

inTENTions



OUR VISION:

A community of elders and neighbors supporting one another.

OUR MISSION:

To connect members to resources needed to maintain comfortable, dignified, vibrant lives in their homes and community by providing appropriate services, activities, and programs that will further this purpose.

KNOWING OUR ROOTS

This is about my Osage Indian ancestry, The Osage Reign of Terror, and a current best seller and movie, *Killers of the Flower Moon*. The reference is to May, the month the Osage call the "Killer of Little Flowers Moon" because frost came so often at this time of year, killing young flowers.

My story starts on the Osage reservation. Like so many native lands, the Osage territory was shrunk from a territory that originally covered most of Missouri, Arkansas, Oklahoma, and Kansas, to banishment in the corner of northeast Oklahoma in the late 19th century. The tribe, which had been consigned to a Kansas reservation, was given the option of buying some non-productive land from the Cherokee tribe. The land became Osage County. In a bizarre twist of fate, in the early 20th century, oil was discovered under the land. The Osages, who had managed to buy mineral rights with the land, soon became the richest people in the world as they benefited from oil leases and royalties. The money was apportioned to the 2,229 living members of the tribe who were born before 1907. Their shares of the mineral rights were called "headrights," which were inherited by their descendants in perpetuity.



The Osage Tribal Council of 1895, comprised of Osage full bloods and French mixed bloods. The mixed bloods are wearing nontribal clothing such as Julian Trumbly at lower left, great-great grandfather of Julian Spalding.

My maternal grandmother was one of the original headright owners. In the early decades of the new century, she enjoyed the wealth shared by all headright owners. But there was a dark side to this sudden wealth, explored in depth in "Killers of the Flower Moon." Sensing an opportunity to acquire some of this wealth, unscrupulous men married Osage women and killed their new wives to inherit their wealth. The headrights of men were also stolen by their white "guardians." The government had set up a guardianship system since the Indians did not know how to manage their sudden vast wealth. However, the guardians were invariably corrupt. In fact, it turns out most of the local institutions, from bankers and lawyers to law enforcers, were part of a grand scheme to defraud the Indians.

The resulting Reign of Terror began in the early 1920s, when hundreds of Osages were being murdered for their headrights.

At that time, my great grandfather lived with his extended family on their allotted reservation land. My mother was born in 1922. When she was two or three years old, her father moved the family to southern Oregon to escape the crime-ridden reservation. My mother lived on her headright income inherited from her mother (and me from my mother)—which today represents a portion of my income—a mere fraction of what once provided lavish lifestyles for the Osage of Oklahoma.

How can we know who we are if we don't know our roots? Only when we know our lineage can we place ourselves in historic time and recognize where we are and where we belong.
-- Julian Spalding

* Julian Spalding will present "The Osage and the Killers of the Flower Moon" on March 31 at the Bent Lodge. He recommends reading the book and/or watching the movie by that name.

FROM THE BOARD



April already? Wow! Doesn't time keep going faster and faster?!

TENT is also growing and doing very well. Every month we get new Members.

To take care of these Members, we need Volunteers. If you want to join us, we'd be delighted. Or if you have

friends who might also want to help our Members? Volunteers can do as much or as little as they want, in accordance with their schedules.

We are also doing more outreach to the larger Taos community. This will help us get out the word so more folks want to join us--as Members, Volunteers, or donors.

All best wishes from all of us to you, our readers and supporters.

-- Bette Myerson, Co-President

KATE'S CORNER

I have HUGE news! Between 2/5/24 and 3/10/24, TENT Volunteers fulfilled a whopping 175 requests (128 of them for local transport). This is by far the largest amount recorded (during one month) since we started. Please thank your Volunteers the next time you see them! Volunteers, your steadfastness and

dedication are SO inspiring, we cannot thank you enough...Well done!

Events: We had a very fun time playing trivia with a small group of Members and Volunteers, so much so that we are thinking about doing it more often. Please let us know if you would attend such an event, and if not, perhaps give us some idea of what kind of event you would

like to see us offer; the Activities Committee would appreciate your input. Don't forget to check out our Events list on the website--there will be new additions monthly.

Please welcome new Volunteer, Cheri, and also Janice, who is returning after a bit of a hiatus.

THE APRIL FOOL

Many moons ago, my husband and I decided to separate. Our dearest friend, Katie, was coming to visit us in San Francisco the following Friday for the weekend. We didn't want to ruin our friend's visit and chose to tell her about the separation on Sunday, just before she was leaving. Katie was shocked and barely accepted our news. In the following months, we divorced, and I moved to Southern California. My ex remained in San Francisco. Katie remained friends with us both.

One year after the divorce, on April 1, I thought to play a simple April Fools joke on Katie. I called her and said: "Guess what! Don and I have reconciled and are getting back

We are very grateful for your presence in our community. Happy 100th birthday to Member Grace Fichtelberg, who continues to inspire with her laughter, stories, and determination!

Here's to a wonderful Spring, I hope all of you remain happy and healthy! -- Kate Harris

together!" I was expecting us to laugh at my silly joke and go on with our day.

Instead, Katie began to weep, saying she was so excited to hear the news and how she'd hoped for this ever since that fateful Sunday reveal in San Francisco. I was stunned and realized the folly of my actions. How to tell her it was a joke?

I interrupted her excitement to tell her the truth. She was crushed. I was embarrassed to have ever thought this would be funny and deeply saddened to have hurt my friend. Katie forgave me long before I forgave myself and determined to keep my April Fools "humor" to myself.

-- Sharon Bradshaw

ACTIVITIES UPDATE

A Trivia games gathering was held at Valverde Commons House on March 15. Many of those attending found it great to get out and see people. Others found it interesting to learn something new and the camaraderie, such as hints given, was fun. There will be other Trivia



games planned at the Taos Enchanted Village (formerly Taos Retirement Village), date and times to be determined. Please continue to

check the Events List on the website, TaosElders.org, for upcoming activities.

The Weaving Class with Yolanda Rommel is resuming on Thursdays from 12:00-1:30 PM at the TENT office.

Julian Spalding, a TENT Volunteer and member of the Osage Tribe of Oklahoma, will give a presentation on his ancestral connection to the Osage Reign of Terror as described in the book and movie, *Killers of the Flower Moon*. The talk will be held at the Bent Lodge on March 31, and is made possible by the Unitarian Congregation of Taos, of which Julian is a member. Julian recommends reading the book and/or seeing the movie.

-- Honore Maloney jmaloney@taosnet.com

Tent Has Got Me Covered

Well, my car is gone but I haven't been left out in the cold. Whether it is for PT or a trip to the beauty parlor for a haircut, I just call TENT and the helpful voice of a Call Manager* takes my information and promises me a ride. And one of the Volunteers** comes on time and full of cheer.

People I have known or new friends make the ride enjoyable and interesting and oh so welcome. Yes, TENT has got me covered.

-- Sara Jean Gray

MEDICARE HOSPICE PRESENTATION

When 28 TENT Members and Volunteers gathered in the library meeting room on February 23, most were prepared for a somber discussion of Medicare hospice benefits. Presenter Joe Mazza, however, quickly lightened the mood with straightforward information, an informal tone, and compassionate responses to audience questions. Joe brings a lifetime of related experience to his current role as a community educator for one of the three local in-home health and hospice care providers.

Hospice is not as well understood as the other three Medicare programs, which are focused on medical treatment and involve patient co-payments. Hospice benefits, on the other hand, are fully covered under Part A for patients who are able to voluntarily choose hospice care in lieu of treatment and are referred by a physician who certifies a "life-limiting" prognosis of six months or less. The patient chooses their hospice provider to ensure the best possible quality of life in their final days.

Dear TENT Volunteers, With a full heart I thank each of you for your kindness, love and dedication to helping others!!!

-- Shirley Belz

* Call Managers: Lana Green, Nancy Herrick, Marianne Furedi, Charlene Shapiro

** Volunteers: Ann Ellen Tuomey, Mark Asmus, Sue Ruscoe, Julie Sabia, Judy Lockwood, Catrin Meyer, Helen Rynaski, Mya Coursey, Pat Rice

Services can include pain management; visits by medical personnel, home health aides, spiritual counselors; and bereavement counseling for the family. To choose among local providers, Joe recommends asking about hours of availability and, if appropriate, about whether nontraditional care is available.



If a patient lives beyond the first six months, they can be requalified every 60 days as long as the life-limiting criteria continues to be met. The average length of stay for patients in hospice is 90 days. Though hospice stops if the patient is admitted to hospital, it can be restarted after discharge as long as the limited prognosis is still met.

Joe highly recommends the book *Finish Strong* by Barbara Coombs Lee for an in-depth exploration of the tough issues surrounding aging and dying, and he

encourages those with questions about hospice benefits to go online to <https://www.nhpco.org/>.

As the presentation wrapped up, some attendees expressed interest in New Mexico's End-of-Life Options Act that was

passed in 2021. Joe gave a brief summary and described his own experience with a friend who chose medical aid in dying (MAID). Find more information on this subject at

<https://www.nmhealth.org/about/erd/bvrhs/vrp/maid/>. -- Mya Coursey & Jim Ludden

“The Art of living well and dying well are one.” Epicurus

Finish Strong: Putting your Priorities First at Life's End by Barbara Coombs Lee, the president emeritus of Compassion and Choices; a clinician, policy maker, leading advocate for end-of-life options, she made a lifetime study of how Americans die. “And the truth is that dying in America is a terrible mess,” she concludes.

PRIORITIES: *Finish Strong* is a positive guide to understanding options of end-of-life care. Ms. Lee guides readers in “Talking About Your Priorities Early and Often,” balancing quality and quantity of life, documenting those wishes, stating them in terms of health care directives, and making certain the right people have those documents. Knowing a person's preferences and having them documented provides a light in a currently dark system where patients are often directed to a conveyor belt of invasive and intensive medical care at end of life.

GUIDANCE: *Finish Strong* will guide you through:

- *Finding a partner-doctor who will honor your values and beliefs with dignity.

- *Identifying what matters most as your energy wanes and stating your priorities.

- *Staying off the “over treatment conveyor belt.”

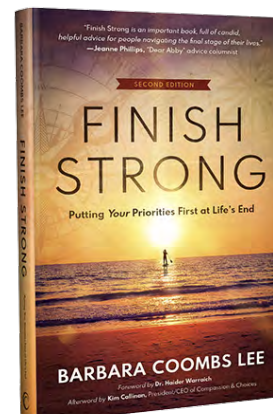
- *Knowing when “slow medicine” is the best option to maintain quality of life.

- *Deciding if living with dementia is worse than death and how to legally and ethically escape this condition.

- *Choosing and working with a good hospice program.

In America, we currently have a dysfunctional health care system that considers death as a failure, operates in a for-profit environment, fears malpractice suits, and overtreats patients. We need “patient-driven” health care, which places us in charge of the patient-doctor relationship and allows us control of protocols that prolong suffering. Palliative care should be offered at all stages of chronic illness and not just the end of life. This is an essential book!

-- Meredee Vaughn



ICE Phone Settings: Be Ready In Case of An Emergency

What Are ICE Emergency Contacts?

ICE ("In Case of Emergency") contacts are the people you designate as contacts on your phone in case of an emergency. If you are knocked unconscious in a car accident, experience a diabetic seizure, or are dealing with any other medical situation that leaves you unable to communicate, the ICE contacts on your phone let responders and medical professionals know whom to contact.

How to Set Up ICE Emergency Contacts

One way to add this information is to make a contact in your phone that is labeled "ICE" or "ICE – name of emergency contact." You can have more than one contact and can label them "ICE-1," "ICE-2," etc. If you have an iPhone, fill out the Medical ID in the Health app. This lets you add emergency contact information, any allergies, and blood type

that medical professionals can access from the lock screen. Android also has an emergency contact feature in settings. If you would like help setting this up in your phone, contact TENT technical services.

If you don't wish to put ICE on your phone, you should include an ICE card in your wallet or purse, place a label on the back of your mobile device, put ICE tags on your bag or key chain, or wear an ICE bracelet.

What you should include (these are automatically added if you use ICE on your phone):

- Your emergency contact's name and their relationship to you, their phone number and address
- Your allergies, blood type, any medical conditions, and medications you take.

-- Darrel Baumgardner

HOW TO DETECT PHISHING EMAILS

We often receive email messages that seem "fishy." The most likely reason is that they are not legitimate. Senders are fishing for an unwary computer user to bite on their offer.

Brownrice, a local Internet hosting company, recently sent the following educational announcement on how to detect phishing emails. There are two main giveaways that an email might not be from whom it says it's from:

1. Look at the "from" email address for the email. Not just the "name" that it says it's from, as this is easily spoofed. You have to look at the actual address that the email is coming from. Brownrice, Taosnet, and any other legitimate organization will always send emails from their own domain. E.g., Brownrice Internet invoices will always come from @brownrice.com addresses. This is the most obvious and easiest thing to check.
2. Look at the URL of the web page of any link or button in the message. Often you can simply hover over the link and read it without even having to go to it. If it's anything other

than a link to the company's website, this is phishing. No legitimate organization will ever link you to another site to make a payment, or login, etc.

Here is the "How To":

Check Sender Address

In Mac Mail, click on (select) the sender's address, then click on the "V" after the name. A menu will pop up showing the actual email address. The part after the "@" symbol is the domain name, in this case "brownrice.com." Since the content of the message says it is from Brownrice, this is a legitimate message.

In Gmail, the sender's address will have two parts:

"BRI Support and
<phishingalerts@brownrice.com>"

The part between the angle brackets is the actual email address of the sender. Here, too, you can clearly see that brownrice.com, the domain name, matches that indicated in the text of the message.

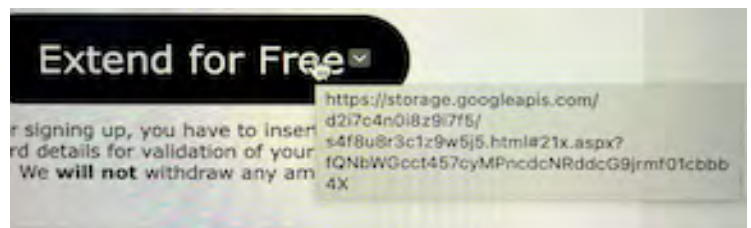
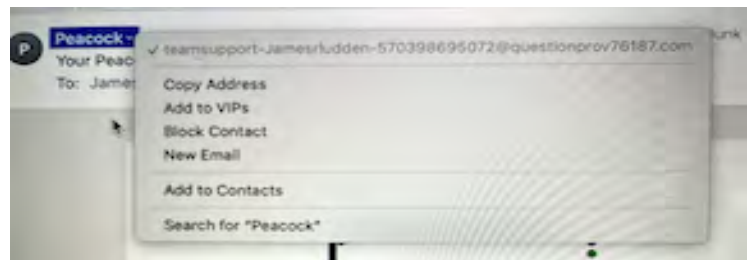
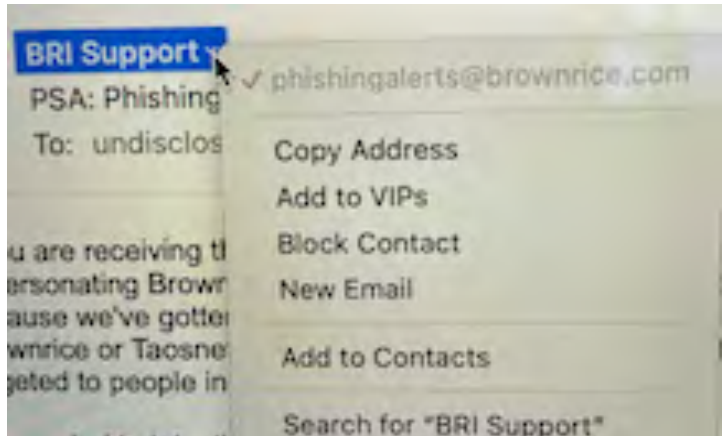
Here is another example of a phishing expedition, where someone claiming to be the company Peacock sends a message. The actual sender has the domain name (after the @ sign) of questionprov76187.com, clearly not "Peacock" or PeacockTV.

Check Link Address

Phishing emails ask you to click on a link (also called "[URL](#)" for Universal Resource Locator). In this example we got a message asking us to extend our "subscription to Peacock" by clicking on the black button. When I hover (do not click!) over the button I see this, which is from the domain "googleapis.com" — clearly not Peacock.

Conclusion:

I hope this article gives you examples of how to look for potential scams that come via email. If you wonder, ask. -- Jim Ludden support@TaosElders.org



RESOURCES

AARP has information about online banking scams when you use Venmo, CashApp or Zelle to make a payment. See <https://www.aarp.org/money/scams-fraud/> and if you feel you may have been scammed, call AARP at (877) 908-3360.

AARP's Senior Planet website has a book club, articles on healthy aging and many other resources. See: <https://seniorplanet.org/category/healthy-aging/> for much information!

AARP also reports that keeping your heart strong can help keep your brain healthy. It's part of the "six pillars of brain health": Eat right, be social, manage stress,

engage your brain, exercise regularly and get restorative sleep. Regular exercise, naturally, is important for heart health. Only 30 minutes for five days of exercise is enough--walking, dancing, swimming, biking, etc.--and if you can add a couple of weekly strength-training sessions, that is also important.

You can exercise your brain by playing games on the AARP website. See: <https://stayingsharp.aarp.org/games>

I welcome your contributions to this "Resources" column. Please send me ideas at Editor@taoselders.org

– Linda Thompson



Please click [here](#) to make a charitable contribution so that TENT can help our elder community.

TENT needs your help to help others.

TENT (Taos Elders and Neighbors Together)

Memberships Receiving Services

Individual \$240/year or \$20/mo.

Household \$300/year or \$25/mo.

3 Month Trial \$100

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