



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 THREE

Newsletter Editor

Joe Fleischman

October 1, 2013

S.A. M & S...

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September 3, 2013 Meeting

Our guest speaker was Beth Platz owner and operator of **At Home Care**. At Home Care is a customized personal care provider for the elderly, disabled, or anyone needing a little extra support. They offer all day and night assistance for personal and companion care from medication reminders to meals and bathing needs, they can assist you. All caregivers are employees of At Home Care they are put through a thorough background check, and are insured and bonded. They handle all liability in regards to insurance and payroll. There is never a need to pay a care giver directly. They also provide a wide range of referral sources. If you would like more information or want to set up a meeting with Beth you can contact her at 877-942-4111 or aceathomecare@gmail.com.

MEETING, October 1, 2013

We will be having a speaker from Health Insurance Counseling and Advocacy Program (HICAP). Helen is returning to give us an update on the latest changes in Medicare.

Thank you Joe and Shirley, we all enjoyed the refreshments you brought.

This month's refreshments are brought to you by **Evelyn and Jordon**.

Group News

Stuart Manners (Norma) Stu has published his second book, "The Sights and History of Arnold, Murphys and Copper' along the Ebbetts Pass Corridor" It highlights 21 towns along highway 4: including Copperopolis, Murphys, and Arnold as well as smaller towns such as Telegraph Hill, now a ghost town. You can find a copy at local museums and Save Mart.

Michael J. Fox I hope you all got a chance to see new show starring Michael J. Fox It premiered on NBC, Thursday 26, September at 9:00PM.



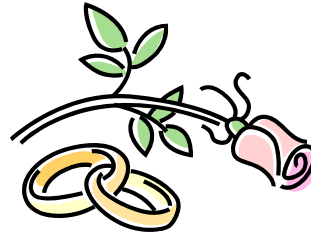
SAN ANDREAS MOVERS & SHAKERS...it's not OUR fault!!

November 5, 2013 Meeting We will be moving our meeting place over to the Mark Twain Hospital. We will meet in the classrooms #2 & 3, located in the back of the hospital near the helicopter landing pad. We will break up into patient and caregiver groups, Janet Laird will be leading the patient group and Joan & Peter Corillo will be leading the caregiver group.

October Birthdays

Carol Arechiga Roland Camfield
Loretta Crawford Janice Stivers
Robert Edmonds Shirley Fleischman
Barbara Meller Kitty Moon

We wish you a very Happy Birthday
and many more.



October Anniversaries

Esther & Roy McWilliams

The Nutrition Corner

The following information is from Bio Trust Nutrition

When it comes to food labels, manufacturers are very good at finding the loopholes in labeling laws and requirements, and subsequently very good at pulling the wool over YOUR eyes. One such loophole is the manufacturer's ability to claim "zero" grams of fat, or zero grams of trans- fat, or zero calories on the label, when in fact the product does indeed contain plenty of fat, trans- fat, and/or calories.

Here's the law, and how food manufacturers get around it:

Zero grams of fat or zero grams of trans- fat: As long as the food item has less than .5g of fat or trans-fat, respectively, the label does not need to claim their existence on the label. In fact, the product can even legally market "Zero grams of fat!" or "0g of trans fat per serving!"

Zero calories per serving: As long as the food item has less than 5 calories per serving, it can be rounded down and labeled 0 calories.

Deepening the Loophole with Unrealistic Serving Sizes

While .5g of fat or 5 calories may not seem like a big deal, remember that these values are "per serving", and while an entire package, box, can, or bottle of a product may contain hundreds of calories and loads of fat, as long as they can divide that package into small enough servings to meet the calorie and gram requirements to claim zero, it's legal.

Legal AND deceptive as hell.



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

We don't know about you, but we get angry when we see food manufacturers outright LYING to consumers on their labels and in the nutrition facts. Some of these products should change the Nutrition Facts header to "Nutrition Lies" and it'd actually be a lot more accurate.

You see, at BioTrust we're here to provide you with honest nutrition advice and products, and as such, here are our "Top 3 Violators" of this deceptive food labeling practice.

1. Cooking Sprays and Butter Sprays - Cooking sprays are labeled as fat-free but their first ingredient is oil, which is 100% fat. How in the world can this be? Well, the serving size is 1/5th of a second. What? Last time we used a cooking spray (some of the organic ones are useful) it took about 3 seconds to lightly coat the surface of the pan. Well, according to the manufacturer, we just used 15 servings.

Bottom line, no one uses the ridiculous and absurd microscopic 1/5th of second spray suggested serving, which isn't nearly enough product to be of practical use.

Cooking sprays aren't fat-free...they are nearly 100% fat. In my example above, a realistic serving actually contains around 5 grams of fat and 45 calories. A far cry from the 0 number reported on their nutrition facts.

Same goes for butter sprays, which are 90%+ fat in most cases. For example, one popular brand of butter spray contains over 800 calories and 90g of fat per bottle, yet it's labeled as a fat-free, calorie-free product! Yeah, right!

The serving size? One spray. Let's get real here...no one is using one spray, or five sprays, or 10 sprays. In fact, twenty-five sprays equals just one teaspoon, when the serving size for regular butter is 1 tablespoon. When you balance out the serving size to be the same as a serving of butter, you're looking at 75 sprays to get the same amount.

2. Artificial sweeteners - Not only are artificial sweeteners bad news for your health, but they're also a top violator of "calorie free" deceptive labeling practices. Many brands of artificial sweeteners use maltodextrin and/or dextrose (which are pure sugar) as fillers in each packet, and each packet can legally contain up to a full gram of sugar and 5 calories and still be labeled as calorie free.

We've seen people put 3 - 5 packets of this stuff in their coffee or on their cereal...hardly calorie free and even worse, maltodextrin and dextrose are two of the biggest insulin-spiking carbs around -- the entire reason people choose artificial sweeteners over sugar in the first place!

3. Any food that contains "partially hydrogenated" oils in the ingredient list, period. Bottom line, you should have a zero-tolerance attitude toward Trans fats. They are the most health-derailing nutrient known to man, and you should be truly consuming ZERO grams per day.

If a product claims "Zero grams of trans fat per serving", especially if they specify "per serving", they are almost always playing the serving size game and you're very likely to see partially hydrogenated oils on the list of ingredients when you flip the package over. If so, avoid it like the plague.