



## NEWSLETTER

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

P.O. Box 645, Altaville, CA. 95221

Telephone 209-754-5360

e-mail: [parkinsonsmoversandshakers@gmail.com](mailto:parkinsonsmoversandshakers@gmail.com)

VOLUME TWO

JUNE 1, 2012

S.A. M & S...



#### COMMITTEE MEMBERS

Janet Laird, President; Program Coordinator  
Joe Fleischman, Vice President; 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



#### May 1, 2012 Meeting

We had Tiffany Fetters and Josh Witt from the Dynavox Corporation who demonstrated the Dynavox Vmax+ speech device that Shirley is now using along with Cynthia Sudduth Shirley's speech Pathologist who answered question regarding Parkinson speech problems. The Dynavox Vmax device opens the door for those whose speech has gotten so low that people around them can't hear or understand them; it allows them to get back into the conversation and be included in what is going on around them.

#### MEETING, June 5, 2012

First off we will not be meeting at the library because it is being used as a polling place. Instead we will meet at the San Andreas Community Covenant Church which is located directly behind the Wells Fargo Bank in San Andreas

This month we will celebrate everyone in the group's birthday. The Birthday Party hosts are Evelyn and Jordon... Their plans for the first hour are to have Lois Conklin there to lead a time of singing and then try our dancing skills for those who are brave enough. This should be easy for "Movers and Shakers". They may have a demonstration of the Wii fit program if we can get someone to run the computer. They will have the tables set and decorated and will have the main dish of chicken and tri tip, along with the birthday cake, coffee and iced tea. **Everyone who plans on attending is asked to bring a potluck dish to go along with the main dish.**

Every year at this event we bring an unwrapped gift for a child to be donated to a local charity. Last year I believe they were donated to the resource connection.

Lunch should be ready around 11:00 a.m.

They will have someone to direct people to the elevator if needed.

**Thank you Tom and Jerry** for the great refreshments last month, what a spread you put on, Tom must have been up all night working on it.

This month's refreshments are brought to you by **Evelyn and Jordon** along with all the potluck dishes.



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## **June Birthdays**

JANET LAIRD

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

## **June Anniversaries**

**Dave & Mona Harris**

**Jeff & Janet Laird**

## **Group News**

I forgot to mention in last month's newsletter about our April get together for lunch at Ironstone. There were about a dozen of us that gathered for lunch and general conversation, it was a beautiful spring like day with hundreds of tulips and assorted flowers in bloom everywhere. We all sat out on the deck enjoying the sunshine, food and fellowship. An event worth doing again, but next time I will remember to bring the camera and get some pictures of the flowers.

On May 14<sup>th</sup> eleven of us made the trip down to the Parkinson's Institute in Sunnyvale for a patient / caregiver seminar. The seminar was very interesting but I wish the caregiver part was a little longer. On the way home we all stopped off at the Golden Corral in Tracy for dinner. It was a very interesting and enjoyable day on our first field trip with the San Andreas Movers and Shakers.

**George Meller:** George was in Kit Carson Nursing Home in Jackson for several weeks but has shown improvement and is now home with United Home Care PT, OT, ST, etc. With Barbara as his caregiver.

**Jack Costa; Jack** says He's doing well, still hurting which bugs him some and is still having to use the walker. He's doing some driving and hopes to drive to the next meeting. He's also been doing some cooking, but says, it's a struggle to gather all the components and prepare the actual meal. Otherwise he's pretty much self sufficient.

**Betty Dergen** I did not get a reply back from Betty in time for this newsletter and I hope this means that she has recovered and is out and about doing things.

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**

### **Convenience and Fast Foods.**

Today many households no longer cook from scratch, instead they rely more on processed and prepared foods. This month we will look at how to balance convenience and fast foods with other meals.



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### Cheeseburger (4oz meat) and French fries (3oz)

**Advantages:** High in protein and starchy complex carbohydrates. Also contains vitamin B12, riboflavin, iron, potassium and calcium. **Disadvantages:** High in calories (about 800), fat, and sodium. Fat content will increase if mayonnaise is used. Low in fiber, vitamins A, C, and D, beta carotene, and folate. **A healthy balance:** Salad made with a variety of fresh vegetables and dressed with olive oil and lemon juice. This meal is low in calories and fat while providing high amounts of vitamins A, C, and E

### Fried Chicken

**Advantages:** High in protein. Some carbohydrates in batter. **Disadvantages:** Calories will vary whether it is skinless and dark or white meat is used. The skin and dark meat are higher in fat. Regardless, fried chicken is high in fat, calories, and often sodium. **A healthy balance:** Black beans and rice with spices and vegetables, such as onions, red and green peppers, and tomatoes. Provides protein, fiber, and vitamins A, C, and the B complex.

### Pizza

**Advantages:** Depends on the topping. A good source of starchy carbohydrates. A plain slice has protein, calcium, vitamin A, niacin, and riboflavin. Adding fresh vegetable toppings, such as red peppers will add vitamins A and C. **Disadvantages:** Usually high in fat. May be high in sodium as well. Meat toppings such as pepperoni, sausage, bacon, ham or meatballs, will increase the levels of protein but will add fat and salt. **A healthy balance:** Grilled or baked fish with brown rice and steamed vegetables and fresh fruit for dessert. This balanced meal will provide vitamins A, and C, folate, and other B vitamins, potassium, iron and fiber.

The three things that are always repeated for a Parkinson patient to do is take your meds as prescribed, exercise, and eat healthy foods.



### 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