



NEWSLETTER

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

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VOLUME TWO

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S.A. M & S..



COMMITTEE MEMBERS

Janet Laird/Chair, Program Coordinator
Joe Fleischman/Co-Chair, Newsletter, Library, Room Set-up
Barbara Pollard/Secretary, Publicity
Sue Costa/Treasurer
Judy Axtman/Membership Roster
Jack Costa/, Room Set-up
Evelyn Rapetti/Refreshment Coordinator
J.R. Hunt, Name Tag Coordinator
Mona & David Harris Hospitality & Historian
Vera Bogosian, Member at Large



MEETING, January 3, 2012

Although we did not have a speaker this month we did get a lot done. We discussed who we would like to have as guest speakers this year, got some new people to replace some of the committee members who wanted to step down, and a good general discussion on our daily problems, medicines, etc. Thanks to Judy I was able to get some Red Yeast Rice tablets and I will be able to report how they work for me in May.

Next Meeting Date: Tuesday, February 7, 2012.

Our guest speaker will be Jennifer Anderson a Nutritionist from Mark Twain Hospital. Her nutrition information will be all evidence based and not cover any alternative or holistic approach. She will start her presentation at 10:30 with Q&A afterwards

We had a board meeting after the regular meeting last month and there have been some adjustments to the positions of the committee members for the coming year, so if you check the above list of committee members you will find this years committee volunteers and their positions.

This month's refreshments are brought to you by Sue and Jack.

Our topic for March will be on massage therapeutic oils.

February Birthdays

Judy Axtman

Sarah Johnson

Norma Manners

Jordan Rapetti

We wish you all have a very Happy Birthday and many more.



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SAMS Group News

Betty Dergan, aka Betty Boop says she has had a lot on her plate during the holidays and will be going into the hospital on the 24th of January for hip surgery and will be missing a few more meetings. She said to tell everyone hello and that I'm thinking and praying of you all. Betty we hope your surgery went well and that you will be up and about soon.

WELLNESS WORKSHOP

Janet Laird will be offering a Wellness Workshop starting Friday, March 9th and running for 8 weeks from 2:30 -4:30 at the San Andreas library. It is called W.R.A.P. which stands for Wellness Recovery Action Plan and is a great self-management plan written by you to feel empowered in your stress reducing skills. After identifying your triggers that can cause your stress level to rise, you utilize wellness tools to increase your resiliency. Learn what your triggers are and how to manage them most effectively. W.R.A.P. is useful for those who have Parkinson's disease, Caregivers and those experiencing depression or stress. It will be offered to the community for \$160 for the 16 hour workshop and proceeds will benefit our own Movers and Shakers Parkinson's Support group. Plan now to attend and tell your friends and neighbors about this helpful workshop while benefiting our support group. Contact Janet Laird for flyers and more information at the next support group meeting. More information can be found at <http://www.janetlaird.blogspot.com>



WEBSITE

Our web site www.sanandreamoversandshakers.org is up and running. If you have any ideas or would like to see something added to the web site please let me know.

I have heard that some of you think that there are things missing from the web site that you feel should be up there. If this is true please let me know, I can not correct them if you do not contact me with the information.

I had hoped to have the newsletter out a little sooner but have been having a lot of trouble with the computer wanting to make my work easier

Joe Fleischman,
Newsletter Editor