

# Greater Fresno Parkinson's Support Group

"Helping to optimize the quality of the lives of *People With Parkinson's* and their *Care Partners*."

Our group meets the second Saturday of every month, taking the month of August off.

 Our Next Meeting is on 

**Saturday, July 11, 2009**

**10:00 a.m. – 12:00 p.m.**

## OUR PROGRAM:

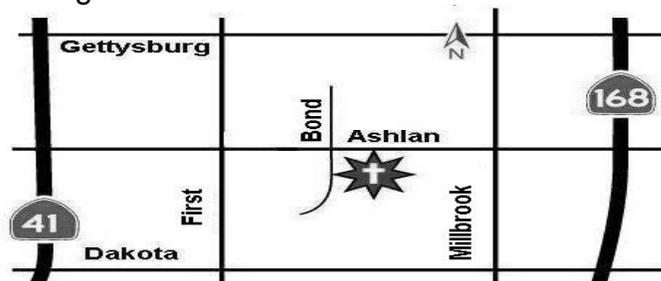
**Laurie Ecklund Long** will be the featured speaker. Laurie is an "Emergency Specialist" with almost a decade of experience as an author and speaker across the nation. Using concepts from her book *"My Life in a Box ... A Life Organizer,"* Laurie will show us how to "be prepared, stop procrastinating, and get organized" with your important information and documents, to make us better able to handle accidents and illnesses. As radio host Glen Schultz commented when interviewing Laurie on the air: "An emergency becomes less of an emergency when you are prepared." Expect an optimistic and informative presentation. Copies of Laurie's book will be available on site for purchase.

After a refreshment break and a chance to check out materials available from our **Group Library**, **Care Partners** will have an opportunity facilitated by our Group Member **Anne Guenther** to meet in a separate room to discuss with one another their experiences and to provide mutual support. Meanwhile, those remaining in the large group will have an open discussion of their particular needs and questions.

**NOTE:** Our **July** meeting will still be held at THE BRIDGE Evangelical Free Church, but in the **Atrium Building** next door to the south of the Chapel. (The Chapel, our usual meeting room, is being remodeled.)

**There will be no meeting in August.**

THE BRIDGE is located at 3438 E. Ashlan Ave., Fresno, CA 93726, at the SE corner of Ashlan & Bond between First & Millbrook -- enter the parking lot from Ashlan Ave.



## **Chuckle of the Month:**

### **GOOD SAMARITAN**

A Sunday school teacher was telling her class the story of the Good Samaritan. She asked the class, "If you saw a person lying on the roadside, wounded and bleeding, what would you do?"

A thoughtful little girl broke the hushed silence, "I think I'd throw up!"

## **Exercise & the Brain: Symposium 2009**

Saturday, August 8, 8:00 am – 3:30 pm  
Stanford University

Frances C. Arrillaga Alumni Center  
Fisher Conference Center & McCaw Hall  
326 Galvez St., Stanford, CA 94305

**RSVP** -- <http://neurology.stanford.edu>

Email: [tristyw@stanford.edu](mailto:tristyw@stanford.edu)

or call (650) 723-2116

Free. Refreshments provided.

Space is limited – reserve your seat early.

Please respect the *confidentiality* of personal medical information revealed to one another in our meetings. Always *check with your own doctor* before changing your medications or treatments based on what you read in this Newsletter or hear at our meetings from others, even medical experts, because Parkinson's disease is such a complex disease and our respective bodies react differently to the disease and to the medications and treatments prescribed to treat it. You are encouraged to report negative side effects of prescription drugs to the FDA online at [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call (800) FDA-1088.

## Getting To Know HARVEY & ROBERTA KROEKER:



I was born in Enid, Oklahoma, 9-17-1928. We moved around from Texas, Oklahoma, Kansas, and Nebraska, then to California when I was 16. I helped my father work in the vineyards.

Roberta ("Bobby") was also born in Oklahoma, but we did not meet until she and her family came to Fresno.

I accepted Jesus as my personal savior at camp in the summer of 1948. Our Sunday school was in charge of serving at a banquet for Pacific Bible Institute. The teacher brought a station wagon load of girls, so when we were through serving, we played ping pong in the courtyard. It came time that the teacher wanted to go home, so she asked the girls if they all had a way home. Bobby Kroeker was under the ping pong table chasing the ball; when she came up the teacher was gone. She tried to catch the teacher, but I told her that I told the teacher that I would take her home. A year and a half later we got married. We went to the courthouse to get our marriage license and the clerk asked Bobby what her last name was. She said "Kroeker." "No, you are not married yet." Same name. What a coincidence! Now what is your mother's *maiden* name? "Kroeker." We got a write up in the *Fresno Bee*. I worked for Orval's cabinet shop for 15 years and for Hiebert's office furniture for 2. Then I worked for a building contractor building houses. Bobby talked me into studying for my state general contractor's test which I did and passed. So now I'm my own boss...what a feeling that gave me! I went on to building houses, then to remodeling kitchens. We bought a Greyhound bus and made it into a motor home and we traveled all over the country with it...what fun! I retired in 1994. We have a son and a daughter, three grandchildren, and five great-grandchildren. We are still living in a house we built in 1977.

I was diagnosed with Parkinson's about seven years ago. As the years go by, we are more and more thankful for our independence, and the hope we have of an eternal home where these bodies will be replaced with the immortal. There will be no more tears, or pain, or death. Until then we smile, and take it one day at a time. *I Corinthians 15:51, Revelation 21:4 He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.*

### OFFICERS

#### Interim Leader/Emcee:

Russell Templeton

#### Treasurer/Alternate Emcee:

Barbara Burmeister

#### Membership Committee:

Sue & Doug Jackson

Faye & Jack Smith

#### Care Partners Group Leader:

Anne Guenther

#### Co-Librarians:

Bill Houk

Joycelyn Lock

Tony Turano

#### Newsletter Editor:

Ellen Jablonski

### STEERING COMMITTEE

Barbara Burmeister

Allen & Anne Guenther, Emeritus

Bill Houk

Ellen Jablonski

Doug & Sue Jackson

John Klassen

Joycelyn Lock

Max & Shirley Robinson, Emeritus

Dottie Rosenberg, Emeritus

Jack & Faye Smith

Stuart Snider

Russell & Jan Templeton

Anthony Turano

Max & Charlotte Wolfe, Emeritus

### WEBMASTER

Frédéric "Fredo" Martin

[www.workingarts.com](http://www.workingarts.com)

### PEER COUNSELORS FOR OUR CARE PARTNERS

Anne Guenther: (559) 322-7076

Sue Jackson: (559) 434-7928

Or online:

Caring From a Distance:

[www.cfad.org](http://www.cfad.org)

Family Caregiver Alliance:

[www.caregiver.org](http://www.caregiver.org)

Natl. Family Caregivers Assoc.:

[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

Well Spouse Association:

[www.wellspouse.org](http://www.wellspouse.org)

**FOR MORE INFORMATION,  
TO UPDATE OUR MAILING LIST,  
OR TO SUBMIT MATERIALS OR  
SUGGESTIONS, CONTACT:**

#### Ellen Jablonski

(559) 298-4080

Ellen4curePD@att.net or

#### Barbara Burmeister

(559) 322-8076

[bburmeister@sierratel.com](mailto:bburmeister@sierratel.com)

106 W. Paul Avenue

Clovis, CA 93612

[www.FresnoParkinsons.org](http://www.FresnoParkinsons.org)

**(559) 593-9953**

## Synopsis of our June 13, 2009, Meeting

**Kevin D. Gunner**, Attorney at Law, gave a very informative and easy to understand presentation based on the following outline he prepared for us:

### ELDER LAW DISCUSSION TOPICS/MEDI-CAL RULES

1. Nature of the Problem/Advance Planning.
  - a. Durable Power of Attorney
  - b. Adjustments to Traditional Estate Planning Methods.
  - c. Long-term Care Insurance
2. Medi-Cal Eligibility and Claims.
  - a. Eligibility Based on Resources and Income
    - i. Married Couple (one in SNF)
    - ii. Single Person in SNF
  - b. In-Home Care Benefits Limited (IHSS Program)/Veteran's Aid (A&A)
    - i. LTC Ins. Fills the Gap
  - c. Penalties for Gifts of "Non-Exempt" Resources
    - i. 2 ½ Year "Look back" (5 years + for Trusts)
    - ii. Gifts of "Exempt" Assets O.K.
  - d. Claims/Liens After Death
    - i. General Rules for Reimbursement
    - ii. Exceptions/Exclusions
    - iii. Claim Avoidance Strategies
3. Spend-Down Techniques to Qualify for Medi-Cal.
  - a. "Do Nothing" – Private Pay for Care
  - b. Convert Non-Exempt Assets into Exempt Assets
  - c. Limited Gifting (CAUTION!!)
  - d. Annuities
    - i. Same Positive Effect as Converting Non-Exempt to Exempt
    - ii. Recent Limitations and Strict Requirements
    - iii. Potential for Claim Against Remainder After Death
    - iv. Loss of Income as Received
  - e. Court order to increase CSRA
  - f. Divorce (LAST RESORT!)
4. New Developments/Questions and Answers.
  - a. DRA 12/2005 (Federal)

Kevin D. Gunner and Rex A. Haught, Attorneys at Law, Guarantee Towers, Fourth Floor  
1322 E. Shaw Avenue, Suite 430, Fresno, CA 93710, (559) 228-3100,

**Playing Virtual Sports  
Improves Mood and Function of  
Persons With Parkinson's ("PWP")**

In a study funded by a \$45,000 grant from the National Parkinson's Foundation, twenty PWP spent an hour three times a week for four weeks playing tennis using **Nintendo Wii**, a virtual sports interactive video game console which makes players feel as though they're actually playing sports like tennis. Players can do full body movements and see their progress on a screen.

Participants showed significant improvements in rigidity, movement, fine motor skills, energy levels, and depression. Going in, each patient could walk well enough but had both sides of their body affected. Studies have shown that exercise and video games independently can increase production of dopamine, a neurotransmitter deficient in PWP. Dopamine also helps improve voluntary, functional movements which PWP "use or lose."

The games require hand-eye coordination, visual perception, figure-ground relationships, and sequenced movement. Game systems are the future of rehab. About sixty percent of the study participants decided to buy a **Wii** for themselves. (Prices vary too greatly to quote here.)

**"HELLO" FROM DOROTHY ROSENBERG**

Dottie, founder of our predecessor group *North Fresno Parkinson's Support Group*, had surgery for a right hip fracture in February after which she returned to *Nan's TLC Home* residential board-and-care, but her health declined and they were unable to take care of her so Dottie is now at:

**Valley Healthcare Center  
4840 E. Tulare Avenue,  
Fresno, CA 93727  
(559) 251-7161**

If you can visit, she would love it.  
***We wish you the best Dottie!***



**Treasurer's Report**

**By Barbara Burmeister:**

**GFPSG:** The May 27 – June 23, 2009, Wells Fargo Bank Statement shows a Beginning Balance of \$286.67. Debited from the account during this period were checks totaling \$180.82 for meeting, newsletter, and postage expenses incurred in May and June. Credited to the account was \$128.85 in donations from the June meeting. Also credited to the account was a \$25.00 Wells Fargo reversal of a Check Card Rewards Annual Fee that had erroneously been charged to our account in May. The GFPSG did not request nor do we use a credit/debit card. The statement Ending Balance was \$259.70. Thank you for your continued generous support. Monies donated at the Support Group meetings help cover newsletter, postage, and refreshment expenses.

**Fresno Regional Foundation:** The balance in the "Parkinson's Support Fund" as of June 30, 2009, is \$3,648.00. There were no donations to the account for the month of June, nor were any expenses debited from the account. Donations and gifts made to our Support Group through the *Fresno Regional Foundation* are tax deductible.

**NOTE: The *Fresno Regional Foundation* moved to 5250 N. Palm Avenue, Suite 424, Fresno, CA 93704** (old address: 5260 N. Palm Avenue, Suite. 228, Fresno, CA 93704). Their phone, fax, and email will remain the same: (559) 226-5600, [www.fresnoregfoundation.org](http://www.fresnoregfoundation.org).

**Resource of the Month:** *Life in Balance, a Newsletter for People and Families Living With PD.* Teva Neuroscience, P.O. Box 29425, Shawnee Mission, KS 66201, (877) 429-4532.