



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 FIVE

Newsletter Editor

Joe Fleischman

JANUARY 1, 2015

S.A. M & S...



COMMITTEE MEMBERS

Barbara Pollard; President, Publicity
Joe Fleischman; Vice President, Newsletter, Library
Judy Axtman; Secretary, Membership Roster, Hospitality
Marcy Davidson; Treasurer
Mona Harris; Hospitality
Gary Davidson, Refreshment, & Program Coordinator

MEETING, December 3, 2014



After a brief meeting and some discussion we closed the meeting and opened with a round of the greed game to get the party started. The food was looking and smelling too good so we voted to suspend the game in favor of testing and tasting all of the delightful dishes that were waiting for us to sample. Probably one of the best decisions that we made that day, as the food was excellent this year. After having our fill with lunch we got back into the gift exchange. There were many nice gifts given and even some stealing towards the end of the game. A very nice day was had by all and a great way to end this year's activities...

Next Meeting Date: Tuesday, January 6, 2015.

Happy New Year To you all; May you all be blessed with health and happiness in this coming year.

The newly elected officers will be taking over reigns at this month's meeting.

Judy has lined up Elizabeth Armstrong of Bankers Life for the January meeting. Her topic is Long Term Care.

There are still some openings on the refreshment list so we will also be passing around the refreshment signup sheet for 2015 again at the meeting. The following is a list of who has signed up and what months are open:

January. Axtman

Feb.

March

April. Pollard

May. Pulis

June. Rapetti (birthday month)

July. Harris

August. Tallis

Sept. Fleishman

Oct.

Nov.

Dec. Christmas Party

Thanks 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 & Jack**. We look forward to seeing all of you there at the January meeting.



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

January Birthdays

Linda Bolton

Jerome Fueslein

We wish you a very Happy Birthday and many more.

This time last year **Jordan** fell and broke his pelvis, **Sue** fell and **Loretta and Mona** were recovering from her falls. I am happy to report that they all have recovered, but it took some time for that to happen. Let's all be very cautious and aware of our surrounding this year and try to avoid falls. The road back from a fall can be a very long and painful one. So let's hope our group has a zero fall rate this year.

*Thank you Barbara for making some needed changes to our web site -
www.sanandreamoversandshakers.org*

The Nutrition Corner:

Sugar

Many people with PD find they have cravings for sweet foods. It's tempting to use sweets often, especially since they won't interfere with levodopa absorption. However, sweets can greatly contribute to constipation, elevated blood sugar, high triglycerides, and other disease conditions. Enjoy sweets in moderation, not as a replacement for the variety of grains, vegetables and fruits needed for a balanced menu.

This information was obtained from Parkinson Disease: Nutrition Matters, by Kathrynne Holden, M.S., R.D.

Shirley and I hope you all had a very Merry Christmas and are enjoying a Happy New Year

