



The Torah commands us to never forget **הר סיני**. The Sinaitic experience must be a constant in our psyche and its directives in the forefront of our minds. One of the critical lessons learned at Sinai is the following.

Our moment of commitment at Har Sinai was when we declared **ונשמע נעשה**. As we uttered these words, we dedicated ourselves to fulfill the will of Hashem under any circumstances. The Gemarah records the heavenly reaction to our saying **ונשמע נעשה**. It says a **בן קול** went out and questioned: **מי גילה לבני רז זה שמלאכי השרת משתמשין בו**, "Who revealed to my sons the secret that only the angels use"? The question is, why is **ונשמע נעשה** such a mystery? Why is this expression reserved only for the angles?

Maharsha explains that the concept of **ונשמע נעשה** is indeed a total mystery for Man, beyond his comprehension, and is something that only celestial beings, the angles, can fathom. **ונשמע נעשה** means that I can genuinely commit to do the will of Hashem – **נעשה**, without concern that my intellect – **נשמע**, will obstruct my ability to execute my pledge. **ונשמע נעשה** implies that the moment I commit to doing what I know is right, we can consider the act to have already been done, without any impediment getting in the way.

Only angles can grasp this notion, as their very nature is to only do the will of Hashem; created with the singular, definite focus of **קיום רצון הבורא**, without any personal desires nor intellect to hinder their mission. Humans, on the other hand, are creatures of **בחירה**, free choice, deliberately created with intelligence and the option to go against the will of Hashem. Man cannot say **נעשה** with absolute certainty, as his **נשמע** tends to restrain his good intention.

Nonetheless, at **קבלת התורה**, Klal Yisroel became privy to their profound core nature, their Neshama, a spiritual essence even more potent than that of angles [see Nefesh HaChaim, Gate 1 Chap. 10]. They discovered that in the deep recesses of their own souls they have access to the mysterious 'angelic commitment;' to an all-encompassing singular focus to do the will of Hashem, therefore they proclaimed with confidence: **נעשה ונשמע!**

The above notion serves as a lesson in trying times, in moments when we find our **נשמע**, our intellect and desires, overwhelming our **נעשה**, our ability to do what we know is right. We should remember Sinai and reflect on our essence that was then revealed. Indeed, we too are angelic, and can tap into a source of wholesome unadulterated commitment. As we realign with our inner strength we regain determination, strengthen our resolve to joyfully continue our journey of **עבודת השם**. We are strong like angels. **נעשה ונשמע**. We know our secret, let us use it wisely.

גוט יום טוב

Rabbi Tzvi Fener



02

PPMI Study

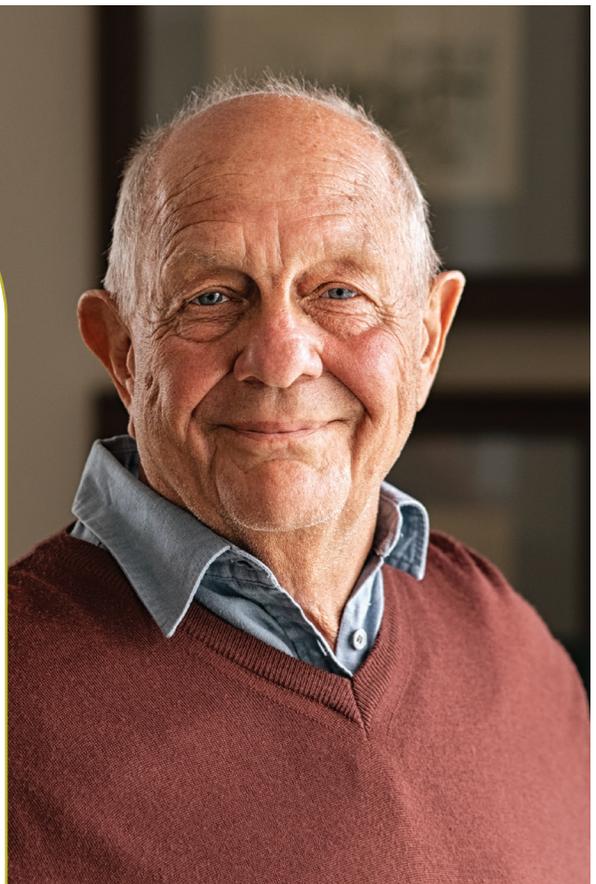
New Studies for PD, Lewy Body Dementia & Alzheimer's show promising leads.



04

SHAVUOS RECIPE

Dairy-free cheesecake recipe for Shavuos.



PPMI Study

On April 20th, the Michael J Fox organization hosted a fascinating Webinar regarding the new PPMI study. The study contains important new developments in the field of PD, and we felt that keeping updated with this information can be beneficial to LifeSpark members. With that in mind, please find below a summary of the Webinar. The core idea of the Webinar is that scientists have discovered a biomarker to diagnose PD.

[a biomarker is a biological molecule found in blood, other body fluids, or tissues that is a sign of a normal or abnormal process, or of a condition or disease. A biomarker may be used to see how well the body responds to a treatment for a disease or condition.]

There is a protein called Alpha-synuclein that is found throughout our bodies and concentrated in our brain cells. This protein is responsible for communication throughout our bodies. Individuals with PD, Lewy Body Dementia and Alzheimer's show that the protein in these cells clump and misfold. These cells communicate with neighboring cells thus spreading the disease and causing it to progress. By spinal tap, researchers can mix the synuclein with artificial synuclein seed which will cause it to culture and clump together as if it were in the brain, and then add a chemical to cause it to light up so they can make a PD diagnosis.

They are seeing differences between genetic PD and non-genetic PD [SA+ means the PD is genetic. SA- means the disease is not genetic]. With this detailed information they hope to be able to offer different treatment and medications to better treat PD. They can also distinguish other neurological diseases such as Parkinsonism syndrome and Alzheimer's because the cells clump in a different shape and form. The test is called SYNTAP and is not yet covered by insurance.

HACK-TIME! WE NEED YOU!

We are looking for any tips and tricks of the trade that we can share with our readership.

Please send in any tips and/or ideas that you find beneficial in helping with your PD.

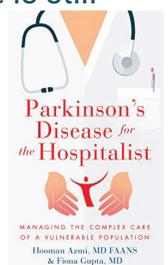
Email nechama@lifesparkpd.com

BE IN THE KNOW!

Our upcoming zoom event will be with Dr. Gupta. If you have not read her book yet, there is still time.

Reading it will allow you to ask targeted questions at the Q&A after the presentation.

<https://amzn.to/42NOTi2>



WITH NO ONE ELSE BUT HASHEM

By Rabbi Yechiel Spero, reprinted with permission from Artscroll.

The Alexander Rebbe, Rav Yechiel Dancyger, was traveling with his son, the Yismach Yisrael, Rav Yerachmiel Yisrael Yitzchak. The Rebbe, an elderly, weak man, suffered from numerous ailments and illnesses. On the trip, he suddenly began to experience the symptoms of a heart attack; he felt faint and lightheaded. Though the Rebbe was in urgent need of medical attention, he and his son were nowhere near a doctor or medical facility. They were on their own.

The Rebbe believed the time had come to say the end-of-life *tefillos*. He held his son's hand and asked him to recite *Viduy* and *Krias Shema* with him. But the Yismach Yisrael reassured him, "Don't worry, Father. Just drink a glass of water and everything will be fine. It's going to be all right. You'll feel better before you know it." He gave his father a glass of water and immediately he began to feel stronger. In fact, he felt much better than he had at the beginning of the trip. His *kochos* were restored.

"Tell me son, how did you know I would begin to feel better, when all indications were that my end was near?"

The Yismach Yisrael responded, "I learned it from David HaMelech."

He explained: In the 13th *kapitel* of *Tehillim* (v. 2), David cries out, "*Ad anah Hashem tishkacheini netzach. Ad anah tastir es Panecha mimeni.*" David, who endured much suffering in his lifetime, asks: How long will Hashem act as if He has forgotten him? How long will He hide His face from him?

He wonders how much longer he will have to keep searching for methods and schemes in order to save himself (v. 3): "*Ad anah ashis eitzos be'nafshi.*" In addition, ordinarily a person is happy during the day, but David states that even in the day, his heart is unhappy, for how long will his enemy triumph over him? "*Yagon bilvavi yomam ad anah yarum oyvi alai*" (ibid.).

In the following two verses, he looks up toward Heaven and begs, "*Habitah aneini Hashem Elokai ha'irah einai pen ishan hamaves. Pen yomar oyvi yecholtiv tzarai yagilu ki emot.*" David states, "*Ribbono Shel Olam*, I don't know what to do! This is a matter of life and death. If You don't answer me and enlighten my eyes, I'm going to die, and this may cause my enemy to boast that he overcame me; I don't want my tormentors to rejoice when I stumble."

Almost an entire *perek* is devoted to David HaMelech's despairing *krechts* of pain.

But then, in the final words of the *perek* (v. 6), David changes course and proclaims, "I am fine since I am putting my faith in You, and soon I will exult in Your salvation; I will sing to You, Hashem, because You were so kind to me: *Va'ani be'chasdecha vatachti yagel libi bi'shuasecha; ashirah laShem ki gamal alai!*"

Why? What changed?

The Yismach Yisrael shared his interpretation. "When a person thinks he is running the show and he's in charge, he believes it's all just a matter of finding the right person to help solve his problems. If he is sick, he will

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Dairy-free Cheesecake:



Since dairy is not the best food group for people with Parkinson's, here's an easy cheese-less cheesecake that will surprise all die-hard dairy lovers and those who would benefit from a dairy-free version.

Serves: 10-12 slices

Ingredients

- * Two 8 ounce containers of non-dairy plain flavored cream cheese. (I use Tofutti Better Than Cream Cheese brand)
- * 2 eggs
- * ½ cup sugar
- * 1 tsp. lemon juice
- * 1 tsp. vanilla extract
- * 1 graham cracker pie crust

Instructions

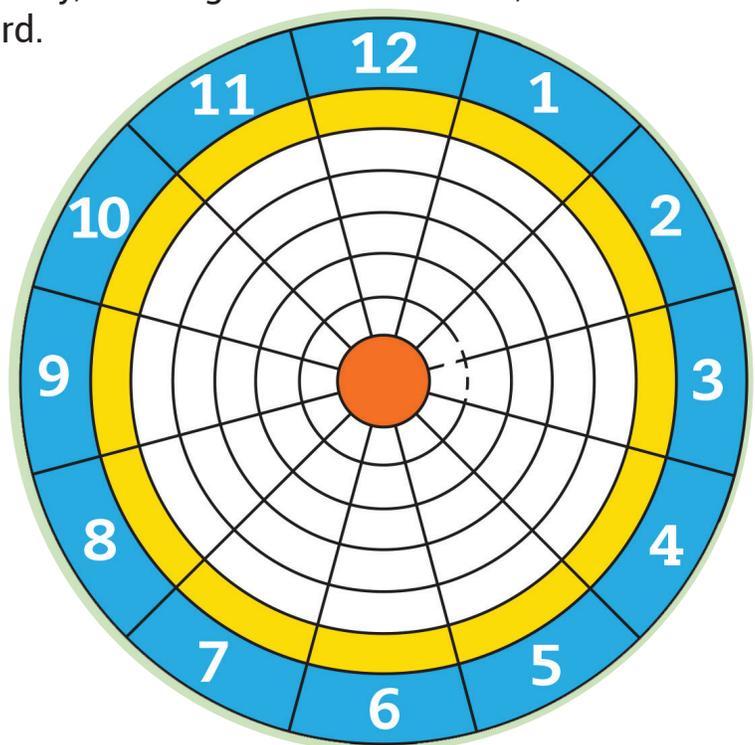
1. Preheat the oven to 350 degrees F.
2. In the bowl of an electric stand mixer, beat the cream cheese with the sugar until smooth.
3. Add the eggs one at a time and beat until incorporated.
4. Mix in the lemon juice and vanilla.
5. Strain the batter into the graham cracker pie crust to make ensure no lumps.
6. Bake at 350 degrees F for 35-45 minutes until set.
7. Allow to cool and then refrigerate for a few hours or overnight before serving.

PUZZLE TIME

CLOCKWISE PUZZLE

The answers to the clues from 1-12 are all seven-letter words that end with the letter G. When you have solved the puzzle correctly, working clockwise from 1, the 12 letters in the outer circle will spell an abrupt word.

1. Covering up
2. Current
3. Obtrusive
4. Way in
5. Young Tree
6. Open wide
7. Enduring
8. In want of
9. Moving at an easy pace
10. Illicit goods
11. Dropping loosely
12. Bringing to mind



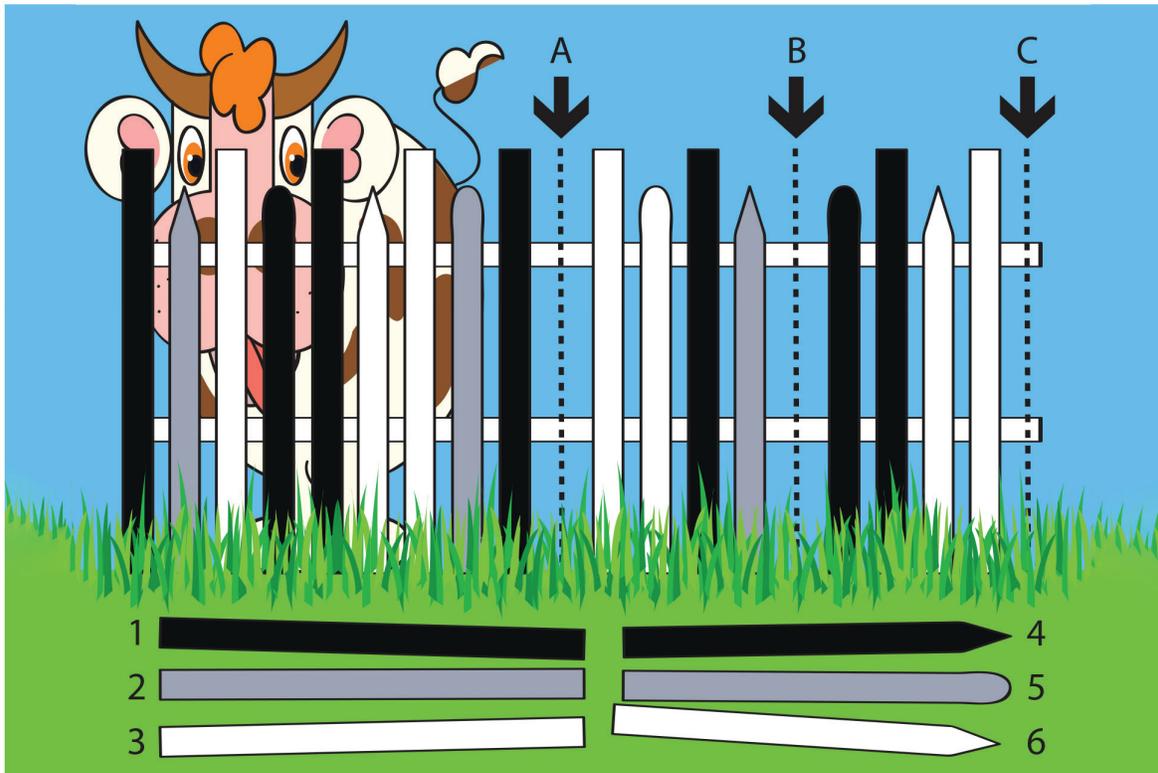
ONE LETTER, MORE OR LESS PUZZLE

The word on the right side contains the letter of the word on the left side plus or minus the letter in the middle. One letter is already in the right place.



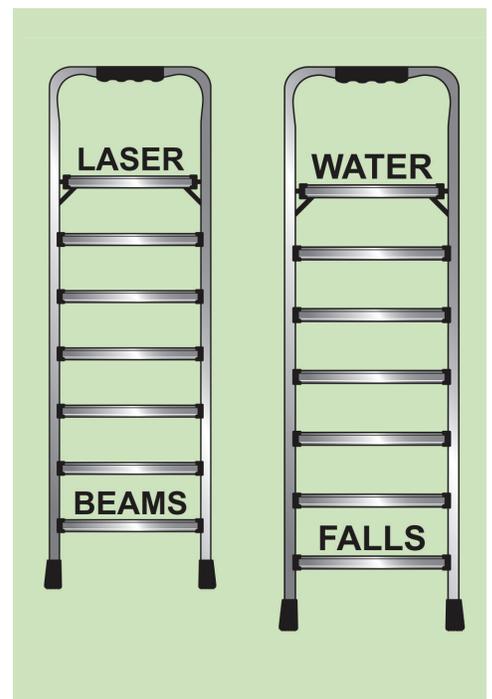
FENCE PUZZLE

Which posts (1-6) should replace letters A, B, and C?



LADDER PUZZLE

Convert the word at the tops of the ladders to the word at the bottom, using all the rungs in between. On each rung, you must put a valid word that has the same letters as the word above it, apart from one letter change. There may be more than one way of achieving this.





seek the right doctor. If he is in need of a *shidduch*, he will run to the *shadchan*. If he is in need of *parnassah*, he will make his way to an *askan*. In such a case, he needs *zechuyos* to make sure all his plans fall into place.

“However, when a person finds himself in a situation where he is all alone and there is nobody around, when there is no *shadchan*, no *askan*, no physician in the vicinity, then all he has left is his faith in the Al-mighty. And if one can hold onto his faith, then, ‘*yagel libi bi’shuasecha; ashirah laShem ki gamal alai.*’ His salvation is certain to come and his heart will exult in it, and soon enough he will be singing to Hashem and thanking Him for His kindness.”

The Yismach Yisrael addressed his father. “Father, had you fallen ill in Warsaw, where there are thousands of your Chassidim and also excellent doctors, our *bitachon* would have been somewhat compromised. We may have depended on your Chassidim or the physicians, and that’s actually reason for concern. But now that this mishap occurred on the road, with no one else around, we had nowhere to turn other than the Al-mighty, and I wasn’t worried at all. For if we are in a state of ‘*Va’ani be’chasdecha vatachti,*’ when we truly trust in the kindness of Hashem, we are *zocheh* to the end of the verse, ‘*yagel libi bi’shuasecha,*’ and our hearts exult in His salvation.”

An elderly Yerushalmi Yid was standing at the bus stop on Rechov Bar Ilan waiting for the bus to Ramot. Unexpectedly, a car with a *yungerman* and his wife inside stopped right near him.

“Can we offer you a ride to Ramot?”

At first, the Yerushalmi refused. It wasn’t nice to intrude on a married couple’s private time. Additionally, the woman was sitting in the front seat, and he assumed she would move to the back when he came; he didn’t want to inconvenience her. However, the couple had made the offer, and now they insisted he join them, so he got into the car.

Thankful that he wouldn’t have to sit on the bus for the long ride, the Yid felt indebted to his benefactors. He decided to tell them the story of the Alexander Rebbe as a show of his gratitude, and they seemed to appreciate it. When they arrived at his home, he thanked them again and said goodbye.

A half-year later, the Yid was traveling on the bus when the *yungerman* who had offered him a ride approached him. “*Shalom aleichem.* I’ve been looking for you for such a long time. Do you remember that my wife and I gave you a ride about six months ago?” At first, the Yid didn’t remember but when the *yungerman*

mentioned the story of the Alexander Rebbe the Yid had recounted, it jogged his memory.

Now the *yungerman* had his own story to tell:

My wife and I had been married for years and we had not yet merited children. We went through many procedures and paid a lot of money. Our hopes were dashed numerous times and our spirits crushed. On the day we offered you a ride, we were on our way back from yet another unsuccessful procedure, and we didn't know how much more we could take; it seemed like our world was coming to an end.

Though we don't own a car, that day we were driving my father-in-law's car. When we passed the bus stop, we decided to pull up and offer someone a ride to his destination. We hoped that if we showed even a small amount of compassion to someone else, perhaps in that zechus Hashem would bestow His mercy upon us. After all, Chazal say, "Kol hamerachem al habriyos merachamin alav min haShamayim — Anyone who has compassion on Hashem's creatures will receive compassion from Heaven" (Shabbos 151b).

At first, you refused the ride we offered and I understood why. But when I persisted, you agreed and "paid us" for our trouble by telling us the story of the Alexander Rebbe and his son.

My wife and I saw the story as a Heavenly message. We realized we had become too busy looking for all types of help and had put all of our faith in our doctors and their procedures. Of course, we had to do our hishtadlus, but ultimately, "Va'ani be'chasdecha vatachti yagel libi bi'shuasecha." If we place our trust in Hashem's kindness, our hearts will eventually rejoice in His salvation. After hearing your story, we resolved to strengthen ourselves in bitachon and emunah.

A few weeks later, we received the news. My wife is expecting.

"Yagel libi bi'shuasecha!"

After concluding his story, the *yungerman* turned to the Yerushalmi Yid. "I wanted to thank you for the *chizuk*. It changed our lives."

We want so many things to happen, and Hashem wants to give us everything we need. Perhaps if we let go a little more, we will see how tightly He is holding onto us.



(5) sapling
(4) opening
(3) nagging
(2) ongoing
(1) masking
(6) yawning
(7) lasting
(8) lacking
(9) ambling
(10) bootleg

(1) lolling
(2) evoking

Clockwise puzzle answers:

One letter more or less puzzle answer: notepad **Outer circle word:** monosyllable
Ladders puzzle answer: For laser ladder: laser, large, learn, later, table, beast, beams
For water ladder: water, waste, swear, laser, flare, false, falls
Fence puzzle answer: Posts 4, 3, and 5. A large and small post always alternate. The large posts alternate between black and white so B=3. The small posts follow the color pattern gray, black, and white combined with the shape pattern pointed and round.

WEEKLY CLASS SCHEDULE:

Monday Tuesday Wednesday Thursday

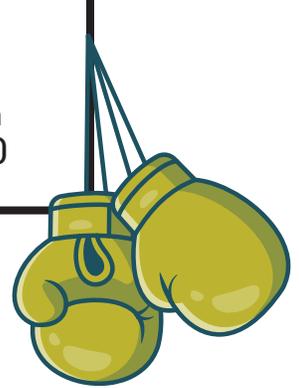
<p>Active Movement with Aviva Polter, CPT, CFP, CBI, CTI</p>  <p>Women 9:30</p>	<p>Circuit Training Therapy with instructor Avi Devour</p>  <p>Men 2:30</p>	<p>Balance and Core Strengthening with Batya Kasover CPT</p>  <p>Women 9:40</p>	<p>Boxing with instructor Avi Devour</p>  <p>Men 2:30</p>
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These classes are standing weekly classes.

If there are any changes, we will notify you in a timely manner.

Live virtual option for therapy classes avail for \$15.00. 24 hours notice required.

Email palette@lifesparkpd.com or call 732-806-1133 ext 301 for a link



LAST CALL!

The WPC is taking place on July 4-7th in Barcelona, Spain. If you plan on attending, and have any questions, please feel free to reach out to us.

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