

NEWSLETTER

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

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VOLUME THREE

Newsletter Editor: Joe Fleischman

November 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
Judy Axtman; Membership Roster
Evelyn Rapetti; Refreshment Coordinator
Mona & David Harris; Hospitality & Historian
Gary Davidson, Program Coordinator
Vera Bogosian; Sergeant at Arms



October 1, 2013 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. 1-800-434-0222 is the number to call to make an appointment with Helen to have your questions answered about the changes in your Medicare coverage for this year. This is a free service provided by Area 12 Agency on Aging.

MEETING, November 5, 2013

We will be moving our meeting place over to the Mark Twain Hospital. We will meet in 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 Peter Carrillo will be leading the caregiver group. We will have our business session from 10:00 – 10:30 to plan our Christmas party for next month and have nominations for officers for next years board. If you would like to take a position on the board let us know at the next meeting...

Janet Laird of Winters, CA is a Wellness Educator using the Wellness Recovery Action Plan (WRAP). Janet utilizes simple art projects to support people in self exploration and self-expression concerning various health issues. She will be facilitating local Parkinson's patients in discussing issues pertinent to their health and wellness in spite of irritating symptoms

Peter Carrillo is a Clinical Health Educator and Life-style Change Counselor and Caregiver Life Coach who has taught and counseled clients and patients for 20 years. He specializes in the management of a range of chronic conditions, along with fibromyalgia, smoking cessation and stress reduction. He facilitates Caregiver Education and support groups, Fibromyalgia education groups and is an Arthritis Foundation Trainer.

Thanks to **Evelyn & Jordon** for bringing us last month's refreshments.

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



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

Vera is back home from her travels up the Coast and plans to be at the meeting in November.

Loretta fell and broke her hip and was unable to attend last month's meeting. I tried to contact her and Ray to see how she was doing but was unable reach them.

Mona had a terrible fall down a flight of stairs and breaking her jaw and facial bones. She was able to attend last month's meeting but was unable to talk because her jaw was wired shut.

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.

November Birthdays

Sue Costa

Stuart Manners

We wish you a very Happy Birthday and many more.

November Anniversaries

Judy & Jack Axtman

Helen & Ray Behrbaum

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

The Nutrition Corner:

This month we celebrate Thanksgiving, well known for its outstanding dinners and drinks. So you are on your own to enjoy your Family and Friends at dinner, a drink or two, and to give thanks for all we have been blessed with in life.

Shirley and I wish to thank all of you in our Parkinson's family of friends, for your help and support you have given us throughout the year and wish you all a very Happy Thanksgiving.