



NEWSLETTER

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

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VOLUME ONE

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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, June 7, 2011

This month Evelyn and Jordon Rapetti hosted our annual Birthday party and supplied us with a banquet of food treats for us to feast on. Shirley Maust, Tom and Jerry, gave out birthday cards and a gift to all. Evelyn opened up the meeting to a round table introduction/discussion where each person would introduce themselves and give a little history about their family, job, and hobbies. It was a fun day and interesting how a lot of us have more in common than just being Parkinson buddies.

MEETING, July 5, 2011

This month's guest speaker was Cindy Deluz. Some of us remember Cindy when she was a regular member of our group before moving to Lodi. Cindy spoke on how she discovered she had artistic talents after she was diagnosed with Parkinson's. Everyone I spoke to said they really liked her presentation. Many of her works are on display at the Parkinson Institute in Sunnyvale. During our open discussion the group wants to have some time so that the caregivers can talk to each other as well as the patients meeting together to discuss their feelings. It was agreed to do this when we could find a location to do it. Judy Axtman read an email to the group from Joe Fleischman with an update on how Shirley was doing. The home work assignment is chapter 6 "choosing how and when to share your news"

MEETING AUGUST 2, 2011

Our guest speaker this month was Peggy Hodgson, a speech pathologist whose practice is in Stockton. She is certified in the LSVP program which takes 4 weeks, 4 days a week for 1 hour and is the only recognized speech therapy approved through research to help Parkinson's patients.

Her talk was about communication strategies including some of the following:

1. Always start each sentence, word, phrase, etc by taking a breath in.
2. Break up longer sentences into smaller parts to make them easier to say without losing your voice
3. Take more breaths per sentence to ensure you have adequate volume for speech.
4. Slooow downwn.
5. Exaggerate the movements of your mouth when producing words to help enhance the quality of your speech.

If you would like more information on this subject, visit www.lsvtglobal.com.

During our group discussion we approved our new by-laws and had 28 members in attendance

I would like to thank Barbara Pollard, Judy Axtman and Sue and Jack Costa for supplying me with the above information and for keeping me advised as to what was "shaking" with the group during my absences.



Next Meeting Date: Tuesday, September 6, 2011.

There is no guest speaker this month because we will all have a chance to speak. The patients and caregivers will split up this month and discuss whatever is on their minds. Janet Laird has volunteered to be facilitator for the caregivers and possibly the Pastors wife will be the facilitator for the patients. We will meet at 9:30am at the Covenant Church on Treat Street in San Andreas. The Church is directly behind the Wells Fargo Bank.

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

Robert Edmonds, Barbara and George Meller to our group. It was nice meeting you at the last meeting and hope to see you again soon.

JUNE BIRTHDAYS

JANET LAIRD,

JULY BIRTHDAYS

KATHY AZEVEDO

AUGUST BIRTHDAYS

RAY AZEVEDO

ROY LEASE

CRYSTAL SILVA

ANNIVERSERIES

JULY

RAY & LORETTA
CRAWFORD

AUGUST

SUE & JACK
COSTA

SEPTEMBER

KATHY & RAY
AZEVEDO

NORMA & STU
MANNERS



WEBSITE

Our web site www.sanandreamoversandshakers.org is up and running thanks to Sharon Romano who has done a fantastic job on the make over. If you haven't seen it lately go and check it out.

Update on Shirley

Shirley came home the last week of July and after being home 5 days she had another bout of C-diff. That took 16 days of treatment with antibiotics. She has gone 12 days now with no signs of it returning and if we make to Saturday we think we have it beat this time. She is receiving home care with visits from the nurse, OT and PT. She is allowed 2 hours a day to be up doing things around the house but then she has to go back to resting. The resting is driving her crazy. They told us that for every day she was in the hospital it takes a week to recover, so she has a long road to travel before she is back to where she was before she went into the hospital. The tracheostomy has allows her to breathe much better but her voice is still about the same as before. We will be rescheduling with Stanford to see if they can do the botox treatment on her vocal cords. We both look forward to seeing everyone again on the 6th of September.

Joe Fleischman,
Newsletter Editor