



NEWSLETTER

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

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Newsletter Editor

Joe Fleischman

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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; Exercise Leader & Membership Roster
Mona & David Harris; Hospitality & Historian
Gary Davidson, Refreshment & Program Coordinator
Vera Bogosian; Sergeant at Arms



MEETING, Tuesday, January 7, 2014.

Virginia Manner, an Amador Lifeline Supervisor, from the Amador-Tuolumne Community Action Agency was our speaker for this month. Virginia talked to us about ways to continue living at home independently and safely through the Community Action Agency. She showed us how using a lifeline medical Alert Service can summon help if you fall and need help such as 911, a neighbor or a family members. They also do monthly calls to check up to see how you are doing as part of the service.

The Community Action Agency has been in Amador County for 32 years and has been in Calaveras County 1-1/2 years now. They help 132 clients between the ages of 40 to 105 to be successful at living independently at home. For more information you can call 223-1485, x232 or email tkraft@atcaa.org and you can find them on the web at <http://amadorlifeline.com>.

We passed around the refreshment signup sheet for 2014, the following signed up:

February- Judy Axtman, **March** - Barbara Pollard, **April** - Ramona Harris, **May**- Vera Bogosian, **June** - Birthday Party, **July** - Derrell Pulis, **August** - Lupe Ochoa, **September**. - Joe & Shirley, **October**. - Sue Costa, **November**. - _____, **December** - Christmas Party.

After the meeting we all headed over to the Senior Center for a luncheon of fried chicken with all the trimmings and dessert hosted by the club. It was the end to a perfect morning with our SAMS friends.

Next Meeting Date: Tuesday February 5, 2014

Our guest speak will be Anthony Warren. Anthony is a fitness trainer at Family 4 Fitness Center in Angels Camp. Anthony will be showing us was to keep fit even sitting down.

Thanks to **Judy and Jack, and Marcy and Gary** for bringing the refreshments last month.

This month's refreshments are brought to you by **Judy** and her faithful helper **Jack**. We look forward to seeing all of you at the February meeting.

Jordan surprised us all by showing up and walking into the meeting. He said he was feeling much better



Sue was also at the meeting she said she was doing better but still can feel the ribs at times. Sue did have to go into Stanford to get some "mature" stitches removed from her scalp.

Loretta is still recovering and she and Ray are doing ok.

Mona was another surprise she came in smiling and talking this time. She is still not completely healed, there are still some facial bones that have not yet fully healed and are still soft.

I have finally gotten over the flu with the accompanying cold that came with it and feel like living again.

It was great to see so many of you have recovered and were able to attend the meeting.

February Birthdays

Judy Axtman Marcy Davidson
Sarah Johnson Max Maxwell
David Moon Jordon Rapetti

*We wish you a very Happy Birthday
and many more.*

February Anniversaries

None this month
*Happy Anniversary to you
and we wish you continued
happiness in your partnership*

The Nutrition Corner:

One of the best ways to find healthy products is to check food labels. Here are some terms to look for when choosing low sodium, low fat, and low calorie items.

For Sodium

Phrase

Sodium free or salt free
Very low sodium
Low sodium
Reduced or less sodium
Light in sodium
Unsalted or no salt added

What it means

Less than 5 milligrams per serving
35 milligrams or less per serving
140 milligrams or less per serving
At least 25% less sodium than the regular version
Half the sodium of the regular version
No salt added to the product during processing

For Fats

Phrase

Fat free
Low saturated fat
Low fat
Reduced fat
Light in fat

What it means

Less than 0.5 grams per serving
1gram or less per serving
3 grams or less per serving
At least 25% less fat than the regular version
Half the fat of the regular version

For Calories

Calorie free
Low calorie
Reduced or less calories
Light or lite

Less than 5 calories per serving
40 calories or less per serving
At least 25% fewer calories than the regular version
Half the fat or a third of the calories of the regular Version.