

NEWSLETTER

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

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Newsletter Editor, Joe Fleischman



NOVEMBER 1, 2015

S.A. M & S..



COMMITTEE MEMBERS

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



MEETING, November 3, 2015

We had Eileen Phillips from HICAP as our guest speaker. Eileen went over all of the different plans available in Calaveras County and discussed how you get into the doughnut hole and ways to avoid it. She also told us how different pharmacies could save you money or cost you more. Not having to deal with the plans A through F or donut holes it is all Greek to me, but the one thing I did understand is if you do have to deal with it, then you better sit down with one of the Hi-cap representatives and have them go over your plan with the meds you are taking because Medicare does change plans and covered meds within plans every year.

Hi-Cap will be having the following drop in clinics for those of you who have not made an appointment. Be sure to bring your medications and Medicare card with you.

- Tuesday, November 24, from 10:00 AM to 2:00PM, at the Senior Center in San Andreas
- November 17, from 10:00AM to 2:00PM, at the Amador Senior Center
- December 3, from 9:00AM to 4:00PM at 19074 Standard Road, Sonora.

We welcomed new members Michele and Dick Compton to our group.

MEETING, DECEMBER 1, 2015

We will be having our annual Christmas party/pot luck dinner. We will again play the greed gift exchange. We will also ask for nomination for officers and committee members and then have the election at our January meeting.

Thanks to **Juanita and Roland** for bringing us last month's refreshments.

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

November Birthdays

Sue Costa Nancy Gerell

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.





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Members News

Since our question and answer period with our guest speaker ran so long we didn't have time for nomination of officers or to put together our Pot luck dinner list, we asked Judy if she would get out the list for us and the following is what she sent out.



Can't believe Christmas is just around the corner. We will be having our **Annual Christmas luncheon and gift exchange** on ***Tuesday, December 1st from 10:00am to 12:00noon***. Please bring a wrapped gift for the exchange not spending over \$20.00 per gift. (You can exchange one gift per couple or if you each want a gift, bring two to exchange.)

I'll be baking the turkey again and need you to let me know what you would like to bring. Here is the list of suggested dishes we need.

1. Dressing (stuffing)
2. Cranberry sauce - Juanita
3. Mashed potatoes – Joe & Shirley
4. Sweet potato casserole
5. Vegetable dish - Barbara & Juanita
6. Pumpkin pie & whipped cream - Loretta Crawford
7. Dessert such as cookies
8. Rolls & butter - Evelyn
9. Drinks such as apple cider
10. Turkey and Gravy - Judy Axtman
11. Salad

You can contact Judy at 209/736-4687, 925/818-9501 cell or
2jaxtman41@comcast.net

Listed in the Anniversaries this month are Ray and Helen Behrbaum, it is with sadness that I was informed after the meeting that Ray had passed away with Helen following him a few days afterwards. It was said that they were very close that they were stuck together like glue. It appears now that they are spending their anniversary together in heaven. May they rest in everlasting peace.



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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.

As a follow up to last month's article on soups I have included the following recipe.

Butternut Squash Soup

• Prep 25 m • Cook 45 m • Ready in 1 h 10 m

Ingredients:

2 tablespoons butter
1 small onion, chopped
1 stalk celery, chopped
1 medium carrot, chopped
2 medium sweet potatoes, cubed
1 medium butternut squash - peeled, seeded, and cubed
1 (32 fluid ounce) container chicken stock
salt and freshly ground black pepper to taste

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the chicken stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.
2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Enjoy

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.

