

Dear Friend,

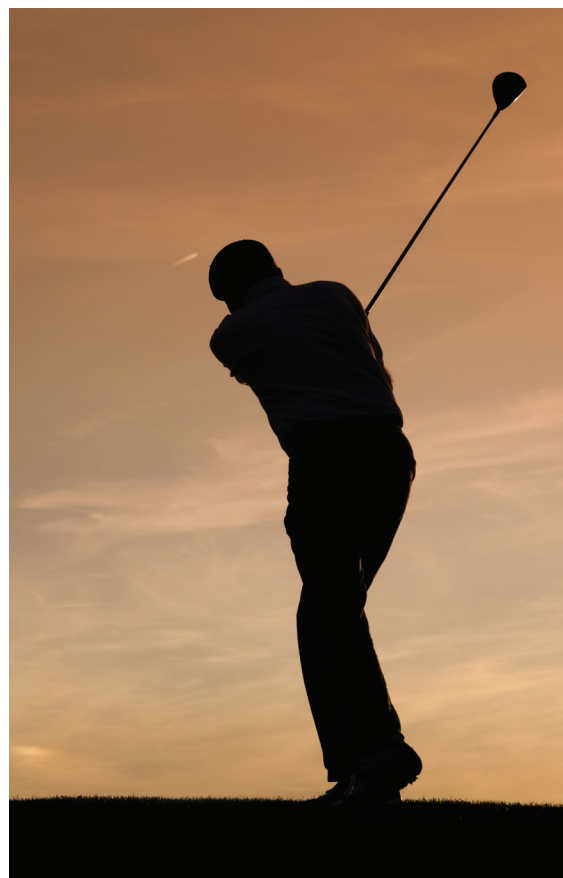
Lag B'omer is nearly upon us. The secret of the Torah that was transmitted by Rabbi Shimon brought to the world a light previously unknown. That light, though covered in years of Galus, remains our guide through the difficulties we face today. Enjoy the piece on the beautiful correlation between the month of Iyar, the Torah and True Healing, as expounded on by Rabbi Feuer. Navigating the relationship between caretaker and patient/spouse is especially tough. Read new tips on how to best handle this challenge.

May Hashem grant us the opportunity to see the revelation of Eternal Light speedily!



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- תורה, אייר, and Health
- News Roundup
- Caregives take the Lead



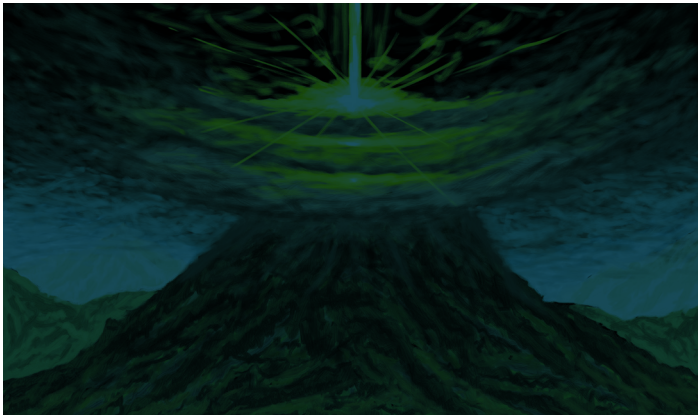
News

We were fortunate to have four wonderful presenters on our last Zoom event which took place on March 4th, 2021. The words of encouragement shared by Rabbi Ashear remains timeless. Louis Ezrick and Marlon Sobol were both entertaining and informative. We are most grateful to Richelle Flagnan for the well-timed information regarding nutrition and its interaction with PD medications. We hope it made for a more pleasant Yom Tov for all. For those who were unable to attend, please email us at rachel@lifesparkpd.com or call 732-534-6388 for a recording of the event.

Please look out for our upcoming zoom event that is scheduled to take place on Sunday, May 9th.

Torah, Iyar and Health

By Rabbi Tzviki Feuer



We find ourselves in the second month of the Jewish calendar; *Chodesh Iyar*. The *Seforim Hakdoshim* teach us that this month has unique healing powers, as the *Pasuk* says '*Ani Hashem Rofecha*; I am Hashem your healer". The *Roshei Teivos* (acronym) for this verse reads *IYAR*.

Some of the reasons given for this exceptional therapeutic energy are the following: Although we count some of the days of *Sefirah* during the months of *Nissan* and *Sivan*, it is only a partial counting. In *Nissan*, we only count the last

half of the month. In *Sivan*, we count only the first five days of the month. The days of *Iyar* however, are all counted amongst the days of *Sefirah*.

At *Matan Torah*, all those who were ill were cured, as the *Torah* brings balance and health to all ailments. Therefore, as the days of *Sefirah* serve as preparation for the *Yom Tov* of *Shavu'os*, *Matan Torah* and *Maamad Har Sinai*, these days have within them the healing qualities of *Matan Torah* as well. In addition, the *Gematria* (numerical value) of *IYAR*, 227, is the same as *ARUCH*, indicating healing. As we find the word '*Arucha*' in *Tanach*, to mean healing. For example see *Sefer Yirmiyah* '*Ki Alsah Arucha – A healing has occurred*'.

Also, although *IYAR* is the 2nd month of the year, when counting from *Nissan*, it is the 8th month of the year when beginning from *Tishrei*. The number 8 is always intrinsically associated with healing; We find the eighth *Bracho* of *Shemonah Esrei* to be the *Bracha* of *Refoainu*.

Another idea presented in the *Seforim* is that the *Roshei Tevos* of *IYAR* represent the *Avos* and *Imahos Hakedoshim*; *Avraham*, *Yitzchok*, *Yaakov* and *Rochel*. It is our connection to them that gains us health; our return to our source, our spiritual roots, brings us our desired well-being. In fact, our original patriarch – *Avraham Avinu* – was a source of tremendous healing. As *Chazal* tell us:

"Rabbi Shimon bar Yochai omer. Even tovah hoisa teluya b'tzavoroh shel Avraham Avinu, shecol choleh haroeh myad msrapeh" Rabbi *Shimon Bar Yochai* said: 'A precious stone was hanging around the neck of *Avraham Avinu*. Any ill person who gazed upon it was immediately healed." *Avraham* is referred to as *Rosh Hamaminim*, the father of all those who truly have faith in *Hashem*. *Avraham* is the source of all *Emunah*. HE is the wellspring who generated all of our spiritual strength and energy to believe in *Hakodosh Boruch Hu*. It is this power of faith that brought healing to all those who suffered.

May it his will, that we too shall feel this deep profound faith in him, *Hakodosh Boruch Hu*, thereby connecting to his endless source of healing *B'Refuah Sheleima Bimheira Biyamenu Amen*.

- 1 שמות פרק ט"ו, פסוק כ"ו
- 2 עם י"ד אחת
- 3 'ירמיה פרק ד' פסוק א
- 4 "ועי"ש בפירוש רב סעדיה גאון, מספר ישעיה (פרק נ"ח פסוק ח): "וארוכתך מהרה תצמח
- 5 בבא בתרא טזב,

We regret that the survey that should have been included in our past newsletter was omitted. We have included it now. Please fill in and mail it to us, email us rachel@lifesparkpd.com or call us with the information at 732-534-6388. As we aim to provide the best care for our fellow patients please, favor us by filling it out so that we can serve you better.

Caregivers take the Lead

By Susan Imke



The National Parkinson Foundation (NPF) decided that caregivers needed their own summit with no question or topic off limits. This September (2016), we did just that and hosted our first-ever Caregiver Summit with the goal of helping caregivers focus exclusively on themselves. Keynote speaker Susan Imke, FNP, GNP-C, from Kane Hall Barry Neurology, spoke about caregiving choices and challenges—emphasizing ways that a care partner can avoid self-neglect that leads to compromising physical and emotional health while simultaneously providing consistent, optimal care to their loved one with Parkinson’s disease (PD).

“Taking care of someone with Parkinson’s is a journey in which a caregiver naturally has a lot of concerns, questions and the need for outside support and guidance,” Imke said. “Each phase of Parkinson’s comes with new caregiving challenges.” Imke identified the top caregiving challenges and ways to work through them:

The Realities of Privacy Challenge: Everyone needs personal space. When a spouse becomes a caregiver and retirement coincides with PD, privacy can become infringed upon for each person.

Tip: Even during early PD stages, care partners should enjoy time alone. Establish a rule, such as one hour a day, half a day per week, one long weekend quarterly. Identify surrogate care options early to ensure you get that alone time.

Communication Challenge: Some people with PD experience a weakened voice and start to minimize talking, depending on non-verbal communication.

Tip: Be proactive. Have an intentional conversation sitting face to face without distractions; speak up; wait for the speaker to finish his or her sentence before responding and keep an open mind.

Mood Disorders Challenge: Apathy, anxiety and depression can all be PD symptoms, but caregivers can suffer from these too. Anxiety is common among seniors as it can manifest from worrying, stress and insomnia.

Tip: More than 60 percent of people with PD suffer from clinical depression over the course of PD progression. They are not alone. Neither are you. Find a support group. Anti-depressant medications combined with counseling are more effective than medication alone. Also, never underestimate the power of exercise as an antidepressant.

PD Associated Psychosis Challenge: About 20 percent of all people with PD experience some form of hallucinations or delusions, and the number increases the longer the person has PD. Psychosis can present caregivers with a new set of challenges.

Tip: While incredibly difficult to witness your loved one see or believe things that are not real, it’s best not to argue with them mid-episode. Try to also reinforce desired behaviors every time, anticipate physical needs and keep daily routines.

Caregiver Health Challenge: Caregiving 24 hours a day, 7 days a week is not a care plan, nor is it healthy.

Tip: Improve your health by taking care of yourself. Keep your own doctors’ appointments, drink more water and begin or maintain an exercise routine.

Golden Years Challenge: Caregivers can feel guilty planning for the future.

Tip: It’s okay to plan ahead. Advanced directives are best done in advance and can be done at any age or stage of PD. Designating a health care surrogate in the event of an emergency helps reduce stress later on.

Caregiver Sanity Challenge: Pushing through and never evaluating mental health can lead to caregiver fatigue and impending health issues.

Tip: Regularly give yourself a candid analysis of what you can and can’t do as a caregiver. Consider finances, heavy lifting ability, sleep and nutrition in your analysis. All caregivers need to establish a dependable support system to allow themselves a respite from giving or supervising care. Re-energize by doing something you enjoy.

Long Distance Challenge: Caregivers who live far away.

Tip: Talk often on the phone if possible. Send cards or flowers if not. Don’t settle for email and always show appreciation to the primary caregiver. Say yes to periodic respite care by insisting and getting on a plane to see your loved one at least once a year to become the back-up caregiver.

PUZZLE TIME

EASY

	9	6		4			3
	5	7	8	2			
1			9			5	
		9		1			8
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MEDIUM

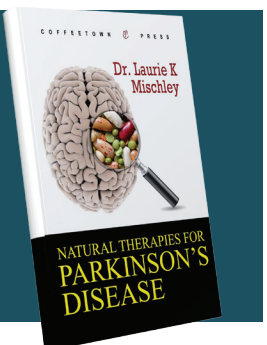
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2	6	9	5				8	
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HARD

						8		6
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		9			2	4		
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		7	8		9	6		
	9		2					3
		4	7			1		
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7		3						

Recommended Reading

Available on Amazon



With thanks to our Sponsor:



PROPEL
REHABILITATION & WELLNESS

BP printgroup

EASY

7	2	3	6	5	1	9	8	4
8	1	5	4	7	9	2	6	3
9	6	4	2	8	3	7	5	1
4	7	2	3	9	8	6	1	5
5	8	1	7	6	4	3	9	2
6	3	9	5	1	2	4	7	8
1	4	8	9	3	7	5	2	6
3	5	7	8	2	6	1	4	9
2	9	6	1	4	5	8	3	7

MEDIUM

8	7	1	2	6	5	9	4	3
8	1	2	3	7	3	2	1	8
9	3	2	8	4	1	6	7	5
4	8	5	6	3	2	7	9	1
7	1	3	4	8	9	5	2	6
2	6	9	5	1	7	3	8	4
5	4	7	3	2	8	1	6	9
3	2	6	1	9	4	8	5	7
1	9	8	7	5	6	4	3	2

HARD

7	1	3	9	8	5	2	6	4
8	6	2	3	4	1	7	5	8
8	5	4	7	2	6	1	3	9
1	9	8	2	6	7	5	4	3
3	4	7	8	5	9	6	2	1
5	2	6	4	1	3	9	8	7
6	8	9	1	3	2	4	7	5
4	7	5	6	9	8	3	1	2
2	3	1	5	7	4	8	9	6

Easy

	9	6		4			3	
	5	7	8	2				
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4				9		6		
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Medium

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Hard

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very hard

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							8	5

Presently, we find ourselves in the second month of the Jewish calendar, Chodesh Iyar. The **אמרי חכמים** teach us that this month has unique healing powers, as the **אמרי חכמים** says¹: **אני ה' אלהיך, "I am Hashem your healer" – The אבן חן (acronym) of this verse reads: אהבה**².

Some of the reasons given for this exceptional therapeutic energy are the following.

Although we count some of the days of Sefirah during the months of Nissan and Sivan, nonetheless, it is only partial (Nissan we only count the last half of the month, while in Sivan we count only the first five days), the days of Iyar, however, are all counted amongst the days of Sefirah. Therefore, as the days of Sefirah serve as preparation for the Yom Tov of Shavuot – Matan Torah, and then **אמרי חכמים** all those who were ill were cured, as the Torah brought balance and health to all the ailments that people suffered. So too, the days of Sefirah, in anticipation of **אמרי חכמים**, also have within them the healing qualities of Matan Torah itself.

Also, the **אמרי חכמים** (numerical value) of **אני** is the same as **אני** (227) indicating healing. As we find the word **"אני"** (in **אני**) to mean healing. For example, see **אני**: **"אני אלהיך"** – "a healing has occurred"⁴. Also, although Iyar is the 2nd month of the year when beginning from the month of Nissan, it is also counted as the 8th month of the year when counting from Tishrei. The number eight is always intrinsically associated with healing, as we find the eight bracha of **אני** is the bracha of **אני**!

Another idea presented in the **אמרי חכמים** is that the **אמרי חכמים** of **אני** represent the **אמרי חכמים**: **אני**, **אני**, **אני**, and it is our connection to them that gains us health; our return to our source, our spiritual roots, brings us our desired well-being. In fact, our original patriarch – **אברהם אבינו** – was a source of tremendous healing. As **אמרי חכמים** tell us⁵:

"אפרתם דימ ותוא האורה הלוח לכש, וניבא מהרבא לש וראוצב היולת התייה הבוט נבא, רמוא יחוי נב ונעמש יבר"

Rabbi Shimon bar Yochai said, a precious stone was hanging around the neck of Avraham Avinu, any ill person who gazed upon it was immediately healed". Avraham is referred to as: **אברהם אבינו**, the father of all those who truly have faith in Hashem. Avraham is the source of all **אברהם**, he is the wellspring who generated all our spiritual strength and energy to believe in **אברהם**. It is this power of faith that brought about healing for all those who suffered.

אברהם that we too shall feel this deep, profound faith in **אברהם**, thereby connecting to His endless source of healing, **אברהם**, **אברהם**!

1 **אמרי חכמים**, **אמרי חכמים**

2 **אני**

3 **אני**

4 **אני** (אני): **"אני אלהיך"**

5 **אני**

Easy

2	9	6	1	4	5	8	3	7
3	5	7	8	2	6	1	4	9
1	4	8	9	3	7	5	2	6
6	3	9	5	1	2	4	7	8
5	8	1	7	6	4	3	9	2
4	7	2	3	9	8	6	1	5
9	6	4	2	8	3	7	5	1
8	1	5	4	7	9	2	6	3
7	2	3	6	5	1	9	8	4

Medium

1	9	8	7	5	6	4	3	2
3	2	6	1	9	4	8	5	7
5	4	7	3	2	8	1	6	9
2	6	9	5	1	7	3	8	4
7	1	3	4	8	9	5	2	6
4	8	5	6	3	2	7	9	1
9	3	2	8	4	1	6	7	5
6	5	4	9	7	3	2	1	8
8	7	1	2	6	5	9	4	3

Hard

2	3	1	5	7	4	8	9	6
4	7	5	6	9	8	3	1	2
6	8	9	1	3	2	4	7	5
5	2	6	4	1	3	9	8	7
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8	5	4	7	2	6	1	3	9
9	6	2	3	4	1	7	5	8
7	1	3	9	8	5	2	6	4

very hard

9	6	2	7	4	5	1	3	8
5	4	1	3	8	9	2	7	6
7	3	8	2	6	1	5	4	9
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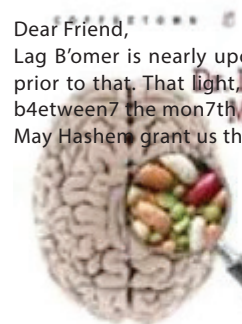
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Thanks

Suggested Reading

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**NATURAL THERAPY
PARKINSON'S
DISEASE**

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בס"ד

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Some of the reasons given for this exceptional therapeutic energy are the following.

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Also, the גימטריא (numerical value) of אייר is the same as 227 (ארוך) indicating healing. As we find the word "ארוכה" (תנ"ך) to mean healing. For example, see "כי עלתה ארוכה" – "337 ירמיה" – "a healing has occurred"⁴. Also, although Iyar is the 2nd month of the year when beginning from the month of Nissan, it is also counted as the 8th month of the year when counting from Tishrei. The number eight is always intrinsically associated with healing, as we find the eight bracha of שמונה עשרה is the bracha of רפאינו!

Another idea presented in the ספרים is that the ראשי תיבות of אייר represent the רחלב, יעקב, יצחק, אברהם, אבות ואמהות הקדושים: אברהם אבינו – was a source of tremendous healing. As חז"ל tell us⁵:

"רבי שמעון בן יוחי אומר, אבן טובה היתה תלויה בצוארו של אברהם אבינו, שכל חולה הרואה אותו מיד מתרפא"

Rabbi Shimon bar Yochai said, a precious stone was hanging around the neck of Avraham Avinu, any ill person who gazed upon it was immediately healed". Avraham is referred to as: ראש המאמינים, the father of all those who truly have faith in Hashem. Avraham is the source of all אמונה, he is the wellspring who generated all our spiritual strength and energy to believe in הקב"ה. It is this power of faith that brought about healing for all those who suffered.

ברפואה שלימה במהרה בימינו, אמן, הקב"ה, that we too shall feel this deep, profound faith in הקב"ה, thereby connecting to His endless source of healing, יהי רצון

1 שמות פרק ט"ו, פסוק כ"ו

2 עם יו"ד אחת

3 ירמיה פרק ד' פסוק א

4 "ועי"ש בפירוש רב סעדיה גאון, מספר ישעיה (פרק נ"ח פסוק ח'): "וארוכתך מהרה תצמח

5 בבא בתרא טז,ב

- 1 שמות פרק ט"ו, פסוק כ"ו
- 2 עם יו"ד אחת
- 3 'ירמיה פרק ד' פסוק א
- 4 "ועי"ש בפירוש רב סעדיה גאון, מספר ישעיה (פרק נ"ח פסוק ח'): "וארוכתך מהרה תצמח
- 5 בבא בתרא טז, ב