



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

www.sanandreamoversandshakers.org

VOLUME THREE NO. 6

Newsletter Editor: Joe Fleischman

June 1, 2015

S.A. M & S...



COMMITTEE MEMBERS

Barbara Pollard; President, Secretary, Publicity

Joe Fleischman; Vice President, Newsletter, Library

Judy Axtman; Treasurer, Membership Roster, Hospitality

Gary Davidson, Program Coordinator & Refreshment Coordinator

Mona Harris; Hospitality



MEETING, May 5, 2015

We all met at the Mark Twain Hospital for our patient/caregiver meeting. When we arrived we found out that there was only one room for us, so the care givers met outside at one of the picnic tables. The meetings all went well and I noticed that Dave and Jack had posted some interesting questions for discussion among the patient group that might be good as topics for the whole group to discuss. We may have to rethink where we want to meet for our next split group meeting because this is the second time the hospital has shorted us a room after we had booked them well in advance.

During the business meeting, we were informed, that since we are not in or have a group in Amador County, the Community Foundation of Amador County could no longer sponsor us. Barbara has set up a meeting with the Calaveras Community Foundation to see if they will sponsor us and maybe by the June meeting we will have an answer.

Next Meeting Date: Tuesday, June 1, 2015.

We will be celebrating everyone's birthday this month as well as guest speaker. Terese Dell'Orto, Speech-language Pathologist will be speaking to us on "Parkinson's speech and swallowing" followed by a Q&A session. We will then break for our birthday party with Evelyn leading us in the merriment.

Thank you Derrell for bringing the refreshments for last month's meeting we enjoyed having multiple pieces of cake.

This month's refreshments are brought to you by **Evelyn & Jordon**.

June Birthdays

Marcy Crawford

Janet Laird

Sue Zielinski

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



June Anniversaries

Mary & Gary Ables

Mona & Dave Harris

Janet & Jeff Laird

Patty & Don Payne

Derrell & Nancy Pulis



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



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

Member News

- **Janet Laird and husband Jeff** are moving to Kentucky where Jeff has taken a position managing land between the Lakes. We wish them both much happiness in this new endeavor and to Thank Janet for all of the time and help she has provided the group over the years.
- **From Sharon Romano** "I have just renewed the hosting and domain name for the San Andreas Movers and Shakers website through May 12, 2016 in the amount of \$122.87. Please consider that my in-kind donation to your organization".

Thank you Sharon, that was very kind and generous of you to do for us and thanks for the great job you do for us maintaining the web site.

- We would also like to thank the **Mokelumne Hill Lions Club** for their very generous donation of \$200.00 to help support our group. If you know any of the Lion Club members please thank them personally for us.

The Nutrition Corner

A daily cup of tea or two try either of these hot or Iced for a healing summer time treat.

Green, black, hibiscus, or rooibos*

Are good choices for anyone with arthritis, fibromyalgia, or joint pain. All are naturally high in antioxidants, which can help prevent free radicals and beat back inflammatory responses.

Green and black contain theanine, which can help ease anxiety and depression. The amino acid has been studied for several different effects, with most of the research centering on its use as an anxiety treatment. In studies, theanine seems to relax the mind without causing drowsiness.

* **Rooibos** is a broom-like member of the legume family of plants growing in South Africa's fynbos. The generic name comes from the plant *Calicotome villosa*, *aspalathos* in Greek

Chamomile: Can help relieve depression and anxiety as well as digestive problems, due to its anti-inflammatory, antispasmodic, tranquilizing, and muscle relaxing effects. In a 2012 University of Pennsylvania study, researchers gave 57 people diagnosed with anxiety, depression, or both, either chamomile extract or a placebo for 8 weeks and concluded that the herb effectively reduced symptoms. The dose used was 220mg 3 to 5 times a day.

CAUTION:

Chamomile often causes reactions to ragweed- allergic people and those with hay fever. If that describes you, avoid it.

The above information was found at prevention.com

WEBSITE

Our web site www.sanandreamoversandshakers.org is up and running. If you have any ideas or would like to see something added to the web site please let me know.