

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

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S.A. M & S..



COMMITTEE MEMBERS

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

Meeting: Tuesday, June 1, 2015.

Our guest speaker was Terese Dell'Orto, Speech-language Pathologist from the Sonora Regional Medical Center. She spoke on speech and swallowing issues and concluded with a question and answer session. If you or your caregiver notices that you have a loss of volume in your speech or are having problems with swallowing it is time to ask your doctor to send you to a speech therapist the sooner the better.

We ended the meeting by celebrating everyone's birthday with cake and fruit supplied by Evelyn and Jordon.

Next Meeting Date: Tuesday, July 7, 2015.

Our Guest Speaker will be Love Miller, from the California Telephone Access Program. She will be speaking about CTAP, a free phone program for those who qualify.

Thank you Evelyn & Jordon for bringing the refreshments for last month's meeting we enjoyed the cake and fruit and the wonderful birthday party...

This month's refreshments are brought to you by **Dave and Mona.**

July Birthdays

Kathy Azevedo

Dave Harris

Sharon Davis

Doris Linden

We wish you a very Happy Birthday and many more.



July Anniversaries

Loretta & Ray Crawford

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



Member News

We would like to welcome two new members to our group **Jeannine Bolter** and **Mariam Coahran**.

We were saddened to learn last month that George Meller passed away May 12 due to complications of Parkinson's disease. George and his wife Barbara joined our group quite a few years ago but have not been able to attend the support group meetings for the past three years due to his condition.

We send our sincerest condolences to Barbara Meller and to the Meller family.

Also;

New member Mariam Cochran lost her best friend and partner Seth Turoonjian on May 22 from complications of Progressive Supranuclear Palsy.

We send our sincerest condolences to Mariam and to the Turoonjian family.

The Nutrition Corner

I asked Dr. Gandhi what her definition of constipated was and her response was, If you haven't had a movement in three days or your regular routine has changed, and if your stools are small, dry and hard.

The following is the recipe that was discussed at the last meeting and passed on from Jack and Judy.

This is recipe Dr. Gandhi recommended.

Smoothie for Constipation

Spinach

Kale

3 different kinds of berries

Coconut water

Yogurt (Greek or Activia) needs active probiotics

Blend in bullet or other blender.

Quantities of each vary. Usually, equal amounts of spinach, kale and berries.

Yogurt is about same amount in small Activia container....1/2 cup or less. Coconut

Water enough to liquefy.

Happy Fourth of July everyone, have a great day!