



## NEWSLETTER

# San Andreas Movers & Shakers...it's not *OUR* fault!

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### S.A. M & S...



#### COMMITTEE MEMBERS

Barbara Pollard/Chair, Secretary, Publicity  
 Joe Fleischman/Co-Chair, Newsletter, Library, Room Set-up  
 Sue Costa/Treasurer, Membership Roster  
 Jack Costa/Program Coordinator, Room Set-up  
 Evelyn Rapetti/Refreshment Coordinator, Program Coordinator  
 J.R. Hunt, Name Tag Coordinator  
 Rosemary Wilson, Member at Large  
 Vera Bogosian, Member at Large  
 Ed Bogosian, Member at Large



#### MEETING, MAY 3, 2011

This month's guest speaker was Kristen Millhoff, program manager for Area 12 Agency on Aging. The Area 12 Agency on Aging is an advocate for adults 60 years and older. Kristen's presentation was very enlightening as she covered the many programs the agency provides for seniors. Some of the programs that she covered were the Family Caregiver Program, HICAP Medicare Counseling, Care Management Programs, Medi-Cal Services, Transportation, Legal Assistance, In-Home Care Options, Meal and Food Programs, Home Repair Services and much more. The Area 12 Agency serves Alpine, Amador, Calaveras, Mariposa, and Tuolumne Counties. They are located at 19074 Standard Road, Ste A, Sonora, Ca 95370. Telephone (209) 532-6272 or 1-800-510-2020. Office Hours: M-F 8:00-5:00PM. If you are not in one of the counties listed you can still call Agency 12 and they will get you connected with the agency in your area.

**Thank you to Shirley, Jerry and Tom** for the great spread of refreshments for our May meeting. They were great as well as the coffee supplied by Barbara.

**FAMILY CAREGIVER LUNCH & LEARN SERIES** Thursday, June 16<sup>th</sup>, Stress, and the Caregiver. Presented by Michelle Nevins, MBA Del Oro Caregiver Resource Center. 11:30a.m.-1:00p.m. Calaveras County Central Library. RSVP at 532-6272 ext 220.

#### **Next Meeting Date: Tuesday, June 7, 2011.**

Our guest speaker will be our groups combined birthday party where we will discuss chapter 5 from our PD book, enjoy all of the birthday surprises that Evelyn and Jordan have planned for us, and then open it up to a roundtable discussion of "who am I".

Our reading assignment in "PD for Dummies" is Chapter five, "You've been Diagnosed – Now What?" After reading this chapter you should know what POA is and whether or not you even have a POA.

**June Refreshments: Evelyn and Jordan, happy birthday everyone.**



**The San Andreas Mover's and Shakers...it's not our fault, WELCOMES!!**

**BETTY DERGEN** to our group. It was nice meeting you at the last meeting and hope to see you again soon.

**MAY BIRTHDAYS**

**JANET LAIRD,**



**WEBSITE** At the last meeting I spoke with those who had visited the site and got their feelings about it. It was felt that the site was confusing and all of the information about our group was still incorrect on the home page but if you looked through everything you could find the right address and phone number. So we have chosen someone else to set up the website for us. It is still under construction but you can check what we are doing at: [www.sanandreas movers andshakers.org](http://www.sanandreas movers andshakers.org). If you have any ideas or suggestions for the website please let us know.

**AN UNPLANNED EVENT**

On Mothers day Shirley wasn't feeling well most of the day, she did enjoy the visit from her daughters and grand children. After they left she fell asleep until the next morning.

Early Monday morning she awakes with a runny nose and congestion from phlegm, she is unable to cough it up, and is choking when she tries, and is short of breath. We have been trying to get an appointment with a respiratory therapist/ Doctor for three weeks now and since all of our paper work has not been sent to this new doctor we can't get an appointment, so we decide to head to the ER room at Lodi Memorial Hospital in Lodi. We take what things we think we need including a weeks supply of meds all divided up in their daily dosage containers and head out at 9:00 am. We arrive and are admitted around 10:45; they take x-rays and blood samples and we begin our wait. At Noon I quietly give Shirley her meds. At about 3:45 they tell us that Shirley has pneumonia and admit her into the hospital. Around 5:00pm I ask them if they are going to give Shirley her 4:00pm meds. They say they can't because the pharmacy has not yet filled her order and they will not let me give her, her meds. By 8:00pm her meds arrive and Shirley gets her 4:00pm dosage and I make them give her 8:00pm dosage at midnight to help her to get back to her normal mode. Every day while in the hospital, I would have to explain to a new nurse about the importance of giving Shirley her meds at her prescribed times.

The next problem with meds occurred when Shirley was transferred to the rehab center. We checked in there around 1:00pm by 4:00pm there were no meds available for Shirley to take. I asked if I could give her, her meds that we brought with us, this prompted a meeting with the "DON" Director of Nurses which soon included the Administrator of the rehab center. After some discussion I discretely gave Shirley her meds. I was told that the rehab center had not received her prescriptions yet and that is why they did not have them. I also learned that there is not an onsite pharmacy and that they have to wait for them to be delivered, and that could be any time up to 11:00pm. I could not stay with Shirley after 8:00pm and she never did receive any more meds until 8:00am the next morning. I was also told that they could not administer her, her meds unless they were in the prescription bottles.

The people working in these places are all nice and caring people that work long shifts, but they are understaffed. When they run into a problem with another patient that takes them off schedule



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it ends up affecting your care and you might not get your meds for an hour or more after you need them. So the point of this story is if you have to go into the hospital bring a daily dosage with you as well as the prescription bottles. Let them have the bottles but keep the daily dosage with you in case you need it and plan on staying with your partner. They will need your help because no one pays attention to them, but they will listen to you.

As a side note I'm still carrying all of Shirley's prescription bottles around with me in the car and I keep wondering, if I should happen to get stopped by the police how much trouble would I be in for having that much medicine that belongs to someone else.

**Joe Fleischman,**  
**Newsletter Editor**