



NEWSLETTER

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

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Newsletter Editor: Joe Fleischman

FEBRUARY 1, 2016

S.A. M & S...



COMMITTEE MEMBERS

Rex Whisnand; President, Secretary, Publicity

Joe Fleischman; Vice President, Newsletter, Library

Judy Axtman; Treasurer, Membership Roster, Hospitality

Mona Harris; Hospitality

Gary Davidson, Refreshment, & Program Coordinator



MEETING, Tuesday, January 6, 2016.

The meeting was poorly attended with only a dozen people in attendance including the guest speaker. I know it was weather relate as it was cold and raining and not a chance that it was going to get better, that I almost didn't go myself. The meeting started off with the our guest speaker Teresa Nelson, staff Chaplin at Sonora Medical Center asking each of us to tell her something about ourselves and how we are dealing with Parkinson's disease so that she could get to know us a little. Her presentation focused on finding meaning and purpose in life through Faith, hope and love. It was a very moving presentation and I don't want to get into more detail because I would like to have her come back again, and don't want to ruin it for those of you who missed it.

Next Meeting Date: Tuesday February 3, 2016.

Featured Speaker is Sandra Graham the Assistant Technology Advocate for the Disability Resource Agency for Independent Living Organization. Sandra will speak about Adaptive Technology and Research Technology on obstacles for people who have Parkinson's disease. Bring Smart Phones and Tablets if you have one.

The next Executive Board Meeting will be April 3, 2016, so if there is something you would like the board to consider please let one of the members know by then.

The refreshment list is incomplete and is as follows:

January - Jack & Judy

February - Dave & Mona

March -Joe & Shirley

April - Rex

May - __

June - ____ (birthday month)

July - ____

August - ____

September - ____

October - ____

November - ____

December - Christmas Party

Thanks to all of you for volunteering to do refreshments and a special thanks to **Barbara** for doing the coffee every month over the past years. **Dave** and **Mona** have volunteered to take over for Barbara making the coffee and plan on adding hot water for those who would like Tea.

Thanks to **Judy and Jack**, for bringing the refreshments last month.

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

We look forward to seeing all of you at the February meeting.



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

February Birthdays

Judy Axtman Marcy Davidson Dusty Dustyn
Rey Ochoa Jordon Rapetti Don Payne



We wish you a very Happy Birthday and many more.



February Anniversaries

Bill & Laurie Slankard Mistral & Brenda Cumberlege

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

Members News

Rex has lined up a Nutritionist as our guest speaker for April. We are looking at some CD's on exercise for Parkinson's that we can show at the meetings.

Because of the elections we will be moving our meetings in June and November. Those meetings will be the caregiver/patient split meeting. If you would like to lead one of those groups let Rex know.

Our web site www.sanandreamoversandshakers.org is up and running. If you have any ideas or would like to see something added or you think that there are things missing from the web site that you feel should be up there please let me know.

Sharon Romano our web master has done an outstanding job for us and is very creative, so if you haven't been to the website lately check it out and see Sharon's creative work.

MTMC Spring Health Fair Saturday March 26th 2016 0800- NOON Ironstone Vineyards

Hope you all are ready for the Super Bowl next weekend. Who are you rooting for?

We hope to see you all on Tuesday