



NEWSLETTER

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

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VOLUME TWO

MARCH 1, 2012

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

Our guest speaker Jennifer Anderson, Nutritionist from Mark Twain Hospital was interesting and informative. Not much has changed in the Nutrition world except that they are moving away from the familiar pyramid to a plate to show the correct food groups. Still good nutrition and exercise are as important to the Parkinson patient as their medicines. One of the most asked question was "how do you deal with constipation"? Jennifer suggested the following recipe.

2- cups - apple sauce

1- cup - unprocessed wheat bran

1- cup - Prune juice

Take two tablespoons before dinner.

Next Meeting Date: Tuesday, March 6, 2012.

For March we have scheduled a presentation with Pat & Jorge Contreas. Pat will demonstrate some massage therapeutic oils that stimulate, relax, or calm the muscles or nerves. She also has inhalers that are calming for those with depression or anxiety. She will start her presentation at 10:30 with Q&A afterwards

Thank you Sue and Jack for the great Valentine themed refreshments last month

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

March 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