

# NEWSLETTER

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

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S.A. M & S.,



### COMMITTEE MEMBERS

Rex Whisnand, President, Publicity

Joe Fleischman, Vice President, Newsletter, Library

Judy Axtman, Treasurer, Hospitality, Membership Roster

**Position Open - Secretary**

Mona Harris, Hospitality

Gary Davidson, Refreshment & Program Coordinator

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### MEETING, December1, 2015



We opened the meeting with nominations for officers and committee members. Rex Whisnand accepted the nomination for president. Having no more nominations being made the remaining members said they would continue in their positions for one more year with the exception of the position of secretary. Hopefully at the January meeting someone will come forward and volunteer for that position.

Following the nominations and election of the board and committee members began our annual Christmas party with our main course of turkey cooked by Judy with the assistance of Jack. Everyone else served up a side dish to go along with the turkey. After having our lunch we got 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 5, 2016.

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. Rex has lined up Teresa Nelson, BSN as our featured speaker. Teresa Nelson is a Registered Nurse currently serving as a staff chaplain at Sonora Regional Medical Center. Her presentation will focus on finding meaning and purpose in life through faith, hope and love.

We were having so much fun we forgot to pass around the refreshment signup sheet for 2016. Judy and Jack volunteered to do it this month, so we will be passing around the refreshment signup sheet at this meeting.

Following the meeting the board and committee members will meet to set up the budget and plan the meetings for next year. We need to find a place to meet when the library is using the room for the elections.

This month's refreshments are brought to you by **Judy and Jack**. We look forward to seeing all of you at our first meeting of the New Year.



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

### January Birthdays

Linda Bolton  
Helen Hasford

Brenda Cumberlege

Jerome Fueslein  
Rex Whisnand



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

### **MEMBERS NEWS**

We want to thank Barbara Pollard for her help over the past years in helping setup our group after Sarah moved away. Barbara was instrumental in getting our web site as well as taking on the roles of President, Vice President, Secretary, and Publicity when needed as well as the official coffee maker for the group. Barbara and Harold were always the first to arrive and made sure everything was set up for us when we arrived. Thanks again Barbara for all of your help and guidance over the years it was a pleasure working with you. We wish you all the best in the coming New Year.

I did get an answer to the question that was brought up about a dye injection that can tell if you have Parkinson's or not, but you will have to attend the meeting to hear the answer.

Anyone knowing of a guest speaker that you would like to hear from please let us know about them at this month's meeting.

### **The Nutrition Corner:**

Do you have questions about nutrition for those with Parkinson's? The National Parkinson Foundation has an online forum, so that people with PD or a caregiver or family member, as well as anyone can ask questions about nutrition as it relates to PD.

You will receive a daily digest of all questions that have been posted the day before. You can also email your own questions, read archived questions and responses, as well as perform searches on specific topics.

The forum is moderated by Kathrynne Holden, MS, RD, a registered dietitian who specializes in Parkinson Disease.

You can join the forum at [www.parkinson.org](http://www.parkinson.org)

Eat your food as your medicines.  
Otherwise you have  
to eat medicines as  
your food."

May you all have a happy, healthy, and enjoyable New Year.