



Many laws and customs of the ליל הסדר were introduced and designed to awaken the curiosity of the children, 'כדי שישאלו, התינוקות'. For example, we pour the second cup of wine before we begin the recital of the הגדה, long before we intend to drink it. Also, we bring the ירקות, the vegetables, to the table long before we intend to eat the meal. Some say that the recital of עניא הא לחמא in the foreign dialect of Aramaic is also to pique the interest of the children.

While it is true that children are an essential part of the Seder experience, as the Torah commands: והגדת לבנך ביום ההוא; we are obligated to tell our children the story and the miracles that transpired at יציאת מצרים, nonetheless, the repetitive fixation to accomplish 'כדי שישאלו התינוקות' indicates a deeper notion behind these הלכות (There are at least fourteen! different הלכות that חז"ל instituted to keep the children 'on their toes' during the ליל הסדר. See עמ' ק"מ, תשע"ג, האיחוד בחידוד, תשע"ג, עמ' ק"מ).

ליל חז"ל teach us that the night of Pesach is not merely the night of reciting the story of our collective redemption from Egypt, rather, it is also the night we are meant to achieve our own personal freedom; to focus on the fundamentals of our faith and thereby attain the ultimate liberation of Emunah! Pesach night is an opportunity to free our minds and hearts from the painful shackles of misguided trust; trust in people, things, and all worldly circumstances,

and to know with clarity that Hashem is fully in charge. Perhaps the greatest obstacle to achieving clarity in Emunah, grasping the reality of Hashem's sovereignty over our lives, are the perceptions we developed when we were children. When we were young and vulnerable, and people came to our aid, we instinctively adopted the notion that people are in control of the world and they are the source of our salvation. Sadly, we can go a whole lifetime with these immature ideas, believing in the deliverance of human beings, and not in the omnipotent power of Hashem.

Chazal's repetitive insistence to awaken the children on Pesach night may allude to another dimension of a 'sleeping child' – the child within every adult. On ליל הסדר we must look inwards, assuring we do not continue to live our lives in the trance of our childlike slumber, חז"ל, forgetting the true reality of הקב"ה in our lives. As the Rambam writes in Hilchos Teshuva: עורר ישנים משינתכם – "Awaken from your sleep... and remember your Creator"! We encourage our inner child to awaken and 'ask questions', to examine the ingrained and deep-seated values imbedded in our psyche from childhood. Awaken, and reconsider. Question and reexamine your inner belief system, discover the reality of Emunah and be free!

בברכת חג כשר ושמה,

Rabbi Tzvi Fener

Nutrition and Parkinson's

Studies show that making targeted nutrition the mainstay of your meals may slow Parkinson's disease (PD) advancement. Eating a whole-food, plant-based diet has many benefits.

While there is no prescription for a PD-specific diet, one that includes a variety of whole grains, vegetables, fruits and protein-rich foods can improve health. Also consider including nuts, olive oil, fish and eggs to your diet, for their beneficial fats.

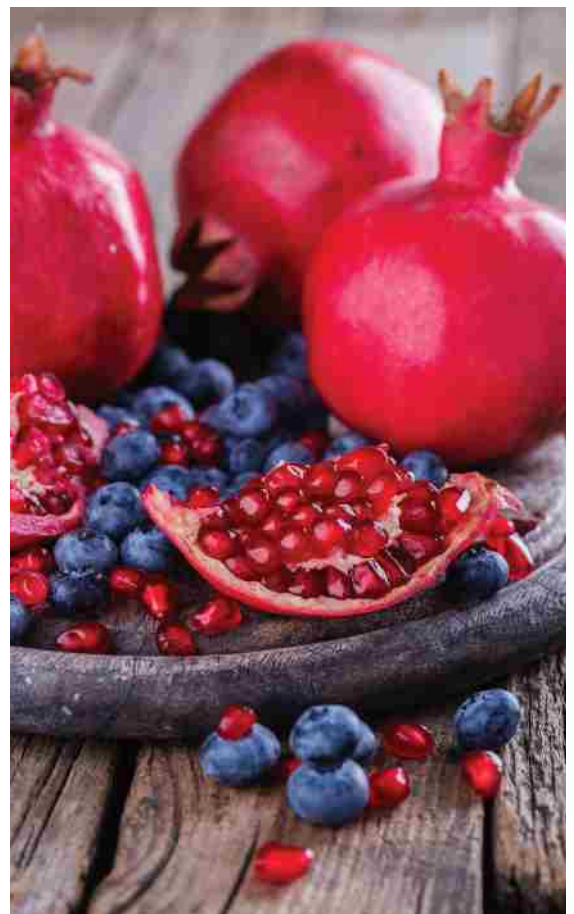


Maintain Health

Avoid "fad" diets. Eat food from all food groups, following guidelines of the U.S. Department of Agriculture MyPlate program. Eating a variety of foods will help you get the energy, protein, vitamins, minerals and fiber you need for good health.

Tips

- Choose a diet with plenty of whole grains, vegetables and fruits, which provide vitamins, minerals, fiber and complex carbohydrates and can help you lower your intake of fat.
 - Limit sugar intake. A diet with lots of sugar can have too many calories and too few nutrients. It can also contribute to tooth decay.
 - Reduce salt and sodium intake to help decrease your risk of high blood pressure.
 - Incorporate foods high in antioxidants (which are important for overall brain health) into your diet. These include brightly colored and dark fruits and vegetables.
 - Balance the food you eat with physical activity.
 - Choose a diet low in saturated fat and cholesterol to reduce your risk of heart attack and certain types of cancer.
 - Maintain a healthy weight to reduce chances of high blood pressure, heart disease,



stroke, certain cancers and common types of diabetes. Your doctor can help you determine what a healthy weight means for you.

- Drink alcoholic beverages in moderation, as they have empty calories and few (or no) nutrients. Drinking alcohol can cause many health problems and accidents. It may not be advisable to mix certain medications with alcohol. Check with your doctor.

Ease PD Symptoms

The right foods will also optimize your medications, keep your bones strong, fight constipation and weight loss and maintain general health and fitness.

Ease PD Symptoms

- Drink enough water (6-8 glasses a day) and eat fiber-rich foods, including brown rice, whole grains (breads with 3 grams or more of dietary fiber per slice), fruit and beans to ease digestive difficulties and constipation.

- Take your medications with a full glass of water. It may help your body break down the medication more efficiently.

- Limit sugar intake, alcohol and caffeine particularly before bed, as they may interrupt sleep.

- Talk to your doctor about whether you should increase your Vitamin D intake. Vitamin D helps maintain bone health. It can be found in fortified milk and milk products, egg yolks and fatty fish – like tuna, mackerel and salmon – and there are oral supplements available over the counter.

- Snack on small quantities of walnuts, cashews and other nuts to promote brain health. Also try to incorporate berries, which contain beneficial antioxidants, and foods that may have anti-inflammatory effects in the brain, like salmon, tuna and dark, leafy green vegetables.

Challenges

Diet & Parkinson's medications can impact each other. Carbidopa/levodopa medications work best on an empty stomach. However, some people experience nausea as a side effect of these medications, and taking them on an empty stomach may not be their best option.

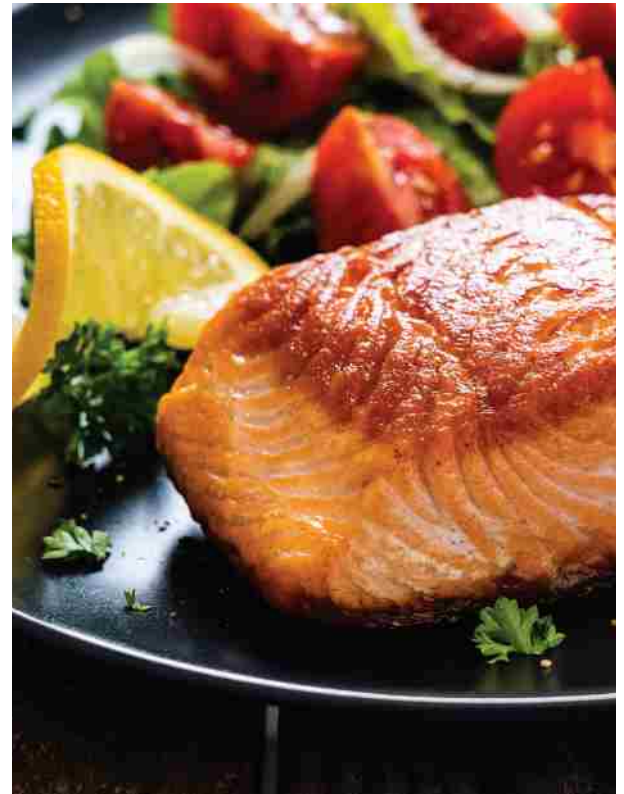
For some, taking certain PD medications close to a protein-rich meal – like meat, fish, eggs, dairy products, nuts and beans – may interfere with the



absorption of the drug in the blood, causing it to work more slowly or less effectively. Talk to your doctor about the right option for you, such as taking the drug on an empty stomach or with a small snack, such as crackers or applesauce.

Tips

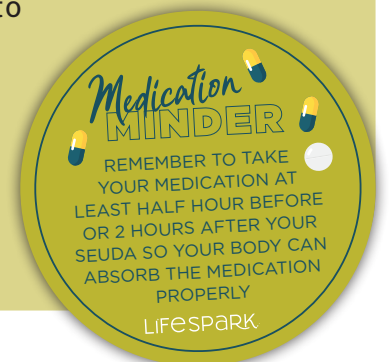
- People with PD may eat less and lose weight because of difficulty swallowing, nausea from medications or movement symptoms that make it difficult to eat, or from feeling full after a small meal. Be sure to address these issues with your doctor.
- Also consider adding foods with healthy fats – nuts, nut butters and avocado – to your diet. Try bitter greens or spicy foods to stimulate your appetite. Exercise to increase hunger.
- PD symptoms such as tremor, stiffness or difficulty swallowing may make eating certain foods challenging. Try eating foods that are easy to swallow. Put dishes on rubber mats to prevent them from slipping.
- Staying hydrated is important, try eating foods with high water content in addition to beverages to maintain hydration, such as celery, butternut squash, grapefruit, strawberries and watermelon.



Tips for Getting Started

Changing your diet can be difficult. Try making one change at a time, like eating a handful of nuts a few times a week or avoiding white bread. Small changes can add up to big benefits.

- Consult with a registered dietician, who can help you plan menus and make shopping lists for preparing nutritious meals that you like and that account for your individual needs and the timing of your medications.
- An occupational therapist can help you explore assistive devices to make eating and drinking easier.
- If you experience anxiety or depression, talk to your doctor. These symptoms can suppress appetite.
- If swallowing issues are causing problems eating, a speech-language pathologist may be able to help.



Center Updates:

We have slowly begun to expand our classes here at our Lakewood Wellness Center. Live zoom link available upon request. \$15 per class. To find out the schedule for the week or to sign up for a zoom link, please call 732.806.1133 ext 301, text 732.443.0772 or email paulette@lifesparkpd.com - rsvp for a zoom link with 24 hours notice.

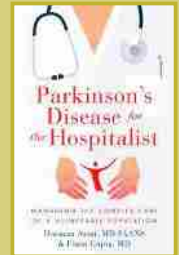
In order to bring you the best and latest information regarding Parkinson's Disease, our team will IY"H be attending the World Parkinson's Congress. We will divide and conquer as the sessions occur concurrently and many need to be attended at once. We welcome anyone to join our group. We will be able to help with Kosher food and minyanim. Please let us know if you are planning to join so that we can include you in the head count for the caterer. To register for the WPC as well as getting more information please visit www.wpc2023.org. Information on flights & hotels are available on their website as well.



Join our Bookclub

Parkinson's Disease for the Hospitalist

Available for purchase on [amazon.com](https://www.amazon.com)



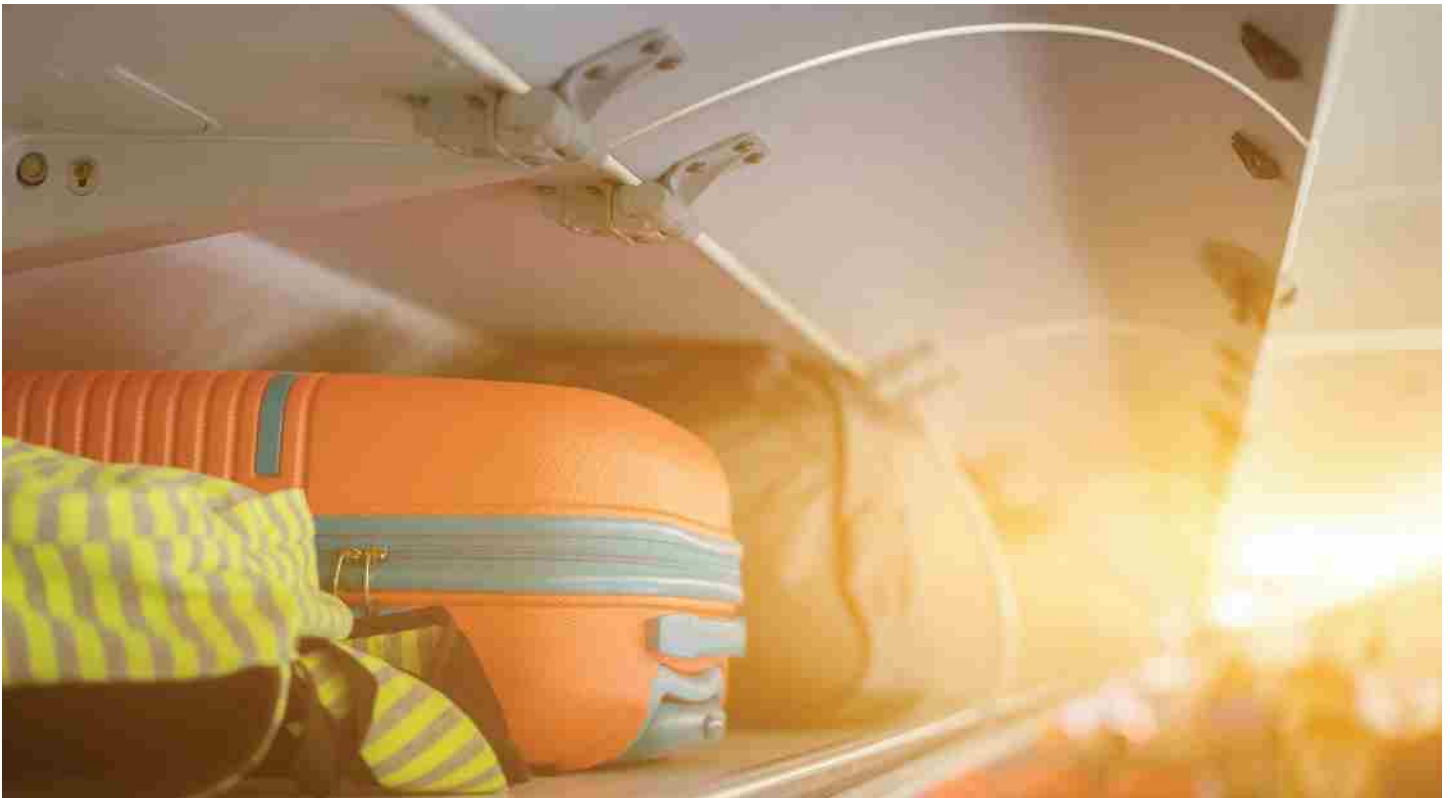
When a person with Parkinson's is admitted to a hospital or is seeing a practitioner that is not well versed in the disease, Parkinson's Disease for the Hospitalists can be a game changer.

Written by Drs. Azmi and Gupta, leading doctors in the field of Parkinson's, this book is sure to be your guide if the need arises.

Any questions you may have for Dr. Gupta can be submitted through our website under the "Ask the Doctor" tab. We look forward to hearing your feedback.

We are honored that Dr. Gupta will be joining us for a Zoom event Wednesday, June 14th at 6PM.





Not Our Hope

Reb Moshe Friedman, a resident of Rechasim, stood in line at London's Heathrow Airport, waiting to board his plane to Israel. He could not figure out what was taking so long. He had come to the airport with plenty of time to spare, but something was holding up the line. He walked to the front to see what the commotion was. He noticed a very small Jewish man, barely tall enough to see over the ticket counter, arguing with the ticket agent. He offered his help, hoping that would make the line begin to move again.

The agent explained to Reb Moshe that she could not give the man a boarding pass because his ticket did not state that he was flying to Israel. Reb Moshe realized that this man had mistakenly arranged his

ticket to fly to Heathrow and not from Heathrow. He bent down to explain the situation to the fellow and the man stubbornly replied, "I am a *sheliach mitzvah*, and I need to get to Eretz Yisrael. This woman is not going to stop me."

Just because we are turned away once, twice, or three times, this does not mean we should give up hope.

Had this statement come from anyone else, Reb Moshe would have put him in his place. But

Reb Moshe recognized the short fellow; he was the famed *maggid*, Rav Yankel Galinsky, and he had a way of making things happen. Reb Moshe stepped back in his place and waited his turn.

He was not surprised when he boarded the flight, and he walked right up to Rav Yankel, who was seated comfortably and smiling broadly. As fate would have it, Reb Moshe was assigned the seat right next

to Rav Yankel's.

Reb Moshe placed his luggage in the overhead bin and sat down next to Rav Yankel, who explained to him that a Yid can never give up hope. Just because we are turned away once, twice, or three times, this does not mean we should give up hope. We must continue to try time and time again.

After giving Reb Moshe this quick lesson in *bitachon*, Rav Yankel explained how he had come to this point of faith. "Nebach, my wife and child died at the hands of the Nazis; only I made it out of Europe alive. After the war, I was so depressed that I was ready to give up hope on everything. I had no interest in starting a new family. I just wanted to live out my life as is. But when I went to pour out my heart to Rav Avraham Yeshayah Karelitz, the Chazon Ish, he changed my perspective on everything with one story:

There was once a fellow who would travel to the Leipzig fair every year. He would come to the city with a great deal of money and spend a few days looking for the best deals. Once he found them, he bought lots of merchandise and then located buyers for the items he had just purchased. In this manner, he was able to make a fortune in just a few days, and he didn't even have

to transport any of the merchandise to his home. It took him a lot of wheeling and dealing, but each year he made enough money to support his family for the coming year.

But one year, the fellow got sick right before the fair. Although his wife was timid and not much of a businesswoman, he had no choice but to ask her to take his place at the yearly fair. She was completely overwhelmed and balked at the idea. But what other options did she have?

By the time she got there, she had no idea where to go or what to do.

So her husband taught her everything she had to know to be successful at the fair. By the end of the lesson, her head was spinning from just trying to remember all of her contact information. Sure enough, by the time she got there, she had no idea where to go or what to do.

She had a large amount of money with her to buy lots of worthwhile merchandise. But as the day progressed, the marketplace became more and more chaotic. She tried to arrange some deals, but everything



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she tried fell through. She was terribly dejected. She knew she could not go home; the family's livelihood for the entire year depended on her. So at the end of the first day, she resolved to keep trying her best with the hope that it would all work out in the end.

But as she made her way to the inn at the end of the first day, she discovered that her purse was missing! She ran back to the fair and retraced her steps. With each passing moment, she became more and more hysterical. What could she do? What would her husband say?

Suddenly, she noticed a man standing in the center of the town's square holding a wad of money and counting the bills. She ran over to the man, who had a big smile on his face, and asked him if he had just found that bundle of money. The man admitted that he had, and a huge feeling of relief swept over her.

But then he informed her that he was going to keep the money. "Let's face it," he said, referring to a halachah regarding finding lost objects (Bava Metziah 21). "You gave up hope. Therefore, the money is mine."

She didn't know what to do. Moments earlier, she had been swept up in the euphoria and relief of finding her money and now, just like that, it was gone again. In truth, she had to admit that the man was right; she had given up hope. Still, she tried to convince him to return the money. Eventually, since it was a large sum of money, he agreed to go with her to the rav, confident that the rav would rule in his favor.

The two of them headed to the rav and presented their cases. The man explained that he had found the money in a place filled with non-Jews, and she most

certainly had already given up hope on the money.

The woman told the rav that her husband was generally the one who conducted all the business. But because he was sick, she was the one who had to come this year. She went on to say that since she had been nervous about her business dealings, she had lost all of the money her husband had given her.

Based on her words, the rav noticed an important point and asked her to repeat her last sentence: "What did you say?"

"I said that I lost all of my husband's money."

The finder interjected vehemently, "But she gave up hope!"

The rav looked at the two of them. The man was quite confident, the woman completely beside herself. Suddenly, he burst out, "It is not her money on which to give up hope! It doesn't belong to her!"

Based on that point, the rav decided that the woman would get to keep her money. The man was quite upset and the woman very relieved.

"When the Chazon Ish finished sharing this story," continued Rav Yankel, "he looked me in the eye and said, 'The Ribbono Shel Olam placed you on This World for a purpose. He wants you to build a life for yourself, a family. I know things have been difficult for you and you want to give up hope, but it is not yours to give up.'

"Ever since that incident," concluded Rav Yankel, "I realized that even when things don't appear to be going our way, the Ribbono Shel Olam placed us here for a purpose. Even if we want to give up hope, it is not ours to give up."

This beautiful story was told over in Eretz Yisrael by a fellow who had waited over ten years to have a baby. He had wanted to give up hope countless times, until he realized that it is not his to give up.

One year after relating this story, the fellow and his wife were the proud parents of a baby girl. ♦



Facial Home Exercise Program



Draw your eye brows together as in making an angry face.
Hold for 3 seconds
Repeat 5 times
Perform twice a day



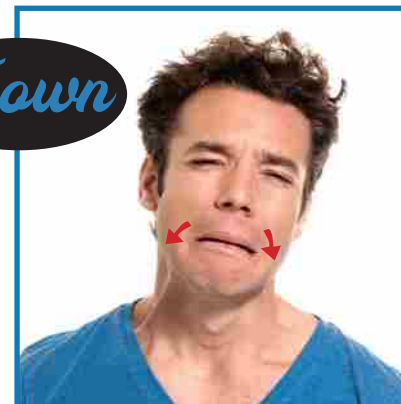
Draw the corners of your mouth upwards as in smiling
Smile; Hold for 3 seconds
Repeat 5 times
Perform twice a day.



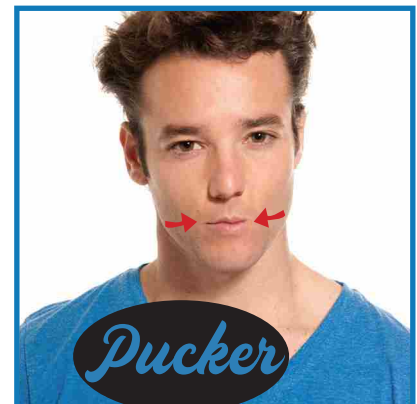
Draw your nose upward in disgust
Hold for 3 seconds
Repeat 5 times
Perform twice a day



Draw your eyebrows upward as in surprise
Hold for 3 seconds
Repeat 5 times
Perform twice a day.



Draw the corners of your mouth downward as in making a sad face.
Frown; Hold for 3 seconds
Repeat 5 times
Perform twice a day



Draw your lips together firmly as in puckering for a kiss
Hold for 3 seconds
Repeat 5 times
Perform twice a day.

Too Young for Parkinsons

A PERSONAL ACCOUNT

In 2018, Brian Aronson was only 34 when he and his wife, Dana, got the diagnosis: Parkinson's disease (PD). Their first daughter, Leah, was four, and their second daughter, Alana, was on the way. A year prior, Brian's right shoulder started to hurt. He thought it was a softball injury until he started noticing a twitch in his right hand. He saw a chiropractor, but the twitch lingered. His chiropractor recommended seeing a neurologist. Brian's first visits to a prompted a brain scan, which suggested possible diagnoses of multiple sclerosis or essential tremor. "You're too young for Parkinson's," the neurologist said, and recommended Brian see the Cleveland Clinic in Las Vegas for more in-depth evaluation.

At the Cleveland Clinic Lou Ruvo Center for Brain Health in Las Vegas, a Parkinson's Foundation Center of Excellence, Brian underwent more

specialized tests including a DAT scan. The result of the test showed a "dark blob" on the left side of Brian's brain, which seemed to be a clear sign of PD.

Brian and Dana weren't surprised when the diagnosis was confirmed. Brian's first thought was "I felt like a freshman in a field of seniors." The neurologist told him that while 34 was young to have PD, he was not the youngest by far – the neurologist has treated an 11-year-old with the disease.

"It put a whole new perspective on Parkinson's for me," said Brian.

Adapting to Parkinson's

At first, talking about his diagnosis was the

biggest challenge for the family. Dana wanted to immediately tell others, while Brian needed time. "I didn't know how I felt about it. I had to process it internally until I figured it out," he said.

Over time, the couple began letting others know. Today, Brian welcomes talking about Parkinson's with anyone who's interested. "I make jokes with my coworkers all the time," he said. "It breaks the ice and makes people feel comfortable around me – it lets them know it's OK to talk about it. But I also let people know if they've gone too far. It's all about being respectful."

The impact PD has had on their lives "is pervasive,"

Brian said. "It's affected everything – hobbies, work at the office, around the house, daily activities. But in some ways, PD has brought me and Dana closer together. Now we do things together that we used to do separately. At


the moment we're replacing flooring in the house. It's a good project that we're sharing together. I do the parts I can do, Dana does the parts I can't." Brian is also adapting to learning how to use his non-dominant left hand, because PD affects the right side of his body. "I've gotten pretty good at doing things left-handed with the help of an app for my iPad," he says. "On the computer I'm very keyboard dependent and have always used a lot of short-cut codes which are still easy for me to do. I've also learned how to use a mouse with my left hand."


He is also learning how to adapt to working with Parkinson's. "At work I also look for ways I can use my mental capacity more, rather than physical capacity. I've got a good team at work, and a great team at home."


"I MAKE JOKES
WITH MY COWORK-
ERS ALL THE TIME."


PESACH DINGBATS


CAN YOU FIGURE OUT THE WELL KNOWN PESACH PHRASES?


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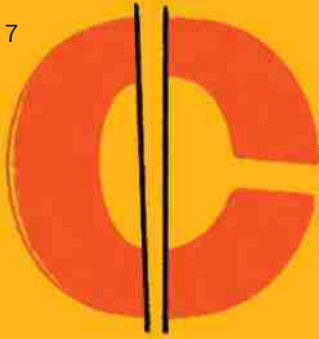
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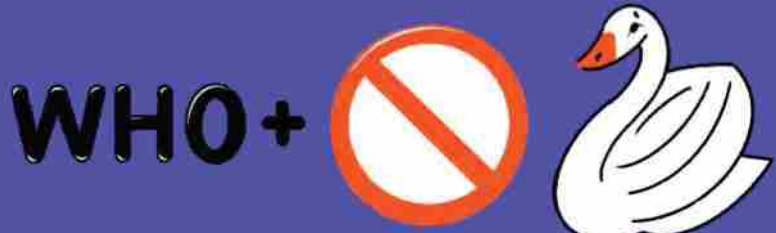
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- 1. Matzah
- 2. 10 Commandments
- 3. Suffering
- 4. Passover
- 5. First Born
- 6. Karpas
- 7. Split Sea
- 8. Ten Plagues
- 9. Passover Lamb
- 10. Boils
- 11. Maror
- 12. Who knows One
- 13. Saltwater

Talking to the Girls

The Aronson's waited a long time before telling their daughters, Leah and Alana, about their father's diagnosis. Leah, now eight is perceptive. "She asked, 'Are you going to die?' and 'How old are you going to be when you die?' We soften the answers, but we don't sugar-coat the message," Dana said. Alana is four. "When we did finally talk with Alana about it, we said the most basic things and waited for her to ask questions. Alana's too young to know what I used to do with her sister – she only knows what I'm able to do with her now."

"The 'What's it like?' questions are easy," Dana said. "The 'Why?' questions are the toughest to answer." When asked how her father's Parkinson's affects her. Leah said, "Sometimes he needs help because his hand is shaking. And sometimes I help him do things. I sometimes wish he didn't have it, but I don't think it's bad. There are some things I like better than before – now I can help Daddy more and that's fun."

Leah recently helped her dad build a table in his

workshop by holding things steady for him while he was working, an assignment she enjoyed. "He liked having me help him," she said.

The Aronson's speak openly about Parkinson's. "I tell

"THE 'WHY?' QUESTIONS ARE THE TOUGHEST TO ANSWER."

Mom or Daddy, and then we get together, and I ask Daddy my question. I like the answers that my dad tells me. He gives me answers that make sense and seem really cool to learn about. Especially science stuff. One time he told me that Parkinson's affects one side of his brain, so that's why one hand shakes."

"She's a smart kiddo!" said Dana. ♦

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