

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

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VOLUME FOUR

OCTOBER 1, 2014

S.A. M & S...



COMMITTEE MEMBERS

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



MEETING, September 2, 2014.

Our guest speaker was Bonnie Norby, community health assistant, Calaveras Health And Human Services Agency. She spoke about ways to deal with chronic illness. They have workshops throughout the tri counties that last 6 weeks covering how to manage chronic health conditions. Bonnie will be getting in touch with us when the next workshop becomes available or if you would like to attend a workshop or want more information you may contact her at 209-754-6450.

Next Meeting Date: Tuesday, October 7, 2014.

Jessica Koscheka, Sonora Regional Hospital, nutritionist, she will be speaking on the subject of Nutrition and PD. I have spoken to Jessica on a couple of occasions about some of our group discussions and some of the problems that are common with PD. Since constipation came up again at the last meeting Jessica sent me the information that is found in this month's nutrition corner.

Refreshments for this month are brought to you by Lupe & Ray.

October Birthdays

Carol Arechiga	Roland Camfield	Loretta Crawford
Robert Edmonds	Shirley Fleischman	Barbara Meller
Jim Davis	Georgia Harris	Elaine Northcote
Jane Bioxhem		



We wish you a very Happy Birthday and many more

October Anniversaries

Lupe and Rey Ochoa

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



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MEMBERS NEWS:

Jerry Brunz has found a home for Tom's new lift chair. I spoke to Jerry and she told me that she was getting along ok now, but still has those days when she misses her Tom. She also told me she is having trouble with macular degeneration and is being treated for it. She still gets around on her own and hopes to make it to our next meeting if she remembers.

Judy reported that the Fit & Safe fair at the Senior Center was terrific. It was for seniors only and lots of activity and interest. Mona and Dave set up for the Fair in the morning using some of our pamphlets for handouts. Jack and Judy relieved them at 12:00 noon. They got a lot of good information to share with us at our next meeting. They also have 2 prospective speakers for 2015.

Evelyn and Jordon were missed at the last meeting because Evelyn was having some A-fib problems and wasn't feeling good enough to make it to the meeting. She was feeling when I had contacted them and we hope that is still the prognosis and look forward to seeing them this month.

Vera has fallen a couple of times and has hurt her right side and hip and will be at physical therapy when we will be having are next meeting so she will be missed again.

Barbara has made it through her surgery but did have a reaction to some meds at first that caused her some problems but she is at Mark Twain convalescence hospital, room 27, recovering well but would rather be at home.

Due to the election next month the library will be used as a polling place so we will meet again over at the Mark Twain Hospital where we will split into groups for our annual meeting of patients and caregivers. More about this in next month's newsletter.

We would also like to welcome Jane Bloxhem, Heidi Holmes, and Isabelle and Keith Tallia who joined our group last month.

I always know...

God won't give me more than I can handle.

There are times I just wish He didn't trust me quite so much.

The Nutrition Corner:

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Nutrition Therapy for Constipation - Page 1

Nutrition Therapy for Constipation

- Fiber and fluid may help you feel less constipated and bloated and **can help ease diarrhea.**
- Increase fiber slowly over the course of a few weeks, which will keep your symptoms from getting worse.



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Tips for Adding Fiber to Your Eating Plan

- You may choose any foods, but try to find foods with whole grains.
- Slowly increase the amount of fiber you eat to 25 grams (g) to 35 g per day.
- Eat whole grain breads and cereals. Look for choices with 100% whole wheat, rye, oats, or bran as the first or second ingredient.
- Have brown or wild rice instead of white rice or potatoes.
- Enjoy a variety of grains. Good choices include barley, oats, farro, kamut, and quinoa.
- Bake with whole wheat flour. You can use it to replace some white or all-purpose flour in recipes.
- Enjoy baked beans more often! Add dried beans and peas to casseroles or soups.
- Choose fresh fruit and vegetables instead of juices.
- Eat fruits and vegetables with peels or skins on.
- Compare food labels of similar foods to find higher-fiber choices. Packaged foods have the amount of fiber per serving listed on the Nutrition Facts label.
- Drink plenty of fluids. Set a goal of at least 8 cups per day. You may need even more with higher amounts of fiber. Fluid helps your body process fiber without discomfort.
- If you are taking calcium or iron supplements, check with your doctor or dietitian. You may be able to take smaller amounts several times a day.

Recommended Foods

Foods with at Least 4 g Fiber per Serving

Food Group Choose

Grains $\frac{1}{3}$ - $\frac{1}{2}$ cup high-fiber cereals. Check Nutrition Facts labels and choose products with 4 g dietary fiber or more per serving

Dried beans and peas

$\frac{1}{2}$ cup cooked red beans, kidney beans, large lima beans, navy beans, pinto beans, white beans, lentils, or black-eyed peas

Vegetables 1 artichoke (cooked)

Fruits $\frac{1}{2}$ cup blackberries or raspberries

4 prunes (dried)

Foods with 1 g to 3 g Fiber per Serving

Food Group Choose

Grains 1 bagel (3.5-inch diameter)

1 slice whole wheat, cracked wheat, pumpernickel, or rye bread

2-inch square cornbread

4 whole wheat crackers

1 bran, blueberry, cornmeal, or English muffin

$\frac{1}{2}$ cup cereal with 1-3 g fiber per serving (check dietary fiber on the product's Nutrition Facts label)



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2 Tablespoons bran, rice, or wheat cereal
2 Tablespoons wheat germ or whole wheat flour
Fruits 1 apple (3-inch diameter) or ½ cup applesauce
½ cup apricots (canned)
1 banana
½ cup cherries (canned or fresh)
½ cup cranberries (fresh)
3 dates (whole)
2 medium figs (fresh)
½ cup fruit cocktail (canned)
½ grapefruit
1 kiwi fruit
1 orange (2½-inch diameter)
1 peach (fresh) or ½ cup peaches (canned)
1 pear (fresh) or ½ cup pears (canned)
1 plum (2-inch diameter)
¼ cup raisins
½ cup strawberries (fresh)
1 tangerine
Vegetables ½ cup bean sprouts (raw)
½ cup beets (diced, canned)
½ cup broccoli, brussels sprouts, or cabbage (cooked)
½ cup carrots
½ cup cauliflower
½ cup corn
½ cup eggplant
½ cup okra (boiled)
½ cup potatoes (baked or mashed)
½ cup spinach, kale, or turnip greens (cooked)
½ cup squash—winter, summer, or zucchini (cooked)
½ cup sweet potatoes or yams
½ cup tomatoes (canned)
Other 2 Tablespoons almonds or peanuts
1 cup popcorn (popped)

You know you're old if they have discontinued your blood type.
-Phyllis Diller