



# 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, President; Program Coordinator

Joe Fleischman, Vice President; Newsletter, Library, Room Set-up

Barbara Pollard; Secretary, Publicity

Sue Costa; Treasurer

Judy Axtman; Membership Roster

Evelyn Rapetti; Refreshment Coordinator

J.R. Hunt; Name Tag Coordinator

Mona & David Harris; Hospitality & Historian

Vera Bogosian; Sergeant at Arms



### June 5, 2012 Meeting

We started off our group birthday party with Judy Axman reading the poem "the Mystery Tree" written by Roy Lease. Next Evelyn Rapetti, backed by Lois Conklin on the piano led the group in singing some great songs from the past, then those who could got up for some dancing. We finished off with a lunch of chicken, tri-tip, and assorted potluck dishes and birthday cake. Since Janet Laird was the only June birthday she did the honors of blowing out the candles and cutting the cake. It was a pleasure to see Jack Costa back he even drove to the meeting.

### MEETING, July 3, 2012

We will be meeting back at the Library again this month at our regular time. Our speaker will be Helen from Area 12 on Aging from the Hi-cap department and will be discussing Part D of the Medicare insurance.

**Thank you Evelyn and Jordon** for getting us the place to meet, for the main dishes of Chicken and Tri-tip, and for hosting a fabulous birthday party, we all enjoyed ourselves with song, dance and the food. Thanks to all of you who brought a potluck dish and for the donation of a child's gift.

This month's refreshments are brought to you by **Mona and Dave**.

### July Birthdays

KATHY AZEVEDO

DAVE HARRIS

We wish you a very Happy Birthday  
and many more.



### July Anniversaries

Loretta & Ray Crawford



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

### Group News

The PD and Parkinsonism Caregiver Symposium will be taking place on July 14, 2012 at the Crowne Plaza Foster City.

The Crowne Plaza Foster City is located at 1221 Chess Drive, Foster City, CA 94404. Parking is plentiful and free. See the hotel's webpage for additional information:

<http://www.ichotelsgroup.com/crowneplaza/hotels/us/en/foster-city/sfofc/hoteldetail>

Event check-in starts at 8am. A continental breakfast will be provided. Please visit exhibitor tables from 8-9am.

The event begins at 9am, with a welcome and the morning keynote presentation.

A nice hot lunch will be served at noon. No refreshments will be provided other than a continental breakfast and lunch. We will end by about 4:45pm.

If you have questions before the event or need to reach us, please contact Robin Riddle at the Stanford APDA Information & Referral Center, phone 650-724-6090, toll free phone 866-250-2414, or email [rriddle@stanford.edu](mailto:rriddle@stanford.edu).

Here's an Idea for those of you who took our new Parkinson's Disease brochure to pass out. Put a dozen or so in your car so that you have them with you when you are out and about and see a bulletin board or you're at the doctor's office you will have it with you and then you can take advantage of the situation. In the past I would see a bulletin board or be at the doctors and wish I had remembered to bring my brochure now I always have them with me and more are getting distributed.

**Tom Bruntz** is back home and is getting PT treatment at home. Tom's cough has cleared up and is on a puree diet now. Tom and Jerry are planning on attending this month's meeting.

**Betty Dergen** I did not get a reply back from Betty again this month and now I'm getting a little concerned about her.

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.

### In Memoriam

It is with sadness that we report the passing of Jack Costa. Jack passed away on June 23, 2012 from an accidental fall at home.

Jack was the first person I met when we joined the group and he made us both feel welcomed

Jack enjoyed making contact with people all around the world on his Ham radio.

I found Jack to be extremely personable, kind, generous and an interesting person to talk with; a true Gentleman. It has been an honor and privilege to have known Jack and have him as a friend.

We will all miss your warm friendship Jack, may you rest in peace my friend.

The members of the San Andreas Movers and Shakers express their sincerest condolences to Sue and the Costa Family.



**The Nutrition Corner** Since Constipation is in the lives of many PD patients we are going to make it the topic for this and next month.

\*Constipation is defined as having fewer than three bowel movements per week.

PD may cause some degeneration of the nerves of the GI tract. These nerves control “peristalsis” the rhythmic movement of the GI tract, including the colon. When they are affected, peristalsis slows down. Slowed peristalsis of the colon means that the stool moves very slowly, becoming dry and hard.

Medications used to treat PD ( levodopa, dopamine. Agonists, selegeline, amantadine, anticholinergics and others) can also cause constipation, again by affecting peristalsis.

People with PD often have a craving for sweets, which contribute to constipation by replacing the high-fiber foods that help to soften the stool and speed peristalsis.

Very few people drink enough fluids, which are needed to help keep the stool soft and bulky.

At first, constipation may seem more of a nuisance than a real concern. However, there are several concerns, all of which have occurred in some people with PD.

A person, who is frequently constipated, over a long period of time, may develop hemorrhoids, a condition in which part of the tissue lining the anus slips outside, becoming enlarged and painful.

Another concern is the possibility of bowel impaction, also known as fecal impaction – a condition where dry, hard feces accumulate in the colon and cannot be passed. Sometimes watery feces may pass around the impaction, as diarrhea, leading the person to believe they are not constipated. Bowel impaction can be very painful, and may require hospitalization. In extreme cases, surgery may be necessary.

Still another consideration is that chronic constipation can raise the risk of colorectal cancer.

It is important to get enough fiber and fluids each day. Besides helping to prevent constipation, fiber can help lower blood pressure and cholesterol, prevent many chronic diseases, and often aids people with diabetes in controlling their blood sugar. Fluids, especially water, work hand-in-hand with fiber to keep the stool bulky.

Fiber, along with water, keeps our bowels working smoothly. Insoluble fiber works like a partner with water. Each bit of fiber soaks up water like a sponge and swells to many times its size. All these water-soaked sponges add bulk to the stool, making it soft and easy to pass. They also exercise the muscles of the intestine, so they stay strong and healthy. More frequent bowel movements are often the result.

Fiber is found only in plant foods. Foods highest in insoluble fiber are whole grains, cooked dried beans, and fruits and vegetables with edible skins. Wheat bran is an excellent source of insoluble fiber, People who experience constipation should aim for 25 to 35 grams of fiber a day.

If you are not used to eating whole-grain foods, or apples and potatoes with the skin on, it's best to increase the fiber content gradually. Bloating and gas can occur as the system tries to get used to the unusual load of fiber.\*

\*The above information was taken from: Parkinson Disease, Nutrition Matters, by Kathrynne Holden, M.S., R.D.