



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

November 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
Mona & David Harris; Hospitality & Historian
Gary Davidson, Refreshment Coordinator; Program Coordinator
Vera Bogosian; Sergeant at Arms



October 7, 2014 Meeting

Jessica Koscheka, Sonora Regional Hospital, nutritionist/dietitian, was our guest speaker. She spoke on nutrition, health and wellbeing. She introduced the new My plate guidelines that replaced the food pyramid that we all grew up with. In closing Jessica invited the group to call her at 209-536-5041 if we had more questions or wanted more information on nutrition.

MEETING, November 4, 2013

We will be moving our meeting place over to the Mark Twain Hospital due to the elections. We will meet in classrooms, located in the back of the hospital near the helicopter landing pad. 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 year's board. If you would like to take a position on the board please let us know at the next meeting. Then we will break up into patient and caregiver groups, Judy Axtman will be leading the patient group with Marcy Davidson and David Harris leading the caregiver group.

Thanks to **Sue** for bringing us last month's refreshments. I really enjoyed the "spider" eggs

This month's heart healthy refreshments are brought to you by **Gary** and **Marcy**.

November Birthdays Sue Costa Nancy Gerell Stan Venckus

We wish you a very Happy Birthday and many more.

**November Anniversaries Judy & Jack Axtman Helen & Ray Behrbaum
Evelyn & Jordan Rapetti Isabelle & Keith Tallia**

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



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

Members News

Barbara is back home and doing well and plans on attending our next meeting.

Vera is also doing better, is planning on attending this month's meeting.

Just a reminder that open enrollment for Medicare ends this month. We did not have Helen from the Health Insurance counseling and Advocacy Program return this year to give us an update on the current rules and regulations on Medicare. If you need to have your questions answered about the changes in your Medicare coverage for this year, the number to call to make an appointment with Helen is 1-800-434-0222. This is a free service provided by Area 12 Agency on Aging.

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.