



## NEWSLETTER

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

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VOLUME THREE

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## S.A. M & S..



### COMMITTEE MEMBERS

Joe Fleischman, President, Newsletter, Library, Room Set-up  
Barbara Pollard, Vice President, Secretary, Publicity  
Sue Costa/Treasurer  
Judy Axtman, Membership Roster, Exercise leader  
Evelyn Rapetti, Refreshment Coordinator  
Mona & David Harris Hospitality & Historian  
Gary Davidson, Program Coordinator  
Vera Bogosian, Sergeant at Arms



### MEETING, June 4, 2013

We started our birthday celebration this month with the introduction of a new member Bill Slankard. After a round table of questions and answers with Bill, our master of ceremonies, Evelyn Rapetti, lead the group in singing some great songs from the past, backed by Lois Conklin on her Auto Harp. We then proceeded to have our luncheon and afterwards we enjoyed seeing and hearing about the various hobbies that were brought in, such as purses made from men's ties, miniature houses and trailers, doll clothing, handmade dolls, and an introduction to the trombone. Those who forgot to bring their hobbies or did not get a chance to show theirs last month are welcome to bring them this month. Thanks to all of you who participated in the birthday celebration you made it a great birthday party for all.

### Next Meeting Date: Tuesday, July 2, 2013.

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. She plans on talking a little about speech, voice (LSVT), swallowing, safe swallow precautions and strategies, introduce some exercises and Medicare caps/coverage. Julie who is studying under Terese is going to discuss diet modification

### Friday June 28, 2013 Field trip.

Ten members from the SAMS group met up with Gary and Marcy Davidson for a special tour of the Sonora Museum. The museum is a very interesting building which was once a combination home and Jail that was built in the 1800's and housed prisoners until the early 1960's. There are many exhibits from the gold rush and local Tuolumne county history. After our tour of the museum Gary and Marcy treated us to a behind the scenes look at how they sort, identify, label, catalogue and store the many artifacts within the museum. The museum is open and free to the public, donations accepted. So if you want to know the name of the man who "when not in liquor, was a clever, good natured young man "and how he met his own demise, or see a handmade Indian basket that you can boil water in; you will just have to go to the museum for the answer, you won't be disappointed and it will be a fun and interesting day for you. Afterwards we went to Applebee's for lunch and an end to a great outing with the "SAMS"

Thank you Gary and Marcy for taking the time to show us around the museum, we really enjoyed it.



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**Thank you** for the great refreshments last month, they were brought to you by **Evelyn & Jordon** and the following members. We all enjoyed the many dishes.

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

### July Birthdays

KATHY AZEVEDO

DAVE HARRIS

JANE SPRRY

We wish you a very Happy Birthday and many more.

### July Anniversaries

#### Loretta & Ray Crawford

Happy Anniversary to you and we wish you continued happiness in your partnership

#### Group News

Don't forget **Roland** 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. Let's hope it has cooled down some by then. Hope to see you there.

Board of Directors will meet after the general meeting.

#### The Nutrition Corner

##### **Never Get Sick: 6 Ways to Boost Your Immune System**

Friday, 28 Jun 2013 12:37 PM

By Sylvia Booth Hubbard

As we grow older, decades of stress and unhealthy eating really begin to take a toll on our health, says fitness expert Tosca Reno, author of *Your Best Body Now*. "Diseases including cancer, heart disease, multiple sclerosis, Parkinson's, and more begin to take hold in the body," she says.



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Still sitting on the couch eating chips? Don't despair — it's not too late to change your habits and reap the health benefits. "Even if you haven't started preventive measures, it's never too late to boost your immunity and begin a lifestyle in order to give yourself the best fighting chance against some of these crippling diseases," says Reno.

Follow these six simple health strategies to boost your immune system:

- **Get enough vitamin E.** Vitamin E is a fat-soluble compound that reduces the oxidative damage that increases with age. According to Reno, it's essential to help prevent cancer and Alzheimer's, as well as to enhance memory and brain function. It's found in eggs, nuts, vegetable oils, wheat germ oil, and whole grains. Although the RDA is only 15 IU, some experts advise taking up to 800 IU daily. If you choose supplements, choose a vitamin E complex, which contains both tocopherols (alpha, beta, gamma, and delta) and tocotrienols (alpha, beta, gamma, and delta) —all are essential to fight disease. Pass up supplements that contain only alpha-tocopherol.
- **Eat goji berries or take supplements.** Goji is a super-fruit that studies have shown increases bone density and fights heart disease. Experts believe its power is due to the positive effects it has on estriol, a form of estrogen that promotes good bone and heart health. Reno advises a 500 mg supplement daily.
- **Avoid table salt.** Cutting sodium will decrease the risk of heart disease, says Reno. Instead, season with spices and herbs. "They boost flavor without adding fat and may be linked to fighting certain health conditions, including cancer and heart disease," she says. When you use salt, she advises, choose sea salt since it has 82 minerals while table salt has only sodium chloride.
- **Eat natural appetite suppressants.** Foods that increase the amount of the neurotransmitter dopamine in your system are natural appetite suppressants. They include apples, spinach, unsalted almonds, egg whites, and carrots.



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• **Take fish oil to fight depression.** The omega-3 fatty acids found in fish oil fight depression and also act as powerful anti-inflammatories. Even if your diet is high in fish, Reno suggests supplementing with

1,000 to 2,000 milligrams daily for the maximum amount of mood-boosting omega-3s. "For a triple punch, make sure you're also getting enough vitamin D and magnesium glycinate," Reno suggests.

• **Get a good night's sleep naturally.** L-tryptophan is an amino acid that's found in turkey and is responsible for your after-dinner drowsiness at Thanksgiving. It is necessary for the production of serotonin, which is responsible for regulating sleep cycles. Natural sources of L-tryptophan include meat, pumpkin seeds, and milk and dairy. Boost your body's level of L-tryptophan by taking supplements. Follow instructions on the bottle.

Read Latest Breaking News from Newsmax.com <http://www.newsmaxhealth.com/Headline/immune-system-natural-appetite-suppressants-Tosca-Reno-healthy-eating>.

## **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**