



# NEWSLETTER

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

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### S.A. M & S...



#### COMMITTEE MEMBERS

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



#### MEETING, April 5, 2015.

Our guest speaker was Jodie Rodriguez RD, CDE. She received her undergraduate training at the California Polytechnic State University, in San Luis Obispo. She did her internship training in a variety of large and small hospitals in California before becoming a Registered Dietitian in 1982. She became a Certified Diabetes Educator in 1995. She began her work as a Dietitian at Sonora Regional Hospital and has worked as Manager of the Nutritional Service Department and Chief Clinical Dietitian.

Jodie handed out the "[ChooseMyPlate.gov](http://ChooseMyPlate.gov)" sheet showing how we should select our food based on the plate divided into Fruits, Grains at the top and vegetables and protein at the bottom. Dairy is in its own small circle where a glass would be. The plate has replaced the food triangle.

She also discussed the constipation issue and recommended you drink plenty of water and prune juice; take in high fiber food and recommends the recipe we've discussed before with prune juice, applesauce and bran.

#### Next Meeting Date: Tuesday, May 3, 2016.

Our speaker for this month is Scott McIntosh, the Pharmacy Manager at the Amador County Walmart Pharmacy. He will speak on Medications for those with Parkinson's disease.

Mr. McIntosh is a Graduate from Washington State University and received a Bachelor of Science Degree in Pharmacy. He belongs to the Independent Pharmacist Association and to the Pharmacies Planning Services Incorporated. He has been a Pharmacist for over thirty years.

**Thank you Rex** for the great refreshments last month we all enjoyed them. This month's refreshments are brought to you by **Ray & Loretta**.

#### May Birthdays

Derrell Pulis	Jack Axtman	Vera Bogosian
Ray Crawford	Betty Dergen	Judy Venckus
<i>We wish you a very Happy Birthday and many more.</i>		Helen Behrbaum
		Gary Ables



#### May Anniversaries

Gary & Marcy Davidson

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



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

### **MEMBERS NEWS**

You may have noticed the name Sharon Romano on the posters for Supervisor as you head into San Andreas; and yes, it is the same Sharon Romano who does our website for us. We wish her luck in the upcoming election.

Thank you to Judy for giving me an update on how the meeting went last month.

### **Nutrition Corner**

The following information was given us by our guest speaker Jodie Rodriguez.

- Balance calories in with exercise or calories burned
  - Enjoy your food, but eat less
  - Use a smaller plate, bowl or glass
  - Make half your plate fruits and vegetables
  - Switch to fat free or 1%
  - Eat more whole grains
  - Eat foods lower in sodium
  - Read food labels to compare fats, sugar and sodium to make the best choice
  - Eat more fruits and vegetables
  - Eat less food with solid fat and added sugar
  - Vary your protein sources with low fat meats, fish and lots of plant proteins
  - Get more exercise
  - Drink water or milk instead of sugary drinks
- 
- Reminder: take your Sinemet 30-60 minutes before or after eating protein
  - Take in small amounts of food several times a day
  - Do not eat too much meat protein
  - Drink plenty of water daily 8 cups
  - Protein should be 1/2 your weight in grams (ex: 160# = 80g/day)
  - Graze on carbs during day

### **WEBSITE**

Our web site [www.sanandreamoversandshakers.org](http://www.sanandreamoversandshakers.org)