



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

P.O. Box 645, Altaville, CA. 95221  
Telephone 209-754-5360

website: [www.sanandreas movers and shakers.org](http://www.sanandreas movers and shakers.org)  
e-mail: [parkinsonsmoversandshakers@gmail.com](mailto:parkinsonsmoversandshakers@gmail.com)

VOLUME TWO

April 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 / Sergeant at Arms

**APRIL IS PARKINSON'S AWARENESS MONTH**



**MEETING, March 6, 2012**

Our guest speaker Pat Contreas, aka. Grandma Pat has been making gift baskets and preparing a variety of bath and beauty products since 2003. Today the product line includes handmade soaps in over 50 designs, therapeutic and arthritis body lotions and creams, bath gel, bath salts, massage oils and creams, and wellness oils and creams. Today Grandma Pat's products are sold and used by Tuscany Villa in Angels Camp, The College of Therapeutic Massage and Heavenly Massages in San Andreas, as well as the Gift shop in Mark Twain St. Joseph's Hospital before its closure.

Currently Grandma Pat is working on a web site with her husband and business advisor Jorge Contreras and are planning on opening a store in San Andreas soon.

I have been using the therapeutic oil for arthritis that she gave us on my knee and it has made the popping and cracking along with the pain disappear and I've been surprised how long that little bottle lasts. Thank you Grandma Pat!

We had 12 people sign up to go the Parkinson's Institute on May 14<sup>th</sup> for the Seminar on Caregiving, Patients and Caregivers. From 1:30 to 3:30PM. Tentative plans are to leave the Library parking lot about 10:00 AM travel to Sunnyvale, attend the Seminar, stop for dinner on the way back, and then return to the library by 8:00PM. We can discuss the final plans at the April meeting.



SAN ANDREAS MOVERS & SHAKERS...it's not OUR fault!!

**Next Meeting Date: Tuesday, April 3, 2012.**

For March we have scheduled a presentation with. 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 Judy and Jack** for the great refreshments last month, I really enjoyed the coffee cake

This month's refreshments are brought to you by **Juanita and Roland.**

**Board meeting April 11<sup>th</sup>, 10:00am at the Harris home.**

**April Birthdays**

**BARBARA POLLARD**

**We wish you a very Happy Birthday and many more.**

**April Anniversaries**

**J.R. HUNT**

**Group News**

**We will not have a guest speaker this month, so if you have any questions or have something to share with the group, please bring them to this meeting.**

**Betty Dergan**, aka Betty Boop, I did not get a response back from Betty before I had to send out the newsletter.

**George Meller** I received the following email last month after the newsletter had gone out from George Meller's wife Barbara; George was doing quite well as PT had gotten him back to his baseline. But then he had another fall at home Wed., Feb. 22, and broke his nose which caused swallowing problems. This caused complications; so he was hospitalized yesterday, Sat., Feb. 25. This has been quite unsettling as not sure yet how things will go for him.

Mar 17<sup>th</sup> George returned home from rehab Friday and is so happy to be back in his own environment. That experience was not all good, but he's starting to recuperate from it. It all started when Dr. Van Fossan added two new drugs to his regiment which created serious side effects. He's really looking forward to the time he can meet with the group again.

**Jack Costa**; Jack says he is coming along quite well. He is getting stronger and is able to get in and out of bed as well as dress himself now.

We hope you are all recovering well, and wish you all a speedy recovery, and hope to see you back at the meetings soon. Until then we will keep you in our thoughts and prayers.



### **The Nutrition Corner**

Fava Beans can help with PD, ED, and lower blood pressure.

While they haven't been scientifically examined specifically for their potential as a remedy for ED, fava beans are our best food source of the compound L-dopa, which helps make dopamine, a neurotransmitter in the brain associated with pleasure, movement, emotion, and motivation. L-dopa is widely studied for its use in treating Parkinson's disease, and as a result, we've learned that large amounts of it may cause priapism, a painful, persistent erection. But don't let this put you off favas. Research suggests L-dopa causes priapism in no more than 3 percent of people, and, in any case, you'd have a rough time eating enough favas to cause the problem.

I suspect that a big serving of fava beans—8 to 16 ounces—just might contain enough L-dopa to help turn a dysfunction into a function. Try them Mediterranean-style, with a little pancetta, chopped onions, extra-virgin olive oil, and black pepper. If the beans seem to help, try sprouting them. The sprouts contain almost 10 times more L-dopa, and it's easier to eat 2 grams of sprouts than a pound of beans.

To help lower blood pressure a daily serving of fava bean soup with seven dandelion leaves and lots of blood pressure-reducing onions and garlic. In one study, eating 40 grams of freshly chopped fava beans significantly increased the amount of sodium and dopamine in the urine- a good thing when it comes to reducing blood pressure. \*

**CAUTION, BEWARE** of fava beans, eating more than a half a cup or so of beans, along with your daily dose of levodopa, can cause symptoms of dopamine overdose, including agitation and extra involuntary movements.\*\*

\*The information for the Nutrition Corner was obtained from: The Green Pharmacy Guide to Healing Foods, by James A. Duke, PhD and \*\* Prevention's Healing with Vitamins, by the Editors of Prevention Magazine Health Books.



### **WEBSITE**

Our web site [www.sanandreamoversandshakers.org](http://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.

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