

WEEKS OF SEEKING

The “Three Weeks” is a time associated with sadness and destruction, wherein we acutely feel the mourning over the המקדש בית חורבן. The Posuk says: כל רודפיה השיגוה בין המצרים, all her (the Jewish people’s) enemies overcame her in the ‘constricted space’ of בין המצרים, the Three Weeks. Nevertheless, the ספרים הקדושים teach us that these days are a most opportune time to attain genuine levels in רוחניות; to develop a real connection with הקב”ה. They demonstrate this idea from the Posuk mentioned above. They read as follows: “כל רודף י-ה”, כל רודפיה, all those who pursue י-ה, seek Hashem, השיגוה, they shall reach Him, achieving their desired קדושה at this time.

What is the secret of the overwhelming spiritual opportunity during the בין המצרים?

The Midrash teaches that prior to the חטא העגל, the ראש השנה of יום טוב was meant to be on בתמוז עשר שבעה. The reason for this phenomenon is that although the original ראש השנה occurred on the 1st of Tishrei, the day of אדם הראשון’s birth, however, by sinning with the עץ הדעת he spoiled the potential of Man and thereby removed the significance of his original birthday.

The opportunity for Man’s rebirth presented itself on שבעה עשר בתמוז, when Moshe planned to descend from הר סיני with the לוחות. A legitimate קבלת התורה would have been Man’s realignment with the will of Hashem and thereby serve as his new birthday. י”ז was intended to be the ראש השנה of the reconstructed Man. In fact, Chazal teach us that at Matan Torah, Man was meant to once again achieve everlasting life, just as אדם הראשון was destined to live forever.

This is the source of the unique spiritual possibility during these weeks. While on one level they embody dejection and ruin; the darkness we brought upon ourselves through the sins of חטא העגל and those that generated the חורבן בית המקדש, however, the essential form of these weeks represent the prospect of revival, of ראש השנה, healing all our spiritual malaise and returning to the pristine state of עדן. If we shall truly be רודף י-ה, sincerely seek הקב”ה, these are the weeks that we’ll be זוכה to find Him.

ויהי רצון שבמהרה
יהפף ימים נעלים אלו לששון ולשמחה במהרה בימינו. אמן!

Rabbi Tzvi Fener



Zoo

By: Edward D. Hoch

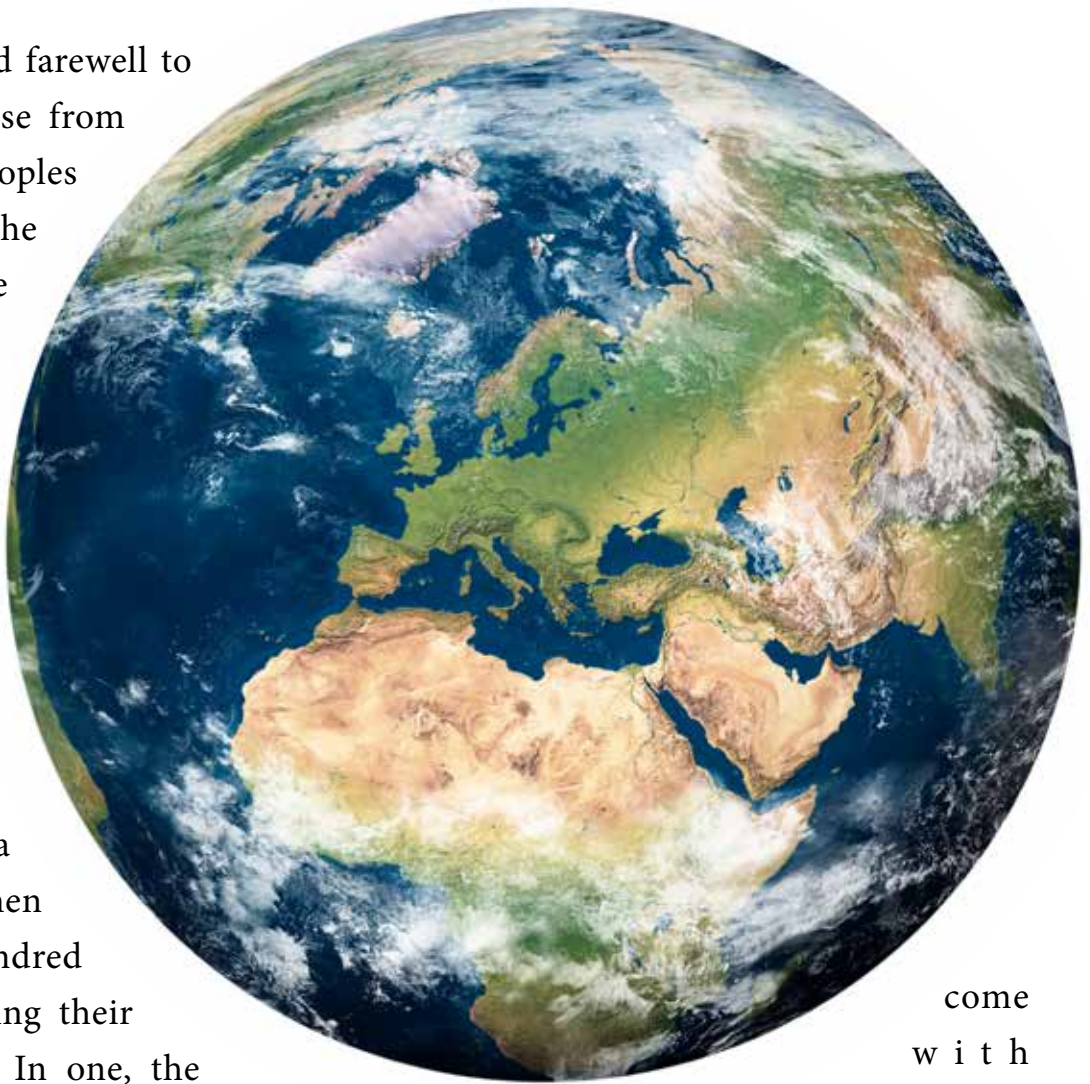
The children were always good during the month of August, especially when it began to get near the twenty-third. It was on this day that the great silver spaceship carrying Professor Hugo's Interplanetary Zoo settled down for its annual six-hour visit to the Chicago area. Before daybreak the crowds would form, long lines of children and adults both, each one clutching his or her dollar, and waiting with wonderment to see what race of strange creatures the Professor had brought this year. In the past they had sometimes been treated to three-legged creatures from Venus, or tall, thin men from Mars, or even snake-like horrors from somewhere more distant. This year, as the great round ship settled slowly to earth in the huge tri-city parking area just outside of Chicago, they watched with awe as the sides slowly slid up to reveal the familiar barred cages. In them were some wild breed of nightmare--small, horse-like animals that moved with quick, jerking motions and constantly chattered in a highpitched tongue. The citizens of Earth clustered around as Professor Hugo's crew quickly collected the waiting dollars, and soon the good Professor himself made an appearance, wearing his many-colored rainbow cape and top hat. "Peoples of Earth," he called into his microphone. The crowd's noise died down and he continued.

"Peoples of Earth, this year you see a real treat for your single dollar--the little-known horse-spider people of Kaan--brought to you across a million miles of space at great expense. Gather around, see them, study them, listen to them, tell your friends about them. But hurry! My ship can remain here only six hours! And the crowds slowly filed by, at once horrified and fascinated by these strange creatures that looked like horses but ran up the walls of their

"We visited eight worlds and saw many things."

cages like spiders. "This is certainly worth a dollar," one man remarked, hurrying away. "I'm going home to get the wife." All day long it went like that, until ten thousand people had filed by the barred cages set into the side of the spaceship. Then, as the six-hour limit ran out, Professor Hugo once more took microphone in hand. "We must go now, but we will return next year on this date. And if you enjoyed our zoo this year, phone your friends in other cities about it. We will land in New York tomorrow, and next week on to London, Paris, Rome, Hong Kong, and Tokyo. Then on

to other worlds! He waved farewell to them, and as the ship rose from the ground the Earth peoples agreed that this had been the very best Zoo yet. . . . Some two months and three planets later, the silver ship of Professor Hugo settled at last onto the familiar jagged rocks of Kaan, and the queer horse-spider creatures filed quickly out of their cages. Professor Hugo was there to say a few parting words, and then they scurried away in a hundred different directions, seeking their homes among the rocks. In one, the she-creature was happy to see the return of her mate and offspring. She babbled a greeting in the strange tongue and hurried to embrace them. "It was a long time you were gone. Was it good?" And the he-creature nodded. "The little one enjoyed it especially. We visited eight worlds and saw many things." The little one ran up the wall of the cave. "On the place called Earth it was the best. The creatures there wear garments over skins, and they walk on two legs." "But isn't it dangerous?" asked the she-creature. "No," her mate answered. "There are bars to protect us from them. We remain right in the ship. Next time you must



come with us. It is well worth the nineteen commocs it costs." And the little one nodded. "It was the very best Zoo ever. . . ."

**“OUR GREATEST
GLORY IS NOT IN
NEVER FALLING, BUT
IN RISING EVERY
TIME WE FALL”**

Combating Depression

Combating Depression

Depression is one of the major, and most common, challenges for people living with Parkinson's disease (PD). Everyone feels sad from time to time and it is normal to experience stress when faced with a difficult disease such as PD. However, sadness can become a significant problem if it manifests into clinical depression and is left untreated.

We have only recently begun to recognize how common PD-related depression is and its impact on daily life. The Parkinson's Outcomes Project, the largest clinical study of PD through the Parkinson's Foundation Centers of Excellence, found that taken together, mood, depression and anxiety have the greatest impact on health status — even more than the motor impairments commonly associated with the disease. Fortunately, previous studies have also

shown that treating depression is one of the most significant ways to improve

quality of life.

It is especially important for people with PD to discuss even subtle changes in mood with their doctor as soon as they arise because, for many doctors, diagnosing depression can be difficult to differentiate from symptoms of Parkinson's — such as a masked facial expression, sleep problems and fatigue — which overlap with symptoms of depression.

Sadness Versus Depression

While sadness is temporary, depression is persistent, and the people who experience it find that they cannot enjoy life as they used to. At least 40 percent of people with PD experience clinical depression at some time during the disease. It may occur early or late in the course of the disease and the person who is depressed may find that some days are better than others.

Depression causes personal suffering and also appears to intensify problems with mobility and memory. A person with PD, or his or her care partner or physician, may at first dismiss the signs of depression because they assume that it is normal to



be depressed when faced with this illness. This can lead to feelings of helplessness and confusion, which may make the problem worse.

**"SUCCESS IS A
JOURNEY NOT A
DESTINATION."**

Causes of Depression in PD

There is no clear cause of depression but most specialists agree that it is probably a combination of factors. Research suggests that experiencing depression early in the disease may be directly due to PD-related chemical changes in the brain. Parkinson's causes changes in areas of the brain that produce

underactive in PD.

It is very important to address depression because it can affect other symptoms and quality of life. If you are concerned that you or a loved one may be depressed, discuss symptoms with your doctor. There are several ways to treat clinical depression. It is important to find the method that works best

TIP

Because PD Depression is so common, the Parkinson's Foundation recommends that all people with PD:

- ✓ Get screened for depression at least once a year.
- ✓ Discuss all changes in mood with their healthcare professional and doctor.
- ✓ Bring a family member to doctor's appointments to discuss changes in their mood.

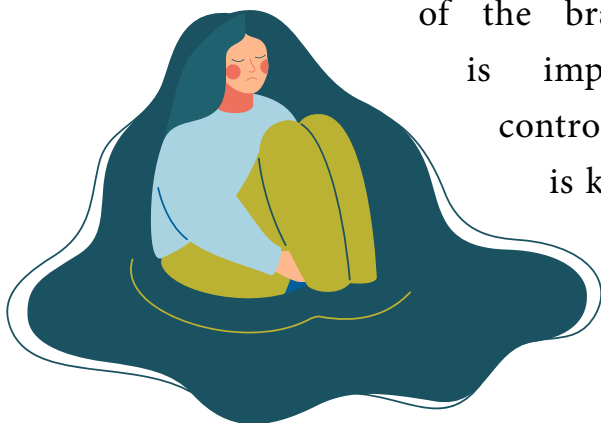
serotonin, norepinephrine and dopamine — chemicals that are involved in regulating mood, energy, motivation, appetite and sleep.

In addition, the frontal lobe of the brain, which is important in controlling mood, is known to be

for you.

Treating PD Depression

People with PD who experience uncontrolled "on-off" periods and freezing episodes are more prone to depression, so speak with your doctor about the best approach to controlling these symptoms first. The same is true of some other, non-motor symptoms of PD — for example, poor sleep, constipation and





fatigue — that need to be treated to decrease the burden of living with the disease.

Regular exercise can help treat the symptoms of depression and PD. Eating a healthy diet is another approach that can help your overall wellness. Staying involved in social and recreational activities is also important. Have something to look forward to, whether a hobby or socializing with friends and family.

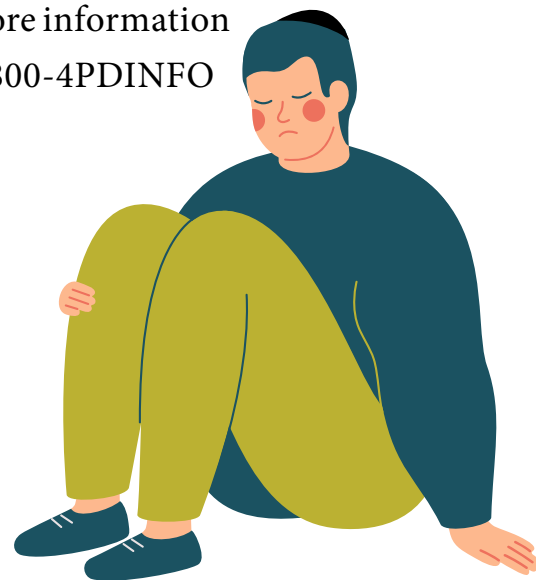
Receiving help from professionals and peers can help you learn to cope with stress, improve social relationships and find solutions to practical day-to-day impairments. The Parkinson's Outcome Project found that rates for depression were lowest among patients receiving care from clinics with the most active approach to counseling. Cognitive

Behavioral Therapy, a type of counseling, has been shown to be especially effective in people with PD.

Lastly, know that there are many medications available for depression in PD. Studies have suggested that one class of antidepressants, called “dual reuptake inhibitors,” which affect both serotonin and norepinephrine, improve depressive symptoms in people with PD.

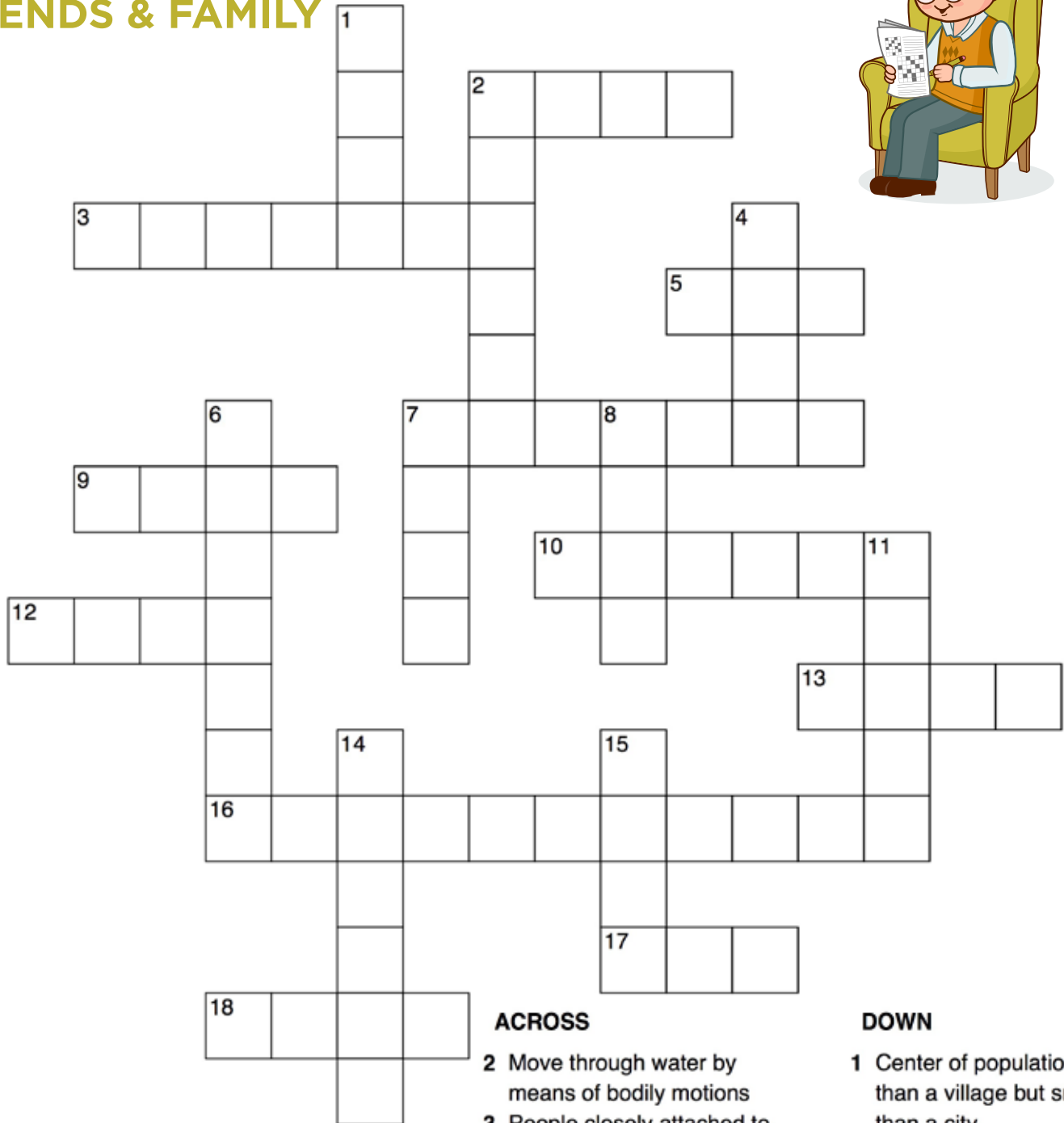
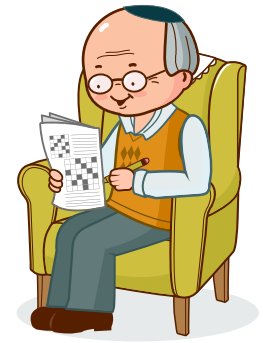
The pharmacological treatment of depression in PD needs to be individualized and may involve a variety of strategies. Make sure your doctor knows that Asendin® (amoxopine) is not an appropriate antidepressant for people with PD. If you or your loved one is currently taking an antidepressant that does not appear to be helping, ask your doctor if a different agent may work better.

Learn more about PD-related depression and other mental health symptoms by requesting a copy of our book *Mood: A Mind Guide to Parkinson's* at [Parkinson.org/Books](https://www.parkinson.org/Books). You can also request more information by calling 1-800-4PDINFO (473-4636).



PUZZLE TIME

FRIENDS & FAMILY



ACROSS

- 2 Move through water by means of bodily motions
- 3 People closely attached to each other by affection
- 5 Mother
- 7 Male sibling
- 9 Recreation
- 10 Informal outdoor meal
- 12 Small retail store
- 13 Area of public land set aside for rest and relaxation
- 16 Father or mother of one's parent
- 17 Father
- 18 Stroll

DOWN

- 1 Center of population larger than a village but smaller than a city
- 2 Female sibling
- 4 Place where one lives
- 6 Living in outdoor tents or shelters
- 7 Bicycle
- 8 Journey, voyage, or excursion
- 11 Skill in making things by hand
- 14 Group consisting of parents and their children
- 15 Open area next to a house



SAVE THE DATE

To all our Dearest LifeSpark Family Members:

We apologize for our seeming ‘disappearance’ over the past few months. This has not been a ‘vanishing act’ nor an extended vacation on our part!

Actually, we have been very hard at work in creating the LifeSpark Lakewood PD Therapy Center. Now, after months of planning, prepping, construction, myriads of dreams and details, we are almost ready for the Ribbon Cutting Ceremony.

We look forward to sending you an invitation to our/your Event, set to take place, IY"H, on Sunday, September 11th, 2022.

Check out our construction pictures below, and expect further communication in the near future.

Please make sure to keep this date available on

your schedule. We are looking forward to seeing you!

For questions, info and/or a copy of the recording of the event, please call our office at 732.534.6388 or email us at info@lifesparkpd.com.



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