



# 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

Newsletter Editor Joe Fleischman

AUGUST 1, 2012

### S.A. M & S...



#### COMMITTEE MEMBERS

; 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  
Mona & David Harris; Hospitality & Historian  
Vera Bogosian; Sergeant at Arms



#### June 5, 2012 Meeting

Helen, from the Health Insurance counseling and Advocacy Program, returned again this year to give us an update on the current rules and regulations on Medicare. This is a free service provided by Area 12 Agency on Aging. 1-800-434-0222 is the number to call to make an appointment with Helen if you have questions about your Medicare coverage as it changes every year. She has some great new ways to help you from getting trapped in the doughnut hole. Helen gave us the following information on brand drugs that are going generic:

<u>Generic</u>	<u>Substitute for</u>	<u>Available</u>
Irbesartan	Avapro	3 /2012
Modafinil	Provigil	4 /2012
Clopidogrel	Plavix	5 /2012
Monteiukast	Singulair	8 /2012
Pioglitazone	Actos/Actos Plus	8 /2012
Valsartan/Valsartan HCT	Diovan/Diovan HCT	9 /2012
Tolterodine	Detrol	11 /2012
Lidocaine	Lidodem	11 /2012
Rizatritan	Maxalt	12 /2012
<u>Available Now</u>		
Escitalopram	Lexapro	
Atorvastatin	Lipator	
Quetiapine Fumurate	Seroquel	
Ziprasidone	Geodon	

#### MEETING, August 8, 2012

Our Guest Speaker will be Dwight Jennings, DDS, dentist, Northern California Cranio-Facial Diagnostic Center, Alameda. Topic: Long-term bite dysfunction and medical symptoms (including various PD symptoms)

**Thank you Mona and Dave**, for all of the great goodies that you brought for our enjoyment.

This month's refreshments are brought to you by **Vera**.

At the last board meeting the Board suggest that we keep the refreshments a little more simple. The refreshments have been getting bigger and better every month ( we are not complaining here we have really enjoyed the diversity of foods) but we felt that it was becoming more than what the original intent was. Please, keep it simple, like donuts, pastry or bagels just something to go with the coffee. Thanks all of you for taking such good care us over the past year.



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

### Group News

#### Jack Costa

Jack's Celebration of Life is on Saturday, Aug 11 5:00 - 7:00 at the Greenhorn Creek restaurant in the Arbor area. All are invited. No Host cocktails

#### Janet Laird

At our Board meeting last month Janet informed us that she was resigning as President because her husband was transferred to Lake Berryessa and they have just purchased a home in Winters and would no longer be able to perform the duties of President..

We wish Janet and her husband the very best of luck in their new venture and thank Janet for her active participation and support of our Parkinson's group for all of these many years.

#### Save Mart Cards

We would like to thank all of you who have been using your Save Mart cards. The first quarter brought in \$171.00 and the second quarter was \$202.11 You all are doing a great job at supporting our San Andreas Movers and Shakers Parkinson's group.

#### Grandma Pat's

Pat has just got in a fresh supply of coconut oil so if you are looking for the real thing stop by and pick some up and check out her new store.

#### Tom Bruntz

Tom was at our last meeting looking much better and reports that he is sleeping much better now.

#### Betty Dergen

I did hear from Betty. She is out of the hospital and fully recovered. She says that she had bought a class "A" motor home just before going in for the hip replacement and was treated for a bleeding ulcer in February. Now she is traveling in her motor home and hanging out with those Red Hat Ladies. She says she wants to do as much as she can as long as she can. She said to say hello to everyone and that she's praying for everyone everyday. She does intend to come back to some meetings so she can learn more.

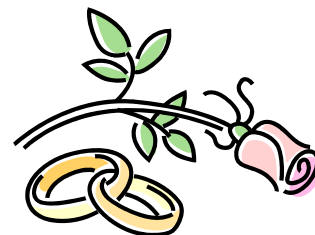
We hope you are all recovering well, and wish you all a speedy recovery, and hope to see you back at the meetings soon. Until then we will keep you in our thoughts and prayers.

### August Birthdays

RAY AZEVEDO

ROY LEASE

We wish you a very Happy Birthday  
and many more.



August Anniversaries

LINDA BOLTON



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

### The Nutrition Corner: \*

Constipation continued:

Fluids are just as influential as fiber. Without fluid, fiber particles remain dry and harden, actually making constipation worse. Four to eight glasses of water per day, plus juices, milk, and other beverages are necessary.

Diet should be your first treatment for constipation. However, sometimes peristalsis (muscle action in the large intestine) is slowed enough in Parkinson's disease that other therapies may be indicated. If you get plenty of fiber and fluids, yet still have fewer than three bowel movements per week, it may be necessary to take further steps.

A remedy used in some hospitals is called the Prune Juice Cocktail.

Mix together:

½ cup applesauce

2 tablespoons wheat bran ("miller's bran")

4-6 oz prune juice

Store in refrigerator. Take a tablespoonful per day at first, gradually increasing until you find the amount that works best for you. Most people find this mixture quite palatable. Some patients report that a serving of prunes or prune juice including pulp 2-3 times per week is beneficial.

It may be helpful to combine these two suggestions – have a daily spoonful or two of Prune Juice Cocktail, and 2 – 4 times per week, have a serving of cooked prunes.

Ask your doctor about a fiber supplement, such as Metamucil, Citrucel, or Unifiber. Metamucil and Citrucel can be stirred into liquids, and are found in most drug stores and grocery stores. Unifiber can be mixed with liquids or stirred into thicker foods, like mayonnaise, applesauce, cooked cereals, and other foods; and if needed, can also be used in tube feedings. Your Pharmacist can order Unifiber if not in stock or phone Niche Pharmaceuticals, Inc., Roanoke, Texas 76262, 1-800-677-0355

Manual "belly massage" from the bottom of the rib cage to the top of the pubic bone, performed 2-3 times daily, sends mechanical signals to the bowel to "keep things moving".

Train yourself to "honor the urge" to have a bowel movement. It may not always occur first thing in the morning or only at home! Likewise, be aware that the natural position for evacuating the bowel is squatting. Raised toilet seat devices may aid mobility, but are not ideal for bowel function. Try hiking your feet up on a small bench while sitting on the toilet.

Ask your physician about using an over-the-counter stool softener such as Colace or Pericolace. If the bowel motility is good but stool is dry and hard to pass, some health practitioners also advise occasional use of infant-sized glycerin suppositories to soften stool in the lower colon and reduce straining

If you have tried all of these solutions and still have a problem with constipation, you may need to consult your physician to see if prescription medications or referral to a specialist is indicated.

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