the habit as their counterparts were in the era of Franklin Delano Roosevelt, researchers said Tuesday.

"This is a true epidemic," said Dr. Jyoti Patel, an instructor in hematology and oncology at Northwest-

ern University's Feinberg School of Medicine in Chicago. "The numbers are far beyond what we would have imagined 30 years ago. In fact, the numbers are in excess of what we would have predicted, and they continue to increase."

The American Cancer Society estimates that 68,510 women will die of lung cancer this year compared with 40,110 who will die of breast cancer. Another 16,090 will die of ovarian cancer and 7,090 of uterine cancer.

"People need to realize that lung cancer is a women's disease," added Patel, lead author of the study appearing in Wednesday's *Journal of the American Medical Association*.

Dr. Mark Kris, chief of thoracic oncology at Memorial Sloan-Kettering Cancer Center in Manhattan, said "the face of lung cancer has changed. It used to occur mostly among people who were current smokers. The average person now getting cancer stopped smoking decades ago." Risks for the disease never declines to zero, Kris said. Genetic damage remains in the lungs decades after smoking ceases. ■

Sometimes it pays to be "sassy"

Recognizing a Stroke

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say any bystander can recognize a stroke asking three simple questions:

SASS

- ask the individual to **S**mile.
- ask him or her to raise both **A**rms.
- ask the person to **S**peak a simple **S**entence.



If he or she has trouble with any of these tasks, call 911 immediately and describe the symptoms to the dispatcher.

After discovering that a group of nonmedical volunteers could identify facial weakness, arm weakness and speech problems, researchers urged the general public to learn the three questions. They presented their conclusions at the American Stroke Association's annual meeting last February.

Widespread use of this test could result in prompt diagnosis and treatment of the stroke and prevent brain damage. ■■■