



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

VOLUME TWO

Newsletter Editor

Joe Fleischman

October 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



September 4, 2012 Meeting

Our guest was Jama from the Disability Resource Agency for Independent Living (DRAIL). Some of the services that Drail provides are Basic computer skills, referrals for home health care, assists with independent living skills, helps individuals with disabilities in assessing and acquiring the needed devices to increase one's independence, and helps with ADA laws. You can reach them at (209) 5322-0963 or check their website at www.drail.org

MEETING, October 2, 2012

Our guest speaker will be from Area 12 Agency on Aging and will discuss the agency's various services that are available to us.

Thank you Barbara, we all enjoyed the refreshments you brought and especially for making the coffee for us every month.

This month's refreshments are brought to you by **Barbara** and **George**.

Group News

Evelyn brought in a pill box that has a timer that can be set for multiple times. It is called E-pill and can be found on line at www.epill.com or 1-800-549-0095, Cost is \$39.95.

Another item that was discussed was a talking device called ChatterVox Personal Speech Amplifiers, a device that amplifies the voice of soft spoken individuals. It can give you 15 decibels of voice boost and has a 5 watt audio output. For more information the website is Dynamic-living.com or 888-940-0605.

We welcome Tony and Sue Zielinski, and Esther and Roy McWilliams who joined the group last month.

A reminder that the due to the election, on November 6, we will not be meeting at the library. Instead we will meet again at the San Andreas Community Covenant Church where we will break up into groups of patients and caregivers.



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

Tom Bruntz was back in the hospital for symptoms of pneumonia it seems he aspirated a cherry. He is back home. We also learned at the last meeting that Tom has been diagnosed with Progressive Supranuclear Palsy (PSP).

Harold Pollard. was recovering at Mark Twain Convalescent Hospital, Room 26B

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

October Birthdays

Carol Arechiga Tom Bruntz
Roland Canfield Loretta Crawford
Robert Edmonds Shirley Fleischman
Barbara Meller



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

October Anniversaries

Esther & Roy McWilliams



**We wish you continued
happiness in your partnership**

The Nutrition Corner: Breakfast Egg – Spinach Bake

Cooking spray
4 large eggs
1cup frozen chopped spinach,
thawed.
¼ teaspoon pepper
1 teaspoon mustard (optional)

¼ cup 1% milk
1 slice whole wheat bread
cut in ½ cubes
¼ cup grated Swiss cheese
½ cup chopped tomato

Note: you may substitute two
eggs whites for each
whole egg, or use a
yolk-free egg product
if you are on a low -
cholesterol diet.

1. Preheat oven to 375
2. Spray 8” casserole dish with nonstick cooking spray.
3. In medium bowl, lightly beat eggs with fork. Add thawed spinach, and stir to mix. Add pepper to taste, mustard, and milk. Stir and mix well. Stir in bread cubes.
4. Pour into casserole dish, top with grated cheese. Bake for 30 minutes or until set.
5. Serve with chopped tomatoes as garnish.

What is great about this recipe? It is easy to fix, easy to chew and contributes to good bone health. It's a super source for Vitamins A, B2, B12, K, folate, pantothenic acid, biotin, iron, calcium, phosphorus, manganese, selenium, and chromium.