

# NEWSLETTER

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

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OCTOBER 9, 2015

S.A. M & S..



### COMMITTEE MEMBERS

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



### MEETING, September 1, 2015

We were scheduled to break up into Patient/Caregiver groups. Unfortunately the first Tuesday arrived before I had realized it and Shirley and I did not make it to that meeting. We apologize for not being there and failing to show up with the refreshments. I hope both groups had a very informative and enjoyable meeting.

### Next Meeting Date: Tuesday, October 6, 2014.

This month we did not have a guest speaker so we held a round table discussion. Barbara told us about the passing of her husband Harold on August 17<sup>th</sup>. Barbara also told us how she lost everything but her house in the Butte fire.

We welcomed Dusty Dustgn as a new member to our group. Dusty is the caregiver for her husband Will, who has just been diagnosed with Parkinson's.

Next month we have scheduled Debbie Shally from HICAP as our guest speaker.

Refreshments for this month are brought to you by Juanita and Roland. We loved the Halloween theme you set up Juanita.

### October Birthdays

Carol Arechiga	Roland Camfield	Loretta Crawford
Jane Bioxhem	Robert Edmonds	Shirley Fleischman
Barbara Meller	Jim Davis	Georgia Harris
	Elaine Northcote	



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

### October Anniversaries



Lupe and Rey Ochoa	Will & Dusty Dustgn
Louise Jarvis	

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



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### **MEMBERS NEWS:**

Refreshments for November's meeting are brought to you by. **Marcy and Gary.**

Barbara informed us that she is not sure as to how much longer she can continue as President, Secretary and publicity liaison for the group. She pointed out that a few of us have been filling two or three positions for the past few years and requested we all think about taking on some of these positions at our next election of officers.

I spoke with Loretta and she told me that she had a bacterial infection that had put her in the hospital for four days and she is still in the recovery mode from it and that is why they haven't been to the meetings. They hope to make the next one if they release her from home care.

We hope that those of you who did not make the meeting this month are doing well and were not victims of the fire.

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### **Saturday, October 24, noon - 4:15 pm, San Francisco**

UC San Francisco's *Annual Patient and Caregiver Symposium on Parkinson's Disease*  
UCSF's Parkinson's Disease Clinic and Research Center  
William J. Rutter Center - Robertson Auditorium  
1675 Owens St., 2nd Floor, San Francisco, CA 94158

If you have any questions or concerns please contact our office at (415) 502-1672 or (415) 476-9276, or email, [Ruth.Gebrezghi@ucsf.edu](mailto:Ruth.Gebrezghi@ucsf.edu) or [Aaron.Daley@ucsf.edu](mailto:Aaron.Daley@ucsf.edu)

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**Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.**

### **The Nutrition Corner:**

With fall in the air and the coming of winter I start thinking of a hearty bowl of soup.

#### **Super Healthy Soups; *How to Make a Healthy Selection.***

Take stock the next time you walk through the soup aisle at your local grocery store. Soup can be good and healthy food. It can be a tasty way to add healthy beans, legumes, grains and vegetables to your diet. It's a convenient, yet inexpensive way to add protein, vitamins, minerals and fiber to your diet. And soup is both comforting and filling—a hot, savory bowl can help take the chill out of the fall and winter seasons. Want more reasons to ladle up?

- **Soup may curb your appetite.** Studies show that people who eat broth or vegetable-based soups (not creamy or high-fat ones) as the first course of a meal consume fewer total calories during their meal. In fact, study participants consumed 20% fewer calories when they started their meal with soup!
- **Soup can help you slow down.** Eating a bowl of soup involves spooning, slurping, smelling, tasting, chewing, and swallowing. This helps you slow down your eating time instead of inhaling your food. Slower eaters tend to notice signs of fullness sooner and consume fewer calories by better enjoying their food in the moment.
- **Soup stimulates the senses.** These warm concoctions have unique aromas, tastes, enjoyable temperatures and visual interest, which add to the pleasure you experience when eating.



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But beware! Canned soups can be loaded with sodium and fat. But you can make healthy choices in the soup aisle by going straight for the nutrition label. Pay attention to serving size, as many cans contain two or more servings. Look for soups with the following nutrient levels per 1-cup serving:

- **250 calories** (or less) per serving, to keep your diet in check.
- **3 grams of fat** (or less) per serving, to protect your heart.
- **3 grams of fiber** (or more) per serving, for filling power.
- **600 mg of sodium** (or less) per serving, to help keep blood pressure in check.

In addition to these guidelines, you can boost the nutrition, flavor and filling power of your soup with the following additions:

- Add **your** favorite herbs and spices to boost the flavor of reduced-sodium soups. Experiment with pepper, basil, parsley, oregano, garlic, ginger, or salt-free seasoning blends like Mrs. Dash.
- Add **calcium** and protein (without extra fat) by reconstituting your soup with skim milk, evaporated skim milk, non-fat dry milk powder, or calcium-fortified soymilk instead of water, whole milk or cream.
- Add **frozen** or leftover veggies to increase the fiber, vitamins and minerals in your soup. Spinach, broccoli, corn, celery, carrots and potatoes work well in most soups.
- Add beans and whole grains for more fiber, protein and filling power. Try potatoes, beans, **lentils**, lima beans, brown rice, barley, or whole wheat pasta.
- The **following** list contains some popular soups (in alphabetical order) that fit the recommendations above. These brands and varieties are available at your local grocery store or online. This product information may change, however, so always check nutrition labels before you buy.
- **Healthy Canned Soups (Nutrition Information per 1-cup serving)**

<b>Soup Brand and Variety</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>
Amy's, Organic Summer Corn & Vegetable	150	3	4	2	560	23
Amy's, Butternut Squash	100	2	2	2	290	20
Amy's, Minestrone	90	1.5	3	3	580	17
Amy's, Chunky Tomato Bisque	130	3.5	3	3	340	21
Amy's, Vegetable Barley	70	1	2	3	580	13
Campbell's Healthy Request, Beef with Country Vegetables	110	1.5	6	3	410	17
Campbell's Healthy Request, Chunky Chicken Noodle	110	2.5	7	2	410	14
Campbell's Healthy Request, Chunky Chicken/Sausage Gumbo	140	3	6	3	410	22
Campbell's Healthy Request, Chunky New England Clam Chowder	130	3	5	2	410	20



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Campbell 's Healthy Request, Chunky Old Fashioned Vegetable Beef	120	2.5	6	3	410	19
Campbell 's Healthy Request, Chunky Vegetable	110	1	3	4	410	23
Healthy Choice, Bean and Ham	180	2.5	11	6	480	28
Healthy Choice, Chicken Dumpling	150	3	8	3	480	22
Healthy Choice, Chicken with Rice	110	2	6	2	390	17
Healthy Choice, Chicken Tortilla	140	1.5	9	6	390	23
Healthy Choice, Country Vegetable	100	0	4	4	480	19
Healthy Choice, Garden Vegetable	130	0.5	5	4	450	24
Healthy Choice, Hearty Chicken	130	2	8	3	480	18
Healthy Choice, New England Clam	110	1.5	4	3	480	20
Healthy Choice, Chicken Noodle	90	1	8	1	390	12
Healthy Choice, Split Pea and Ham	160	2.5	12	6	470	27
Healthy Choice, Vegetable Beef	130	1.5	9	4	420	21
Healthy Choice, Zesty Gumbo	100	2	5	2	460	15
Pacific Organic, Vegetable Lentil	150	.5	8	7	490	27
Pacific Organic, Chicken Noodle	90	1.5	5	1	460	12
Progresso Heart Healthy, Creole Style Chicken Gumbo	110	2	7	4	480	18
Progresso Heart Healthy, Roasted Chicken Noodle	90	2	6	1	480	13
Progresso Heart Healthy, Savory Chicken and Wild Rice	120	2	6	1	470	20
Progresso Heart Healthy, Tomato with Parmesan	90	1	3	3	480	18
Progresso Reduced Sodium, Italian-Style Wedding	110	3	6	4	480	18
Progresso Light, Beef Pot Roast	80	2	7	2	490	10
Progresso Light, Homestyle Vegetable & Rice	60	0	2	4	470	14
Progresso Light, Italian Style Meatball	80	2	3	2	480	13



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Progresso Light, Roasted Chicken & Vegetable	70	1	5	2	440	10
Progresso Light, Savory Vegetable Barley	60	0	2	4	480	14
Progresso Light, Zesty Santa Fe Style Chicken	80	1	5	2	460	12
Progresso Light, Zesty Southwestern-Style Vegetable	60	1	3	4	470	12

• **Healthy Soups Cups and Microwavable Soup Bowls (Nutrition Information per 1-cup serving)**

<b>Soup Brand and Variety</b>	<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Fiber (g)</b>	<b>Sodium (mg)</b>	<b>Carbs (g)</b>
Campbell 's Chunky Healthy Request, Chicken Noodle	110	2.5	7	2	410	14
Campbell 's Chunky Healthy Request Chicken/Sausage Gumbo	130	3	7	2	410	18
Campbell 's Healthy Request, Italian-Style Wedding	100	2.5	6	2	410	13
Campbell 's 100% Natural, Mexican-Style Chicken Tortilla	130	2.5	7	3	410	19
Campbell's Healthy Request, Classic Tomato	120	0	3	2	410	17
Healthy Choice, Chicken Noodle	90	1	8	1	390	12
Healthy Choice, Beef Pot Roast	100	1	6	3	430	18
Healthy Choice, Chicken with Rice	90	2	6	1	390	13
Healthy Choice, Country Vegetable	100	0	4	4	480	20
Healthy Choice, Mediterranean Style Chicken with Orzo	90	1.5	7	2	390	11