

A Time to Reflect

This past March marked the fifth birthday of our organization.

In the early years of the organization, it was a one-man show, as I, with the constant support of my devoted wife, juggled all aspects and facets of the work, on my own. It was an exciting time of laying the groundwork, as well as plenty of uncertainty in our attempts to find solid footing in an uncharted terrain.

Despite it all, we forged on.

As we grew, achieving milestones and reaching landmarks upon our journey, we reached a point that called for even more growth and the spreading of our wings. In order to do that we needed more manpower/staff. הקב"ה, in His infinite kindness brought to us an extraordinary team of capable and talented women, led by Mrs. Feuer, who have joined us in our mission as we move forward.

One of the many projects coordinated by the new team was the successful Caregivers Event. We plan to replicate this event, בע"ה, in Monsey and Brooklyn. Furthermore, we will continue to expand our services, as well as launching our website in the near future.

We are excited to bring you along on this journey with us.

May הקב"ה help us by continuing to shower us with tremendous טיעתא דשמיא, thereby enabling us to build a comprehensive, full service center meeting the many needs of our clients, with professionalism and compassion.

Have a Gut Gebentched Yahr! We hope the important travel tips will come in handy if you are traveling to loved ones over the Yom Tov season!

Rabbi Gruskin

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Connections

Do You Have a Healthcare Team That's Right for You?

Parkinson's disease (PD), the most prevalent movement disorder, can impact one's entire life, yet only 10 percent of those diagnosed with Parkinson's receive expert care from health professionals who specialize in this complex disease. Beginning in 2009, the Parkinson's Outcomes Project, the largest-ever study of PD, unveiled a bounty of information to help improve the quality of life in People with Parkinson's (PwP). One finding that researchers highlight is that the better we manage Parkinson's today, the better life will be tomorrow. Further, those who receive expert



Traveling with Parkinson's Disease



- Bring your Aware in Care hospitalization kit Parkinson's ID bracelet and card everywhere. Order your free Aware in Care kit at www.awareincare.org, by calling your local chapter or our lifesaving Helpline at 1-800-4PD-INFO (473-4636).
- Travel with all medications in original bottles. Keep the original label with the name of the drug and your doctor's name.
- Bring a copy of your prescriptions (generic and non-generic names) and medication schedule. Include your physician's name and contact information.
- Pack enough medication to last your entire trip in your carry-on bag. Include snacks, water or juice to take with medications. Pack extras in case your trip is delayed.
- Continue to take your medications as prescribed, even if changing time zones. Keep the same intervals between doses. Consider wearing two watches: current time and time at home.
- If staying in a hotel, ask these questions before you arrive:
 - What does "accessible room" actually entail?
 - Can you have room that has a walk-in shower with grab bars?
 - What is the proximity to elevators?
- Ask your neurologist to give you the name of a doctor in the area you are traveling
- Rest the day before your trip AND the first full day you arrive.



- Use sunscreen with a sun protection factor (SPF) of 30 or more. Apply sunscreen daily before leaving your house, year-round. If you drive often, keep sunscreen in your car so you can apply it to your hands. When in direct sun, wear protective clothes and a hat.
- Examine yourself from head to toe. Melanoma can occur in hidden spots that can be easily overlooked. Once a month, look for odd marks and black spots on your skin and nails. Ask a loved one to help you check the areas you can't see.
- Know your spots. Look for a skin growth, mole or beauty mark that changes in size, color or texture.
- Protect yourself from sun exposure. Schedule an annual screening with a dermatologist. Specifically ask for a skin cancer screening. Be sure to point out any abnormal spots.
- Look for "sun sensitivity" listed on medication warning labels, these warnings can increase your chances of sunburns.
- Use sunscreen when around reflective surfaces. Water and sand reflect sun rays and increase sun exposure, increasing your odds of getting a sunburn.
- If diagnosed with skin cancer, get treated right away. Early-stage melanoma has a 98% survival rate.



- Stay hydrated. Drink water even if you are not thirsty.
- Try to drink more than the recommended 9 to 13 cups of water per day when you are in the heat.
- Exercise smart. If exercising outside, keep track of how much time you spend in the heat. Consider exercising outdoors in the early morning or late afternoon when it's cooler outside.
- Know the signs of heat stroke: flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and confusion. Once heatstroke is suspected, begin cooling immediately. Go to your nearest emergency room or urgent care for treatment.

edited for print with permission from parkinsons.org

Volunteer Spotlight



Leah (name has been changed) is surely one such volunteer without much time to spare.

As a dedicated mother, as well as serving as director of the Health@Home Deal Division (a project of Lakewood Bikur Cholim), she certainly did not seem to have an extra moment. Yet, Leah has heart, and when we approached her to join our team, she opened her heart wide to come along for the journey.

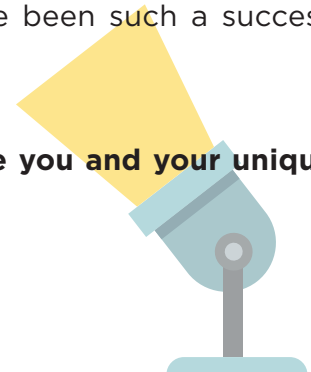
In Leah we have found someone who is truly compassionate with a listening ear, qualities that make all the difference! She gives of herself by listening to others with an open heart, a warm smile and a caring tone, generating a most delightful effect while helping those in need.

Our caregivers' event that took place on June 6th, 2021 would not have been such a success without her input and effort on behalf of the organization.

Thank you so much for your volunteer work! Please know that we value you and your unique contribution to our organization more than words can describe.

*Volunteers
do not necessarily
have the time; they
just have the heart.*

Elizabeth Andrew



Caregivers Event Roundup

On June 6th 2021 we held our very first female caregivers' event in Toms River, NJ. Despite the heat, the attendance was delightful. Many came out to share the burden with others in similar situations. The women were treated to a beautiful display of flowers and a buffet-style luncheon. A special thanks to Mrs. Shavy Weiss for donating her time and talent Leilui Nishmas her father R' Shimshon Yisroel Ben R' Chaim Hacoheh.

We thank Mrs. Kayla Rochel Gruskin, co-founder of LifeSpark for honoring us with דברי חיווק. From the heart of one caregiver to another, her message was precisely what many needed to hear.

As this was an event to rejuvenate, attendees were rewarded with comic relief led by the one and only Mrs. Malky Weingarten. She shared fun acting tips, and followed up with interactive skits - costumes and all. The audience was in stitches!

At the conclusion of the event, each caregiver received a piece of jewelry from a selection of curated pieces displayed.

We sincerely hope that the luncheon provided some inspiration and comradery for those who attended.

Please stay tuned for future events.



A Helping Hand

That year, winter in New York City lingered lazily into late April. Living alone and legally blind, I had tended to remain indoors much of the time.

Finally, one day, the chill was gone and spring stepped forth, filling the air with a penetrating and exhilarating fragrance. Outside my backyard windows, a merry little bird kept chirping persistently, beckoning me, it seemed, outdoors.

Aware of the capriciousness of April, I clung to my winter coat, but, as a concession to the change in temperature, discarded my woolen scarf, hat and gloves. Taking my three-pronged cane, I stepped out cheerfully onto my open porch leading to the sidewalk. Lifting my face to the sun, I gave it a welcoming smile in

acknowledgement of its warmth and promise. As I walked down my quiet dead-end street, my next-door neighbor called out a musical “Hello” and asked if I wanted a lift to where I was going. “No, thank you,” I called back in return. “These legs of mine have been resting all winter, and my joints are badly in need of an outing, so I think I’ll walk.”

Reaching the corner, I waited, as was my habit, for someone to come along who would let me walk across with them when the light turned green. It seemed to take somewhat longer than usual for the sound of traffic to cease, yet I had no offers. As I stood there patiently, I began to hum a tune that returned

to me from somewhere in the back of my head.

It was a “welcome to spring” song I had learned in school as a child.

Suddenly, a well-modulated masculine voice spoke up. “You sound like a very cheerful human being.” It said. “May I have the pleasure of your company across the street?” Flattered by such chivalry, I nodded, smiling, whispering a barely audible “Yes.”



*Kindness
It costs nothing,
but it means
everything.*

Gently, he tucked his hand around my upper arm and together we stepped off the curb. As we slowly made our way across, we talked of the most obvious topic – the weather- and about how good it was to be alive on such a day. As we kept in step it together, it was

difficult to determine who was the guide and who was the one being led.

We had barely reached the other side of the crossing, when horns impatiently began blasting forth again at what was assuredly a change in the light. We walked on a few more paces to get away from the curb. Turning to him, I opened my mouth to thank him for his assistance and company. Before a single word had left my lips, he spoke up. “I don’t know if you realize,” he said, “how gratifying it is to find someone as cheerful as you to accompany a blind person like me across the street.”

That spring day has stayed with me forever.

PUZZLE TIME

C O R P O R A T E

~~MONEY~~ TREE TREE ~~MONEY~~
~~MONEY~~

↓
GRAVITY
↑

J O B \approx J O B

HEAD

HEEL HEEL
HEEL HEEL

WEAHTER

J O an B

FIVE

BANA NA

C C C C
C C C

WIG

WISH

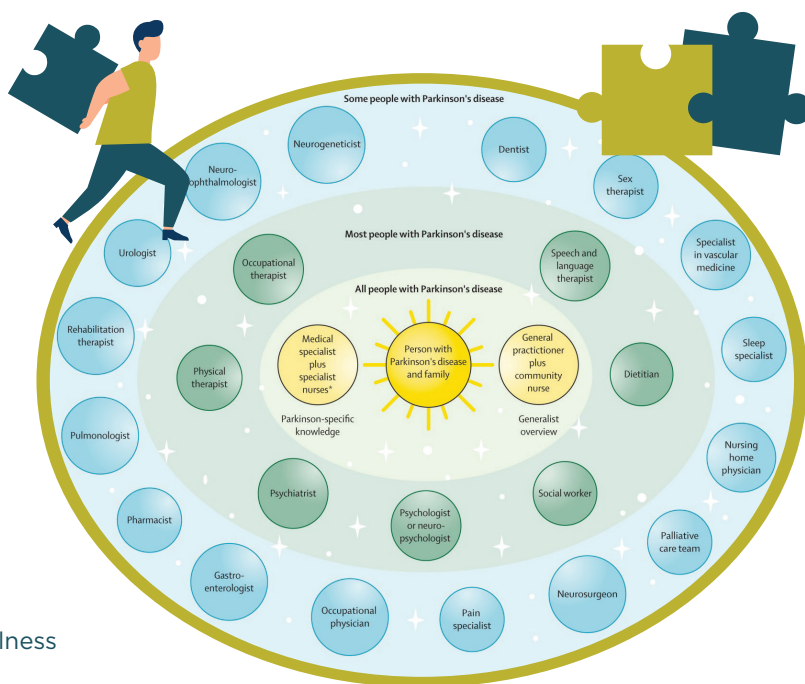
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Connections (continued from page 1)

care have better outcomes, as their complication risks are lower, leading to higher quality and longer lives. Regardless of where you and your loved ones are on your Parkinson's journey, getting the right care when you need it can make all the difference in the world.

Living well with Parkinson's, includes creating a unique healthcare team of experts that are experienced, devoted and specialize in helping people with Parkinson's (PwP) and their loved one's maximize their fullest potentials. When creating the healthcare team that's right for you or your loved one, remember that you/they play a central role on the team. To be an empowered patient, one must recognize that they are most valuable player and as such, have a significant role. Using the universe as an analogy (see the referenced figure), there are no individual stars within the healthcare team. PwP and their family can be seen as the sun, around which members of the inter-disciplinary team revolve around to deliver their expert care.

As we know, Parkinson's can impact one's life many ways. As such, it's important to build a comprehensive team of experts that are dedicated to providing quality care to address one's full range of symptoms. In the team-based approach, empowered patients and/or their loved one's play a central role in their care. If you and/or your loved ones are ready to explore this approach, know that we are happy to help ignite your victory for Parkinson's!



Dr. Haim D. Nesser,

PT, DPT, ATP, CCI, CEEAA, CSRS, LSVT BIG, PWR

Medical Advisory Board, LifeSparks

Owner & Physical Therapist, Propel Rehabilitation & Wellness

Recommended Reading

Available on Amazon



With thanks to our Sponsor:





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Read about an unforgettable event for caregivers.
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A simple gesture can make someone's day.
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Do you have everything ready for travel?
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LIFESPARK
igniting victories for parkinsons

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Stay Tuned!

Look out for
upcoming information
about our August 29th

MONSEY CAREGIVERS EVENT