

Comfort – Light of the Darkness

After three weeks of mourning, stuck in the constricted space of 'Bein HaMitzarim', we now begin a time of consolation, the seven weeks of Shiva d'Nichemta. For every week of pain and sorrow we are given over double that time for Nechama. As Chaza"l comment on the repetitive language of Yeshaya HaNavi: 'Nachamu nachamu ami', 'Be consoled my nation, be consoled' – Nechama is always encountered in double, as a two-fold experience. What is the notion of this bi-level ordeal?

In the end of מסכת מכות we learn of a conversation between רבי עקיבא and his friends when they witnessed a fox exiting the place of קדש הקדשים [post-Churban Beis HaMikdash]. His friends began to cry, while רבי עקיבא laughed. They explained their reaction being triggered from seeing the present defilement of the גאולה, while רבי עקיבא justified his laughter based upon his ability to perceive the glory of the future in the moment of destruction itself. רבי עקיבא was able to convey to them the joyous hope and potential of redemption concealed within the tragedy of חורבן. Upon hearing רבי עקיבא's perception, his friends expressed the following: עקיבא ניחמתנו, עקיבא ניחמתנו: Akiva, you've consoled us, Akiva, you've consoled us.

Surely רבי עקיבא's friends believed in the העתידה, the future redemption, and knew of the prophecies that tell of its unfolding. Nonetheless, only רבי עקיבא could

bring himself to laughter, to have and to give others sincere comfort, meaningful נחמה.

The potency of נחמה lies not in distraction from the loss, nor in assurance that things will be better in the future; the pain and suffering, loss and grief, are very real, and such appeasement cannot generate genuine consolation. The essence of נחמה lies in helping the mourner achieve a profound change of outlook, to see their loss from a higher perspective. Perhaps generating them to sense and live life for a greater purpose, one they could never have imagined before. Perhaps seeing them inspired to view the larger picture of תיקון עולם, and unlock their part in world transformation and significance. This is why רש"י always defines נחמה as a 'היפוך' 'מחשבה', a change of mind [see Bereishis 6,6,27,42, Et al., Pesukim 50,19-21], because נחמה is not of external nature, rather, it is reframing the understanding of the very loss itself.

Indeed, נחמה is of dual nature, not only achieving consolation from the loss, but also revisiting and altering the perception of the pain itself. נחמו, נחמו עמי. As the Midrash terms it: "נחמה בכפליים". Therefore, although the other sages knew of the גאולה as well, only רבי עקיבא was a 'master of consolation', because only he was able to see within the חילול הקדושה, in the very צרה itself, the higher purpose and glory of the גאולה. He did not merely see the proverbial 'light at the end of the tunnel', rather, he was able to perceive the light within the deep darkness of the tunnel itself.

This type of 'spiritual vision', to see the essential reality of our pain – the גאולה and ultimate goodness of הקב"ה concealed in the deepest gloom of Galus – has the power to hasten the גאולה. Our enlightened perception of this hidden reality manifests the revelation of this hidden grace. May we all be blessed with the vision of רבי עקיבא, eyes of נחמה and גאולה, and thereby be זוכה to the final נחמה of ביאת המשיח, and with our own eyes behold the המקדש במהרה בימינו.

יראו עינינו וישמח לבנו ותגל נפשנו בישועתך באמת, באמור לציון מלך אלהיך!

Rabbi Tzvi Feuer



A Gift for You

A 'Credit Card USB Thumb Drive' is included in the newsletter. This USB contains an interactive exercise program led by a professional trainer, Pamela Quinn, PD Coach. Just open the drive, pop it into the USB port of your device, join along, and enjoy. Get moving. Get well. Kick Parkinson's out of the way!!



How to Hunt a Monkey

"Do you know how hunters of old used to trap monkeys?" A man asked his child.

"Rather than chasing them up a tree or shooting arrows from below, they'd put a heavy glass jar with a narrow neck on the floor, which had the monkeys' favourite food inside.

They'd then step back and hide, waiting for the unsuspecting animal to approach.

When it did, the monkey would reach inside, clench a fist around the food, and try to pull it out. However, the narrow neck of the jar would stop the poor monkey from getting its hand out!

It'd pull and pull, but to no avail. There was simply no way to get its hand out of the jar without releasing the food.

Rather than letting go, though, the monkey would persevere, refusing to drop its dinner.

The hunters would then approach and catch it to enjoy a meal of their own."

"Don't be like that monkey," warned the man, "In life, to fight another day and grow as person, you must know when to quit, when to move on, and when to let go of whatever's holding you back."



Moral of the story:

Sometimes you have to let go and give up what you have now in order to receive something better in the future. Don't let stubbornness be your downfall!

The Fisherman and the Businessman.

Once upon a time there was a businessman who was sitting on the beach in a small Italian village.

As he sat, taking a brief break from the stress of his daily schedule, he saw a fisherman rowing a small boat back into the harbour. In the boat were a few large fish.

Impressed, the businessman asked the fisherman, “How long does it take you to catch so many fish?” To which he replied “Oh, not so long.”

The businessman was confused, “Why don’t you fish for longer to catch even more?”

“More? This is enough to feed my entire family and even offer some to my neighbours,” the fisherman said.

“So what do you do for the rest of your day?” Enquired the businessman.

The fisherman replied, “Well, I’ve usually have caught my fish by late morning, at which point I go home, kiss my wife, and play with my kids. In the afternoon, I take a nap and read. In the evening, I go to the village to have a drink with my friends, play guitar, sing, and dance into the night!”

Putting his entrepreneurial hat on, the businessman offered a suggestion.

“I have a PhD in business! I can help you become much more successful. From now on, you should spend longer at sea and catch as many fish as possible. When you’ve saved enough money, buy a bigger boat to catch even more fish. From there, you’ll soon be able to buy more boats, set up your own company, build a production plant to can the fish and control distribution, and move to the city to control your other branches.”

To this, the fisherman asks, “And after that?”

The businessman laughs, “After that, you’ll be able to live like a king, take your company public, float your shares and be rich!”

“And after that?” Asks the fisherman once more.

“After that, you can retire, move to a house by the sea, wake up early in the morning to go fishing, then return home to play with your kids, kiss your wife, take a nap in the afternoon and join your friends in the village to drink, play guitar and dance into the night!”

Puzzled, the fisherman replies, “But isn’t that what I’m doing already?”



Moral of the story:

Be content with what you have. Do you really need to keep pushing for more? Stress is often a choice. There’s joy and peace in simplicity.

Greetings from Barcelona

Reflections of the LifeSpark delegation at the World Parkinson's Congress

July 4-7, 2023

RABBI TZVIKI AND RIKI FEUER

As attendees from around the world testified, the 6th World Parkinson's Congress [WPC] packed a scientific as well as an emotional punch. The wellspring of information, coupled with a palpable joy and positivity, was an energy that need be experienced in order to be understood. The WPC served as a ground for friendships and networking, bringing together people with PD and their loved ones with researchers, neurologists, and health professionals, sharing and stimulating practical ideas towards PD health and quality of life.

Of the many words used to describe the experience were – powerful, energetic, overwhelming. So many people, so much information in over just 3 days – some said it was like being a 'kid in a PD candy shop'. People came away each with their own data and material, to form their personal 'PD toolkit' to assist them in their life's journey of living with PD. Such was the impact of the WPC experience, leaving participants motivated and energized.

In fact, some people reported 'post event blues', as the intensity of the experience left them craving for more of the information and friendships they cultivated at the WPC. In blogs around the world people shared such feelings, as well as their key practical strategies on how to overcome them. Actually, their ideas form the essential, core attitudes that are required for PD mental health, leading to a life of joy and success for those who travel along the PD journey. Here are the key takeaways from their writings:

1. AN ATTITUDE OF GRATITUDE for what we just experienced, and what we have in our lives. Gratitude can help to shift negative thoughts to more positive ones, helping to lift the apathy. One author suggests "writing a recap on everything that went well, and how you are grateful for everyone and everything that helped the event be a success."

2. RECOVER, RELAX, AND REWARD yourself after an intense experience. Treat yourself kindly, get more rest, relax, unwind. Reward yourself for being brave enough to attend and continue your life's battle with PD.

3. CONNECT WITH YOUR FRIENDS AND FAMILY after being away. One author suggests "While your friends might not understand why you feel low after the event, talking about it can help alleviate some of the stress."

4. RE-INTRODUCE ROUTINE for yourself. "Maybe you exercised less, or stayed up late, or had to travel more than usual, through different time zones — it can feel like a mental and physical rollercoaster. Go back to the day-to-day habits that work well for your body and mind." Get sleep back on track

and organize your food so you can eat well and exercise gently.

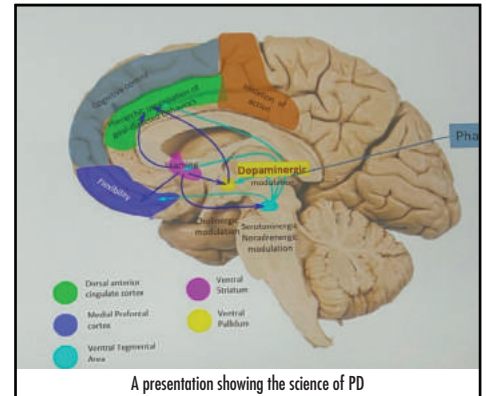
5. SET NEW GOALS for yourself. "Bring 'purpose' back into the picture by setting goals — looking towards what you want in the future can motivate you to kick

the blues to the curb." Write down your thoughts rather than them swirl in your head making them harder to process.

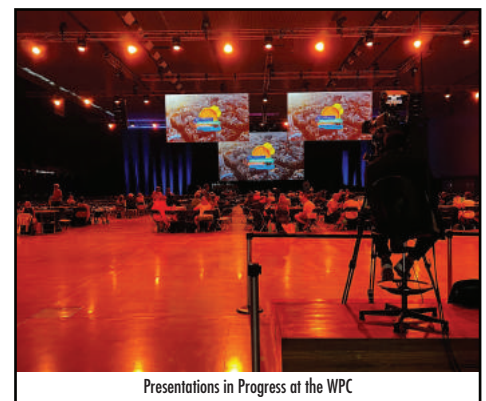
6. FEEDBACK ON YOUR EXPERIENCE Journal about your own experience, but also for the benefit of others in the community, whether that be the advocate, research, or healthcare community. Reach out to those you connected with to nurture friendships and to see what collaborations can happen that may benefit the community.

As is obvious from our above synopsis of the WPC, the Congress is all about education and inspiration. In fact, these ideals are the fundamental purpose of our

work at LifeSpark. A visit to our Kauftheil Wellness Center in Lakewood, NJ will find one entering a world of educational possibilities as well as access to a wellspring of guidance, information and inspiration. Subscribe and read our bi-monthly newsletters for more medical updates, information and encouragement. Also, check out our Monthly Zoom Educational Event wherein we are joined with world renowned neurologists, therapists and leaders in the PD health industry for all the above benefits and more.



the blues to the curb." Write down your thoughts rather than them swirl in your head making them harder to process.



We at LifeSpark extend our deepest thanks to the World Parkinson Coalition for running the WPC and to Eli Pollard and her part-time staff, and all the amazing volunteers, who made and continue to make this magic happen. See you at the next WPC!

AFTER OUR GROUP AT LIFESPARK ATTENDED THE WPC, WE ASKED SOME OF THEM TO SHARE THEIR THOUGHTS AND EXPERIENCES.

1. WHAT KNOWLEDGE DID YOU GAIN AT THE WPC?

AVROHOM KLIEN

I felt that I gained the most out of the presenters and vendors. While there were numerous doctors and therapists giving very informative lectures, the vendors are what really spoke to me. I was able to walk around, see different devices and therapy methods, and see what “felt” right for us. Every case is different and each individual will have a different technique or device that works for them.

I learned a tremendous amount during the congress. There are so many things I would have never learned about had I not attended the WPC. My opinion is that if someone is in the position to attend, it is ‘hardcore Hishtadlus’. A lot of what I learned will be stored away for future use. It’s all trial and error. My family and I are excited to see where the education we received takes us, and how it can help my father. The WPC opened up a world of possibilities.

MOSHE LEVY

I learned about exciting new medications in clinical trials and purposeful drugs that are showing promise. I learned the importance of aerobic and strength training exercise, and how it may significantly improve cognitive function. Rock Steady Boxing, claiming to reduce all Parkinson’s symptoms, is especially popular, having many centers located throughout the world.

RIKKI JANKLOWITZ

I gathered a lot of information regarding possible causes, symptoms, and some treatments/solutions. I gained more of an awareness of symptoms and treatments, some of which I never heard about, and a deeper appreciation of those that I knew existed.

RABBI MOSHE GRUSKIN

I was amazed by the sensitivity and awareness of the attendees of the WPC, both secular and Yidden. I believe this is because attendees, by default, have a mindset of working on themselves, and are open and vulnerable to the challenges that every person there is going through. This resonates with me even more than the knowledge and education.

YACOV GRUSKIN

I amassed an enormous amount of knowledge. There was a huge emphasis on the importance of exercise, maintaining mental health and overall attitude towards the disease. It was interesting to hear that there is an issue of stigma in the secular world as well; it is apparently a universal issue. Jean Blake, CEO of Parkinson’s Society of British Columbia, said that the number one reason people don’t seek help for their disease is stigma. It handicaps us from having a greater quality of life. He talked about some ways to overcome it, such as showing how successful we have become while living with the challenge of Parkinson’s. He talked about CEO’s and people who have full successful careers despite their illness. He believes the stigma is created mainly from the misconception that Parkinson’s is a geriatric condition that causes tremors. The world outside the medical community is not globally aware of the various ages and symptoms of Parkinson’s.

2. WHAT ARE SOME OF THE SCIENTIFIC TRIALS / POSSIBLE SOLUTIONS THAT INTERESTED YOU?

AVROHOM KLIEN

I found the Q1 device very interesting. A while back I heard about a device called ‘smart shoes’ that helps improve gait and freezing. I was in contact with them back and forth, because the technology resonated with me. It made sense. The device didn’t end up coming to fruition, but the concept is very similar to the Q1 device. I am very much interested in researching more about it to see if it can improve my father’s gait and mobility.



Have you or a loved one been diagnosed with Parkinson's?



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MOSHE LEVY

What fascinated me most at the conference was witnessing the great deal of research and scientific breakthroughs achieved throughout the world relating to PD. I learned about a new non-invasive device on the market that claims to improve movement through vibrotactile stimulation. I learned about a light therapy device designed to reduce motor and non-motor symptoms and to even stop regression! Both treatments are not yet in the United States.

RIKKI JANKLOWITZ

The science behind PD is fascinating. There are many new treatments in the works, and some that target specific symptoms. I also appreciated hearing that the medications out there are effective and useful. It validated that the treatments we are doing are indeed helpful.

RABBI MOSHE GRUSKIN

There is a new study that was discussed that is very informative and interesting. The study suggests that some individuals with Parkinson's have their disease stem from their gut, while others stem from the brain. Depending on where the disease stems from can affect the patient's cognitive state, how aggressive the disease presents itself, as well as the severity of different symptoms. With this information, researchers can pinpoint methods of healing, as opposed to dealing with it on a general, broad level.

YACOV GRUSKIN

I heard a fascinating presentation based on the mind-body paradigm. A trial monitored Parkinson's individuals exercising. In one part of the trial the individuals were observed doing exercise in a regular fashion. At another point, the individuals, prior to their workout, were shown a short video displaying other people doing the exercise they were about to do. The study showed that the exercise performed after watching the video clip was done more rapidly, and was proven to be more effective. The stimulation of the mind has a direct effect on the actions of the body.

Another lecture was about psychosis. Research is showing that too much dopamine can cause psychosis. It is a discussion to have with your doctor how to balance your meds based on the severity of mobility vs cognitive impairment. One individual may be extremely challenged with mobility and a larger dosage of medication may be the best option, while another individual may choose to deal with a slight limited mobility in order to keep on a low dosage and stave off the effects of a dopamine overload. Each case is unique. Some tips to ward off psychosis are to be on top of anxiety issues in particular and mental health in general. Mental health is very important. Sensory optimality is also an important factor. Make sure there is sufficient lighting in your home, and hearing aids and glasses are up to par, if applicable. When all of your senses are at their best, it reduces the risk of hallucinations.

The importance of EMST (Expiratory Muscle Strength Training for Dysphagia Treatment) was also discussed for swallowing issues.

3. WHICH PRESENTERS / GUESTS DID YOU FIND INSPIRATIONAL? CAN YOU SHARE SOME OF THEIR IDEAS/IDEALS?

AVROHOM KLIEN

I found Connie Carpenter-Phinney's keynote speech extremely inspiring. Connie is a former athlete who co-founded the Davis Phinney Foundation together with her husband. She told the story of their journey and how they took their challenges and rose above them, and went on to live productive, fulfilling lives, while helping others.

Another person I found inspiration from is Dr. Christopher Hess, a neurologist who practices out of University of Florida. I attended a round table discussion and felt that he is very honest and impartial while stating his opinion on the latest innovations and medications for Parkinson's disease, while having his finger on the pulse of the newest studies and trials. It opened my eyes to the importance of a trustworthy yet educated neurologist.

MOSHE LEVY

The WPC was fascinating and inspirational. Some of the ideas that I learned are that a healthy diet, particularly The Mind Diet (which is a combination of the Mediterranean and Dash Diet) is being prescribed and helps reduce decline in brain health. I also learned that OT, PT and Speech therapy are a vital part of a comprehensive treatment. These are just some examples. There are many more.

RIKKI JANKLOWITZ

The staff was warm and welcoming. Super helpful and informative. I found it inspiring that some of the presenters had Parkinson's - it was comforting to know that they are all able to live successfully and provide so much strength and inspiration to us. It was amazing to hear people's journeys

from PD diagnosis to quality living with Parkinson's.

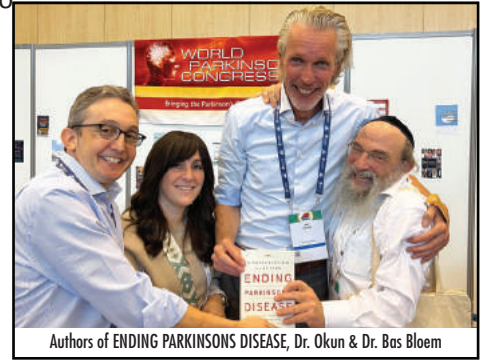
RABBI MOSHE GRUSKIN

There was a lecture by a woman named Linda Olsen. At the age of twenty-nine, Linda lost both her legs above the knee and her right arm in

a train vs. car accident in Germany. She got diagnosed with Parkinson's disease in 2015. Instead of wallowing in self-pity, she became a researcher for Parkinson's in order to help herself and others. She walks around with a smile and positive attitude. Her message is that if we are constantly looking to see how we can support others on this journey and create a sense of unity and understanding, we all come out winning.

YAKOV GRUSKIN

I found inspiration in the overall attitude of the presenters, attendees and overall WPC. There was a great line that I heard in one of the lectures that stuck with me. "Don't lose today in hope of tomorrow". While we should be proactive in research and studies, we should live in the present. Take the medication your doctor prescribed TODAY. B'ezras Hashem when there is a cure, you will go off of it! Start exercising TODAY - don't wait until your disease progresses.



Authors of ENDING PARKINSONS DISEASE, Dr. Okun & Dr. Bas Bloem

4. HOW CAN WE APPLY THE KNOWLEDGE & INSPIRATION TO THE DAILY LIVES OF THOSE WHO SUFFER FROM PD & THEIR CARETAKERS?

AVROHOM KLIEN

My most important takeaway from the WCP is how crucial it is to be proactive about being 'in the know' about all the different studies regarding Parkinson's. Whether it is a new or different medication, therapy, exercise or device. Something is not working? Do your research! While there is no current

cure for Parkinson's disease, there are so many innovations and methods to help increase the quality of life and manage the symptoms. Don't be afraid to go to a different doctor if your neurologist doesn't have enough knowledge or willingness to explore a different path. Parkinson's is a very complex disease - there is no one size fits all solution.

continued on back page



Explaining symptoms through art



With Jon Stamford, neuroscientist, Co-Founder of PARKINSON'S INSIDE OUT



Tremor Safe Zones, only at WPC

Tips for Parkinson's Patients

Michael Rezak, MD, MA, PhD, DBe
Movement Disorders Center-St. Alexius Medical Center
Hoffman Estates, Illinois

1. Hydration is critical. Drink 48-64 oz of water a day. Fill a pitcher with the required amount of fluid. It should be completed by the end of the day. Coconut water is an excellent hydrating agent, using sugarless flavoring for improved taste in water. This will help constipation and dizziness from low blood pressure and restrict fluids after dinner to reduce nighttime urinary frequency. Caffeinated beverages are ok but do not count toward your required fluid intake.



1a. Poor hydration can contribute to low blood pressure, dizziness, fainting, gait and balance problems, constipation, cognitive issues, and more.

2. Taking your Medication on time is critical. Medication and water should be available on the nightstand to take upon arising. Keep track of symptoms in relation to when you take your medicine. Be aware of dyskinesias (extra movements) and OFF times and how they relate to your medication schedule. Never make medication changes without speaking to your doctor.

2a. Keep medications organized. Use a pillbox with proper labeling.

2b. Keep a current medication list with you at all times. Consider laminating that list.

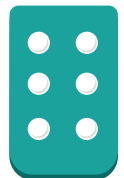
2c. Consult your neurologist before making medication changes.

3. Know the difference between a dyskinesia and a tremor.

A tremor is a rhythmic movement or contraction of muscles across a joint.

A dyskinesia is an extra involuntary movement, most commonly dance-like (chorea), and less commonly a sustained muscle contraction (dystonia) that

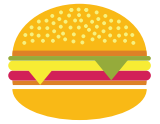
can be painful. Often, but not always, there is a relationship between dyskinesia to your medications, i.e., ON dyskinesias or PEAK dose dyskinesias occur when medicines are at their highest point in your brain, OFF dyskinesias occur when medicines are at low points or in the process of wearing off.



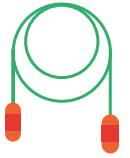
4. Physical, Speech, or Occupational therapy should be scheduled when you are at your best, i.e., your optimal ON time, so that you can do your best and get the most out of your therapy session.

5. Constipation is a common symptom of Parkinson's disease. It is often related to dehydration (see point# 1), not eating high-fiber foods, and lack of exercise. If necessary, use Miralax and a stool softener daily. Adjust the dose so it works appropriately for you. Call

your doctor if you don't have a bowel movement for 3-4 days, even with these interventions. Constipation is no laughing matter. It can lead to an obstruction requiring surgery or even worse.



6. Exercising your body is an investment in your future well-being. PD patients that exercise do better longer and enjoy a better quality of life. Aerobic exercise for 20 minutes, three to four times weekly is highly recommended. If walking is impossible, exercise can be done seated or on a stationary bicycle. Always check with your primary care doctor before starting an exercise program. Medications can't do it alone. Exercise is the other side of the equation that equals an optimal benefit for the long term. Exercise also helps maintain good bone health, which is essential to prevent fractures if you fall.



7. Exercising your mind is important too.

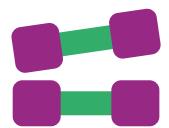
8. Think before you act. Impulsiveness can lead to falls and other disasters.



9. When starting to walk after being seated, let your legs lead your body. This is especially important if you experience "start hesitation" or freezing by preventing your center of gravity from getting too far ahead of your body, leading to falls.

10. Freezing of gait. If you experience freezing of gait, resist the inclination for repeated attempts to take a step. Instead, stop, relax, and count to three, at which time a step can be initiated and ambulation resumed. Various techniques are available to correct this problem and are learned in physical therapy.

11. Be sure to have a primary care doctor. Any abnormality or illness in your body can worsen your PD symptoms until treated.



12. See a dermatologist at least once a year for a total body skin check. Melanoma risk is higher in PD patients.

13. Your caregivers need care and consideration too. Caregivers need to have some protected time to care for themselves.

14. Risk factors [such as age, gender, heredity etc.] do not equal cause & effect. One may have risk factors that never lead to illness.

15. Tremor can be frustrating in accomplishing the activities of daily living. Occupational therapists specialize in treating problems in the hands and arms. They can find ways of reducing your tremor while eating, writing, or performing fine motor activities, sometimes without medications.

16. Avoid daytime naps totaling more than one hour per day. It will disrupt nighttime

sleep. If falling asleep is difficult, read a sefer or book etc. Do not watch TV or use a computer/cell phone.

16a. Maintain a regular sleep schedule

16b. Attempt to avoid working on bills, watching disturbing shows, eating large meals, or engaging in contentious conversations before bedtime.

16c. Talk to your doctor about any sleep difficulties. Some problems, such as Restless Leg Syndrome (RLS), REM Sleep Behavior Disorder (RSBD), Periodic Limb Movements of Sleep (PLS), and Sleep Apnea, are more common in PD.

16d. PD meds can cause sleep problems, such as sleep attacks & excessive daytime sleepiness.

17. Driving abilities can decline when you have Parkinson's disease. Know that when you are driving, you are responsible for and control a potentially lethal weapon.

17a. Don't drive when sleepy.

17b. Report driving problems to your neurologist.

17c. Consider a formal driving evaluation conducted by a certified occupational therapist or other professional to objectively determine if it is safe for you to be driving.

18. Your primary care physician is an essential member of your care team.

18a. Be aware that any stress on your body (physical or mental) can worsen your Parkinson's symptoms while the stress remains.

18b. Maintain your optimal physical condition and correct abnormalities according to the instruction given by your primary care physician.

18c. Psychological stress can worsen your Parkinson's symptoms. Getting help from a counselor, social worker, psychologist, or psychiatrist is very important.

19. If you are admitted to the hospital for any reason, be sure to notify your neurologist.

Also:

19a. Bring all of your medicines in their containers

19b. Bring multiple copies of your medications with the exact doses & times you take them.

19c. Give nurses a copy of your medication schedule on each shift. Discuss the importance of receiving your medications ON TIME.

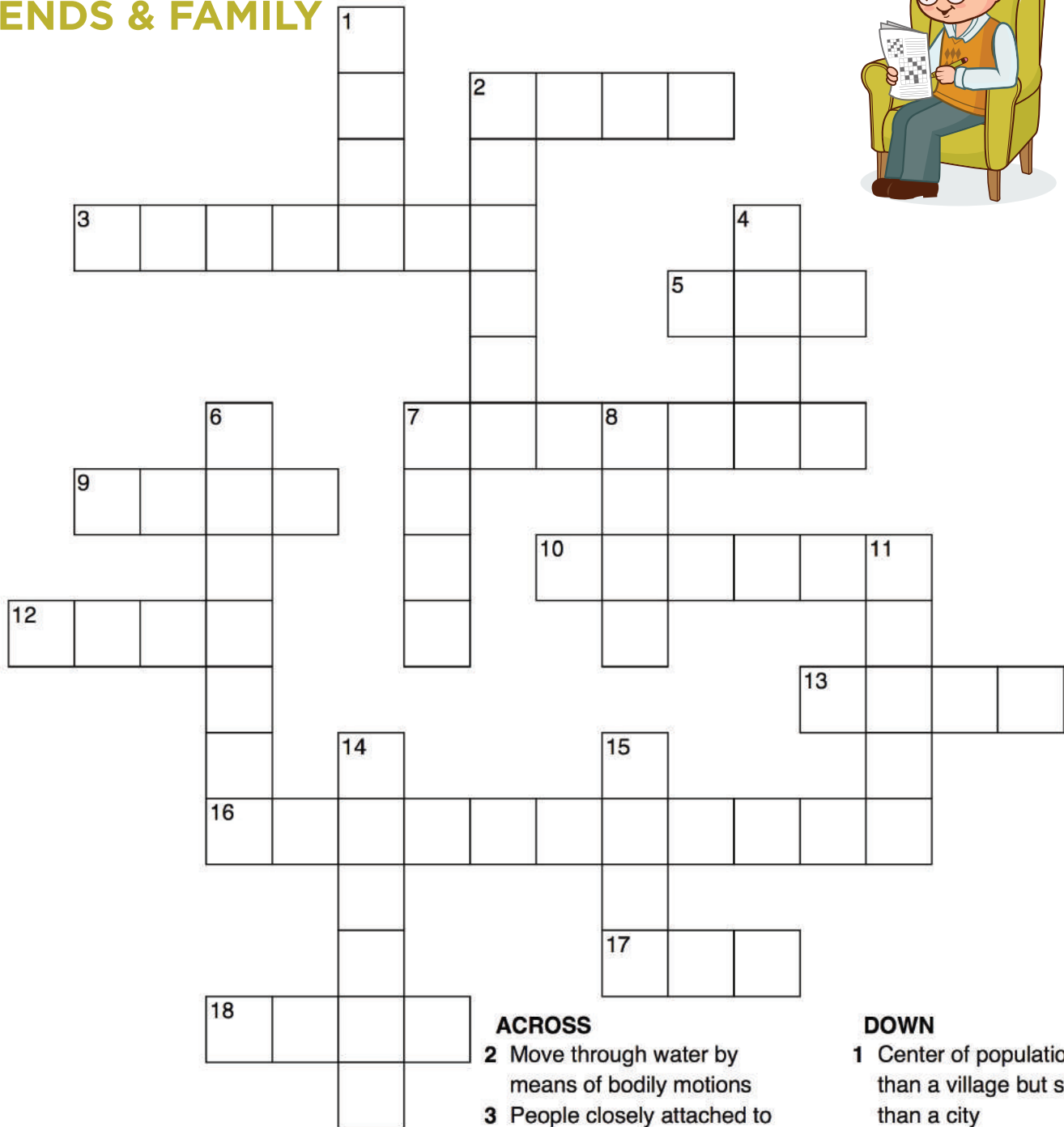
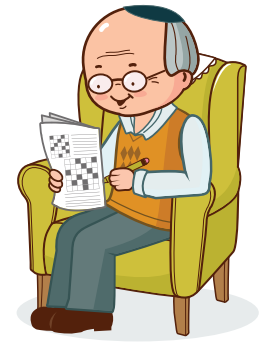
19d. Receiving your medications correctly will enhance your recovery and reduce the risk of aspiration and thrombosis.

19e. If your illness prevents you from taking anything by mouth, discuss with your neurologist and healthcare team to devise alternative strategies.



PUZZLE TIME

FRIENDS & FAMILY

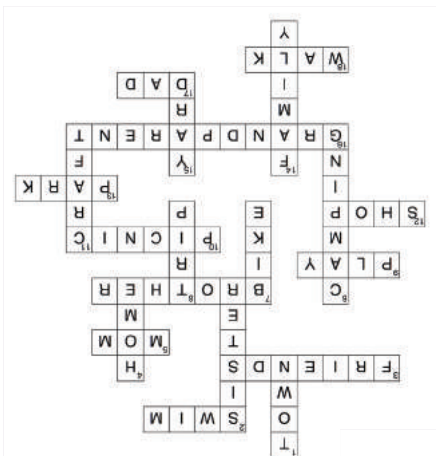


ACROSS

- 2 Move through water by means of bodily motions
- 3 People closely attached to each other by affection
- 5 Mother
- 7 Male sibling
- 9 Recreation
- 10 Informal outdoor meal
- 12 Small retail store
- 13 Area of public land set aside for rest and relaxation
- 16 Father or mother of one's parent
- 17 Father
- 18 Stroll

DOWN

- 1 Center of population larger than a village but smaller than a city
- 2 Female sibling
- 4 Place where one lives
- 6 Living in outdoor tents or shelters
- 7 Bicycle
- 8 Journey, voyage, or excursion
- 11 Skill in making things by hand
- 14 Group consisting of parents and their children
- 15 Open area next to a house



RIKKI JANKLOWITZ

I think it is important to spread awareness. I think that sharing personal stories of triumphs and of failures can be helpful to those living with Parkinson's and those caring for them, family members and friends. Knowledge is power. The more we heard about things, both new and things we already knew, the more tangible this idea became.

As a caretaker, my key take-aways were the importance of being social, exercise and movement, and of building a strong support system with doctors, friends and caregivers.

Things that I already knew about, yet learned more of their value, were: take the medication as prescribed, maximize the amount of movement and exercise, and to keep a healthy diet. Things I didn't know and learned at the WPC: other types of exercises that can help patients with Parkinson's (table tennis, dance), other treatments and medications that can be helpful when the ones being taken aren't working, other symptoms to look out for, types of symptoms categorized as 'brain vs. body'.

Overall, it was an amazing, empowering, learning experience. We are so grateful to have attended.

RABBI MOSHE GRUSKIN

The more we surround each other with positivity and support from others in the Parkinson's community, the better the outcome will be for us all. On a national level, we can show the gov-

ernment and the medical community that we are a large presence and that more funding should be provided to find cures for PD! We can also work on erasing stigma by educating our insular community on different aspects of Parkinson's. We can show them (and more importantly, ourselves) that having Parkinson's isn't all there is to us. We are so much more than a disease! *ly" h* Mashiach will be here before the next WPC is scheduled and all of Klal Yisroel will be cured! Amen!

YAKOV GRUSKIN

Caretakers need to take measures to prevent 'caretaker burn-out'. Some of the advice they gave was to take some "me time" throughout the day, even if it is only for 5 minutes. Keep a gratitude journal and write an entry each day. Try not to feel guilty by the burnout - it is extremely normal! Set feasible goals for each day. Seek support and advice.

There are 2 levels of acceptance. Accepting that you have Parkinson's disease, and accepting *living* with Parkinson's disease. Things will get frustrating, and your day may not go as planned or hoped. Having a positive attitude is not easy but can help you live your best life with Parkinson's.

LIFESPARK

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SUMMER WEEKLY CLASS SCHEDULE:

Sunday	CORE STABILITY WITH FITNESS STANLEY LEVY MEN 2:30
Monday	ACTIVE MOVEMENT AVIVA POLTER CPT, CFP, CBI, CFI WOMEN 9:30
Tuesday	CIRCUIT TRAINING THERAPY NAFTALI SCHNELL DPT MEN 2:30
Wednesday	BALANCE & CORE STRENGTHENING BATYA KASSOVER CPT WOMEN 9:30
Thursday	PARKINSONS SPECIFIC BOXING NAFTALI SCHNELL DPT MEN 2:30

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