

Thank you for joining us in the Ribbon Cutting Ceremony of the LifeSpark Kauftheil Parkinson's Wellness Center!

The Ribbon Cutting Ceremony celebrates the opening of our Wellness Center. The Center will serve as a home for the many in our community challenged by Parkinson's, as well as their families and caregivers, wherein they will find immeasurable resources, hope and inspiration, along their challenging journey. The time-honored tradition of this ceremony represents the launching of a momentous initiative, while members of an organization/business stand side by side with those who value its import and significance, in a display of genuine support and dedication. Please accept our profound thanks for joining us today. In the merit of your precious comradery and support, may Hashem bless you with everything good. Amen!

What is Parkinson's Disease?

According to Parkinson.org, a leader in information and education on PD, "Parkinson's Disease is "a neurodegenerative disorder that affects predominantly the dopamine-producing ("dopamine-ergic") neurons in a specific area of the brain called substantia nigra." The substantia nigra is responsible for the way the brain controls body movement. It also controls the chemical signals that will affect mood, decision making, judgement etc.



Key Words

Carbidopa (Lodosyn): A drug that is usually given in combination with a Parkinson's drug called Levodopa; the combination drug's brand name is Sinemet. Carbidopa improves the effectiveness of Levodopa and can be used to reduce the side effects of Levodopa.

Levodopa: A drug, containing a form of the important brain chemical dopamine, commonly used to treat symptoms of Parkinson's disease. In combination with carbidopa, it is called Sinemet; combined with benserazide, it is called Prolopa.

Sinemet: Brand name of Levodopa medication which is a mixture of Levodopa and Carbidopa

Dopamine: A chemical produced by the brain; it assists in the effective transmission of messages from one nerve cell to the next. People with Parkinson's have decreased amounts of the chemical in the basal ganglia and substantia nigra, two structures located deep in the brain. Dopamine coordinates the actions of movement, balance, and walking.

Dyskinesia: Abnormal muscle movements. May appear as a side effect of long-term drug treatment in Parkinson's and may worsen in response to stress.

Lewy body: Brain cells that have abnormal pigmented spheres inside them. They are found in the damaged parts of the brain in people with Parkinson's disease.

Neurotransmitter: A specialized chemical produced in nerve cells that permits the transmission of information between nerve cells. Dopamine is one example.

Parkinson's facies: A stoic, mask-like facial expression, with infrequent blinking; it is characteristic of Parkinson's disease.

Postural tremor: Tremor that increases when hands are stretched out in front.

Resting tremor: Shaking that occurs in a relaxed and supported limb.

Rigidity: Muscular stiffness that is common in people with Parkinson's disease. It is characterized by a resistance to movement in the limbs.

Akinesia inability to move, initiate or maintain body movement

Basal Ganglia- area in brain that contains clusters of neurons responsible for movement.

Bradykinesia- slowing down of movement

Dysphagia: difficulty swallowing

Dystonia: involuntary muscle contractions that result in slow repetitive movements, cramps, or abnormal posture

Hypomimia also known as facial masking. 'frozen' face with diminished blinking.

Lewy-Body: Abnormal protein clumps in dead or dying dopamine producing cells. This can cause what is called Lewy-Body dementia .

Micrographia: small handwriting. Often one of the early signs of Parkinson's Disease.





HISTORY OF LIFESPARK



RABBI GRUSKIN, AGE 56, DIAGNOSED WITH PARKINSONS DISEASE.



2007

2013

AFTER 6 YEARS IN DENIAL, RABBI GRUSKIN ATTENDS HIS FIRST WPC - WORLD PARKINSON'S CONGRESS - FINDING HOPE AND INSPIRATION. NOTICING NO SUCH ORGANIZATION FOR FRUM JEWS, HE BEGINS HIS JOURNEY TO ESTABLISH ONE.



2019

AT YOMIM TOVIM, RABBI GRUSKIN SENDS OUT YOM TOV INSPIRED EDUCATIONAL TIPS, AS WELL AS AN INFORMATION BROCHURE. A PD LIBRARY IS OPENED AND RABBI GRUSKIN BEGINS PD PATIENT INTAKE CONSULTATIONS.



Men are **2X** MORE LIKELY TO HAVE PD THAN Women

2017

RABBI GRUSKIN BEGINS HOSTING PATIENT EDUCATIONAL WORKSHOPS. THE FIRST WAS CO-HOSTED WITH BIKOR CHOLIM OF LAKEWOOD. OUTREACH TO HELP FRUM PD PATIENTS NOW INCLUDES THOSE IN MONSEY, LAKEWOOD, BROOKLYN AND BALTIMORE.



2016

SPARKS OF LIFE IS BORN, AND BY THE END OF THE YEAR 28 FRUM PEOPLE TRAVEL TOGETHER TO ATTEND THE NEXT WPC IN PORTLAND, OR.



27 Years

YOUNGEST PATIENT DIAGNOSED

8 New INTAKES PER MONTH

12 Years YOUNGEST JUVENILE DIAGNOSED



2018

THE MONSEY MOVEMENT DISORDER CENTER OPENS. 30 PATIENTS FROM RABBI GRUSKIN'S LARGE DATABASE ATTEND.



40K People ARE DIAGNOSED BEFORE THE AGE OF 50

2021

LIFESPARK HOSTS CAREGIVER EVENTS IN LAKEWOOD, MONSEY AND BROOKLYN AND LAUNCHES AN INFORMATIVE WEBSITE.



2022

WITH 600 PATIENTS IN THE ORGANIZATION'S DATABASE, LIFESPARK HEADQUARTERS AND A MOVEMENT DISORDER WELLNESS CENTER IS UNVEILED IN LAKEWOOD. ALSO, LIFESPARK CELEBRATED ITS FIRST SHABBOS RETREAT IN UPSTATE NY.



SYMPTOMS OF PARKINSONS

Parkinson's disease is a neurological degenerative disease quite common among Jews. Early detection enhances living a better quality of life.

Not all symptoms are necessarily Parkinson's, but if a person has a few or more, he or she should check it out. Learn More at lifesparkpd.com

MOVEMENT

DECREASED DOPAMINE

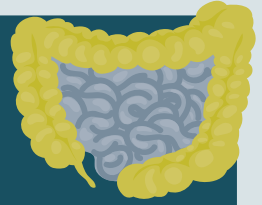
DECREASED ABILITY TO MOVE AT TIMES DURING THE DAY
SLOWNESS OF MOVEMENT
INVOLUNTARY MOVEMENTS
LOSS OF BALANCE
TROUBLE TALKING
SMALLER HANDWRITING
STIFFNESS
TREMORS
FEELING STUCK TO THE FLOOR
MOVEMENT RIGIDITY IN THE MORNING



MORE NON-MOTOR SYMPTOMS

LACK OF BRAIN FUNCTION

FALL DUE TO BLACKOUTS
CHANGE IN ABILITY TO TASTE OR SMELL
CHANGE IN WEIGHT
EXCESSIVE SWEATING
SEEING OR HEARING THINGS THAT ARE NOT THERE
DIZZY OR LIGHTEADEDNESS WHEN STANDING FROM SITTING



BLADDER

LOSS OF MUSCLE CONTROL

URGES TO USE BATHROOM
AWAKING AT NIGHT TO USE BATHROOM



MOOD

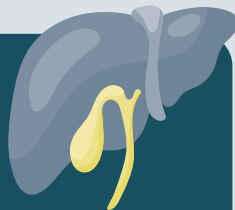
DECREASED SEROTONIN

FEEL ANXIOUS, FRIGHTENED OR PANICKY
LOSS OF INTEREST
DECREASED LIBIDO
FEEL UNHAPPY
DEPRESSION



DIGESTION & GUT

DIFFICULTY SWALLOWING
DRIBBLING OR DROOLING
VOMITING & NAUSEA
CONSTIPATION
UPSET STOMACH



ATTENTION & MEMORY:

LACK OF SMOOTH CIRCUIT IN BRAIN

FORGETFULNESS
SLOWNESS OF SPEECH
LOSS OF TRAIN OF THOUGHT DURING CONVERSATIONS
DIFFICULTY REMEMBERING NAMES, NUMBERS, EVENTS
UNABLE TO CONCENTRATE DURING ACTIVITIES



PAIN

LOSS OF ELASTICITY OF MUSCLE

SEVERE HEADACHES
SHOCK-LIKE SHOOTING PAIN IN LIMBS
STILL LIMBS AT NIGHT AND DURING THE DAY
PAIN DUE TO RESTLESSNESS OR FIDGETING AT NIGHT
PAINFUL CRAMPS IN TOES, FINGERS, ANKLES & WRISTS CAUSING SLEEP DISTURBANCE (DYSTONIA)

SLEEP DISTURBANCES

NON REGULATED BRAIN FUNCTION

DIFFICULTY FALLING ASLEEP
DIFFICULTY STAYING ASLEEP
RESTLESS SLEEP
FREQUENT DOZING OFF
DIFFICULTY GOING BACK TO SLEEP
MORNING TIREDNESS
FATIGUE DURING THE DAY

