



## NEWSLETTER

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

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

Telephone 209-754-5360

VOLUME THREE

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

JUNE 1, 2013

# S.A. M & S...



### COMMITTEE MEMBERS

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

Barbara Pollard, Vice President, Secretary, Publicity

Sue Costa/Treasurer

Evelyn Rapetti, Refreshment Coordinator

Mona & David Harris Hospitality & Historian

Gary Davidson, Program Coordinator

Vera Bogosian, Sergeant at Arms



### MEETING, May 7, 2013

Our May speaker was Katie Greer Community Services Liaison Senior Peer Coordinator for Calaveras County Health Services. Katie spoke to us about Senior Peer Counseling. If you are having problems with the death of a spouse, debilitating illness, family conflict, or feeling depressed, angry, helpless, or isolated, you may need help from someone who understands and accepts you as you are right now. Some of the services offered by Senior Peer Counseling are one-on-one visits in a comfortable home setting, assistance with community resources, referrals to in-depth counseling if desired. They are trained in aging issues, grief & loss, and depression. For more information or to receive a senior peer counselor, you can call 209-754-6642.

### Next Meeting Date: Tuesday, June 4, 2013.

We will be celebrating everyone's birthday this month so there is no guest speaker just fun with Evelyn leading us in the merriment. Evelyn will be supplying the Plates, napkins and plastic ware and will pick up the cake and bring ice cream. Evelyn has planned this as a picnic style potluck lunch and we are to bring a dish for the potluck. Below is a list from the signup sheet from last month's meeting. We are also having a show and tell of our hobbies so bring those with you too.

Next month, we will be having, Speech-Language Pathologist Terese Dell'Orto as our guest speaker. She is with the Sonora Regional medical Center in the Rehabilitation Services.

**Thank you Jerry** for the great refreshments last month we all enjoyed them.

This month's refreshments are brought to you by **Evelyn & Jordon** and the following members.

- |                       |                     |
|-----------------------|---------------------|
| 1. Vera Bogosian      | Salad & Veggies     |
| 2. Sue Costa          | Potato Salad        |
| 3. Mike Ricchiuto     | Salami              |
| 4. Jerry Bruntz       | Pre-made Sandwiches |
| 5. Dave & Mona Harris | BBQ Meatballs       |
| 6. Judy Axtman        | Salad               |
| 7. Juanita Camfield   | Dessert             |
| 8. Loretta            | Salad               |
| 9. Barbara Pollard    | Beans               |
| 10. Joe & Shirley     | Chicken             |



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### June Birthdays

JOE CRAWFORD

MARCY CRAWFORD

JANET LAIRD

SUE ZIELINSKI

We wish you a very Happy Birthday and many more.

### June Anniversaries

Mary & Gary Ables

Mona & Dave Harris

Janet Laird

Jane Sperry

Janice Stivers

Patty & Don Payne

### Group News

Barbara sent this latest update on the trembler tray. We are proud to advise that we have greatly updated our "image" of what was our Tremblers Tray that we spoke of before. It is now our "ACTIVITY TRAY".

We have realized how our unique tray can be useful to **EVERYONE** to simplify activities they do at a table.

In our research by meeting with local support groups, we have realized these **additional benefits**:

- The tray is "**reversible**", once the tray is opened to the desired height, you can turn the tray upside down and have a large and flat surface for writing, laptops, reading. It is a very useful area without the cup holders and lip around the edge
- When the tray is inverted, the 4 rubber feet help hold a laptop in place when in use
- The tray can be of great benefit when a person is sitting on a couch/chair. A person can set it on their lap and bring food and drinks right up to below their mouth area; it really works well for this, as well as for a laptop or reading device...

We are happy to announce that:

- We have a new website that includes an updated video which explains features much better than our older video at [www.crosswindconcepts.com](http://www.crosswindconcepts.com)
- We have decided to offer an **INTRODUCTORY SPECIAL OFFER** for a limited time. We want the word to get out and get them in people's hands and think this is a great incentive.

**Roland and Juanita**, will be playing in the band that will be performing in Columbia for the Fourth of July festivities, so if you want to have some fun on the fourth head over to Columbia and enjoy the music.

**S.H.A.R.E.S. CARD.** We received \$133.00 this month from the use of Share cards. Thanks to all of you for using the card and your support. Don't have a card? Just ask Sue Costa and she will fix you up.



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## **The Nutrition Corner**

### **. Ask for Wild-Caught Fish**

Fish has long been touted as a healthy food,

Mostly because it contains omega-3 fatty acids that have been shown to have anti-inflammatory Properties. Furthermore, these omega-3 fatty acids prevent blood clots, can function as an antidepressant, reduce triglycerides, and decrease the risk of developing hypertension and coronary artery disease.<sup>4, 5, 6, 7, 8</sup>

Fish oils can be obtained either by eating fish or taking supplements. Supplements of fish oils can be beneficial, but taking too many fish oil pills can have detrimental effects. For instance, excess fish oil can promote bleeding and elevated glucose levels.

Although the research is not clear that fish oil supplementation raises glucose levels, my experience has shown that patients who take too many fish oil supplements may have increased blood sugar levels.

Fish can either be farm-raised or wild-caught. Farm-raised fish has become more common in recent years. However, the best way to get omega-3 fatty acids is to eat wild-caught fish. What is wrong with farm-raised fish? A lot. First of all, farm-raised fish have been found to be Contaminated with PCBs and other chemicals. Recently, the Environmental Working Group purchased farm-raised salmon from 10 grocery stores across the United States. The scientists found that 70 percent of the samples they gathered were contaminated with PCB's at levels that raise serious health issues.<sup>9</sup> On the other hand, the levels of PCBs in wild caught Alaskan and Canadian salmon were much lower. Farm-raised salmon had 16 times more PCBs than wild salmon and 3.4 times more than is found in other seafood.

The Environmental Working Group reported, "In total, these studies support the conclusion that American consumers nationwide are exposed to elevated PCB levels by eating farmed salmon." Farm-raised fish can also be contaminated with sea lice. In addition, they are often given high levels of antibiotics to prevent infection and increase their size.

What most people don't know is that the normal color of farm-raised salmon is gray. To combat this, the industry feeds them dyes to give the fish a more pleasant pinkish color. Another problem with farm-raised fish is their fatty acid content. Compared to wild-caught fish, farm raised fish have much higher omega-6 to omega-3 ratios. Farm-raised fish, such as Atlantic farmed raised Salmon should be avoided. It is not a healthy food choice.

Whenever you're at a restaurant, ask if the fish is farm-raised. If it is, do not order it.

From: Dr.David Brownstien "Natural Way to Health." [naturalway@newsmax.com](mailto:naturalway@newsmax.com)



## **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**