



NEWSLETTER

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

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VOLUME FOUR

Newsletter Editor

Joe Fleischman

JANUARY 1, 2014

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



MEETING, December 3, 2013

Shirley and I were unable to attend the annual Christmas party because we got a call that my Dad was in the hospital and were needed in Grass Valley as soon as possible. Evelyn and Jordon could not make it either because Jordon had fallen and broke his pelvis and was in the hospital too. Evelyn on her way to the hospital still managed to bring everything for the party even though Jordon's accident had just happened. Thanks to Barbara and Vera I learned that the Officers were re-elected, everyone had fun playing the greed game, and that the food was great!! There was a discussion about the group going to the Senior Center for lunch after next month's meeting. We had 29 in attendance and everyone said they would be coming to lunch at the Senior Center

Barbara will be checking into and making the arrangements for the lunch.

All in all it sounds like we missed a great Christmas party this year. My Dad had a pacemaker installed and now he is feeling better now and not as tired as he used to be. Jordan should be coming home in a couple of weeks and Evelyn hopes to make the January meeting

Next Meeting Date: Tuesday, January 7, 2014.

Happy New Year To you all; May it be a happy and healthy year for you.

Judy has lined up Virginia Manner, an Amador Lifeline Supervisor, from the Amador-Tuolumne Community Action Agency as our speaker for this month's meeting.

We will also be passing around the refreshment signup sheet for 2014.

Barbara has confirmed our luncheon arrangements with the Senior Center so we can go over for lunch after the meeting. The menu is Fried Chicken with sides, salad bar and dessert bar. Tea is free but coffee is .50. The cost is TBA at the meeting.

Thanks to **Evelyn** for bringing us everything needed to make the party a success and to **Judy** for preparing the main dish and everyone who brought side dishes and a gift for the game, you all made it a great day.

This month's refreshments are brought to you by **Judy / Gary**. We look forward to seeing all of you there at the January meeting.



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

Jordan fell and broke his pelvis

Sue fell and was unable to attend the last meeting

Loretta surprised us by attending last month's meeting. She was in good spirits and is still on the mend.

Mona is still at home recovering from her fall and surgery.

I came down with the flu on the Friday after Christmas and it has not yet cleared up it has just drained all of the energy out of me. I'm sorry that I have not been able to check on the above mentioned to find out how they are progressing

We hope you are all 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.

January Birthdays

Linda Bolton

Jerry Bruntz

Jerome Fueslein

We wish you a very Happy Birthday and many more.

January Anniversaries

Kitty & David Moon

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

The Nutrition Corner:

Nuts!

Almonds, Cashews, Macadamia, Hazelnuts, Pecans, Brazil and Pine nuts, what do they all have in common?

According to study results recently published in the New England Journal of medicine reported that people who ate nuts had a reduced risk of dying from any cause, compared to those who didn't eat nuts.

People who ate one 1-ounce serving each week had an 11 percent lower risk of death; those who ate two to four servings a week saw their risk drop by 13 percent. Those who consumed the most nuts, at least one 1-ounce serving a day reduced their overall death risk by 20 percent.

Eating nuts can be good for your heart; it's thought that the good fats in nuts help lower bad cholesterol levels. Nuts are a source of Larginine, which may help improve the health of artery walls by making them more flexible and less prone to blood clots.

For the complete story on nuts check out the December 13, 2013 section B, page3 of the Calaveras Enterprise article by Judy Georgiou.