



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, Sergeant at Arms



MEETING, April 4, 2012

There was not a guest speaker this month so we had a Q&A session and I understand it went quite well. There were three new people in attendance at the meeting and I look forward to meeting them at the May meeting. The SAMS group made a \$100.00 donation to the Library in thanks for letting us use the facilities over the couple of years. Barbara was treated to a special cake and candle in honor of her birthday. Last but not least there was a demonstration on the proper use of a gait belt.

Next Meeting Date: Tuesday, May 1, 2012.

For May we have scheduled a demonstration of the Dynavox Vmax+ device by Tiffany Fetters. Tiffany is the Dynavox consultant that is working along with Cynthia Sudduth Shirley's speech Pathologist who are training Shirley in the daily use of the device. Josh Witt regional director of Dynavox and Cynthia Sudduth are both planning on coming to our meeting too, so feel free to ask questions about the device or questions if you are having speech problems.

We have 15 people signed up to go the Parkinson's Institute on May 14th for the Seminar on Care-giving, 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 at the Golden Corral in Tracy for dinner on the way back, and then return to the library by 8:00PM. I have lined up a 12 passenger van to rent and will need someone else to drive three people. We can discuss the final plans at the May meeting.

Thank you Juanita and Roland for the great refreshments last month.

This month's refreshments are brought to you by **Jerry and Tom**.

May Birthdays

JACK AXMAN, VERA BOGOSIAN, RAY CRAWFORD, BETTY DERGEN,
BOB HEISE, J.R. HUNT, JOYCE PIERCE, and HAROLD POLLARD

We wish you a very Happy Birthday and many more.



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

May Anniversaries

Marcy & Gary Davidson Barbara & Harold Pollard

Group News

The San Andreas Movers and Shakers would like to Thank Andy and Anne Salem for their donation to the Proactive Parkinson's Project in the memory Rick Hecker

Gift Baskets by Grandma Pat.

I received this update from Grandma Pat. The store address is 677 West St. Charles, San Andreas. Phone number, 209-754-5867. Pat says that she will be at that address beginning April 1st. The store won't open that day but she will be there now.

Jack Costa; Word has it that Jack is improving and dressing 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

Is it just me or have you noticed that the fruit and vegetables we buy today don't have the flavor or the shelf life they used to have way back in the good old days. Its no wonder why when you read the labels it is coming from Mexico, Costa Rica and who knows where else. And where do they grow cucumbers and apples that have a natural wax coating? Well thank God that spring is coming soon and fresh local fruit and Vegetables will be arriving at your local farmer's market. Most farmer's markets have rules that govern what can be sold to help you be sure that it is locally grown and in season. Look for "producer only" markets because the vendors must have grown the foods they are selling. Buying fresh local produce is often better tasting and less expensive and helps our local economy and farmers flourish.

Sierra Hills Market has opened an all organic store in Murphys, they have locally grown tomatoes and are trying to get more locally grown produce.

In closing I've listed a few online resources for locating local farmers markets.

Local Harvest

www.localharvest.org

Harvest eating

www.harvesteating.com

California Certified Farmer's Markets

www.cafarmersmarkets.com

Pacific Coast Farmer's Market Association

www.pcfma.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.

Joe Fleischman,
Newsletter Editor