



SUKKAH - IN HIS EMBRACE

The Yom Tov of Sukkos is the finale of the Yomim Noraim. We learn that although the achievements of Rosh Hashanah and Yom Kippur uplift us, Sukkos propels us to an even higher level. What is this particular quality of Sukkos, and how does it add to the element of Yomim Noraim?

The Vilna Gaon points out that the mitzvah of Sukkah is one of only 2 Mitzvos that we enter entirely, with our whole bodies, into the place of the Mitzvah [the other being the Mitzvah of Yishuv Eretz Yisroel].

Somehow, the Mitzvah of Sukkah is defined not by merely 'doing' the Mitzvah, rather, by entering and being completely enveloped in it. What is the notion of this embrace?

Also, the גמרא tells us that a Sukkah is different from most common 'articles of Mitzvah', objects with which we perform Mitzvos; while most objects retain their physical, mundane nature, the Sukkah is different, as שם שמים חל על הסוכה, the name of Hashem permeates the very material of the Sukkah itself. Furthermore, the Ariza"l points out that the numerical value of the two primary names of Hashem [הוי"ה אדני] 26 & 65] equal the numerical value of סוכ"ה [91].

These facts indicate the profound contrast between the Avodah of Rosh Hashanah and Yom Kippur and that of Sukkos. The work we do on Rosh Hashana and Yom Kippur is done 'לפני השם', 'before Hashem'; we pray, we repent, we confess, *before* Him, in pursuit of sweet judgment and forgiveness. כביכול, Hashem remains in His 'space' and we attend to our efforts in our own. On Sukkos, however, we are *with* Him, in His space, in His home; our work is to wholeheartedly enter His Sukkah and feel completely cradled by Him.

When we valiantly leave the comfort zones of our own homes, exiting our space to joyfully enter His, the depth of our relationship with Him and the magnitude of כפרה is boundless. Enveloped by Hashem, in a place of eternal purity, we feel intense joy and delight, and sense an intimacy surpassing that of the Yomim Noraim. On Sukkos, the notion of Teshuva, 'Return' to Hashem, gains heightened significance, as we finally realize the literal experience of Return – to return to Him, to His place, to His home, with no place for ourselves except in His loving embrace.

Entering the Sukkah with these intentions will surely bring incredible feelings of closeness with Hashem and tremendous joy. May we thereby be וזכה to genuine שמחה אחת... והיית אדם!

בברכת מועדים לשמחה חגים וזמנים לששון

Rabbi Tzvi Fener

¹ לגבי דין של ר"ה אי' במתני' (ר"ה טז, א) בר"ה כל באי עולם עוברין 'לפניו' כבני מרון. לפניו דייקא. ולגבי יוהכ"פ, הרי עיקר עבודת היום בוודיוס, אשר יסודם הוא להיות נאמרים 'לפני השם'. וכן כלל כפרת היום הוא גדר של 'לפני השם', וכדמפורש בקרא (ויקרא טז, ל) כי ביום הזה יכפר עליכם לטהר אתכם מכל חטאתיכם 'לפני השם' תטהרו. וראה שלהי יומא: אמר רבי עקיבא, אשריכם ישראל, 'לפני מי' אתם מטהרין, ומי מטהר אתכם וכו', עי"ש.

² וראה זה פלא, שחיבורינו עם הקב"ה בחג הסוכות הוא עד כדי כך עד שגם עצם ההזדהות שלנו, ה'אני' שלנו, מטושטשת ומצטרפת עמו ית', וכמב' בסוכה מה, א, לענין אמירת 'אני וכו' בתפילת הושענות, שהכוונה ב'אני' הוא לאחת משמותיו של הקב"ה, והבן.

Understanding Drug Repurposing

By: Paulette Laniado
Patient Liaison, LifeSpark

At the WPC (World Parkinson's Congress) 2023, a lecture on the benefits of Drug Repurposing was given by Lorraine Kalia, MD, PhD, FRCPC, Senior Scientist, Krembil Research Institute, and movement disorder specialist. While we may be familiar with the concept of clinical trials and regulations to get a drug approved for use, in the following short article we will define and explore the concept further, to educate the public on how they can contribute to the drug repurposing process.

Drug repurposing (synonymously referred to as drug repositioning) is when a drug that is created to treat one medical condition is later approved for use to treat an alternative disorder. Azilect, commonly known by its generic name Rasagiline, is a prime example of such a drug. Originally created in the 1960s to treat influenza, it was repurposed to treat the motor symptoms of Parkinson's in the 1970s. Several antidepressants are other prime examples, as they are commonly prescribed by neurologists to treat Parkinson's as well.

Many people question the advantages of Drug Repurposing, as opposed to creating a new drug to specifically treat an illness. To understand why repurposing is a valuable option, let's go through the process of how a drug comes on to the market.

Once a new drug is discovered in the lab, it goes through a lengthy and expensive process consisting of 5 stages until it reaches your medicine chest. The 5 phases of new drug development are as follows: Early Drug Discovery, Pre-Clinical testing in animals, 3 levels of Clinical Phases in humans, and only then onto Regulatory Approval. From start to finish, the average amount of time it takes per drug is 15 years. While this may sound like a long period of time to wait, especially for the patient waiting for his 'miracle cure', the process is there to protect us. As you can see from the graph below, rigorous testing is done prior to becoming FDA approved and considered safe for

the human body. Studies show that 10 percent of new drugs invented are pulled out of the testing process during phase 1 and deemed unfit for approval.

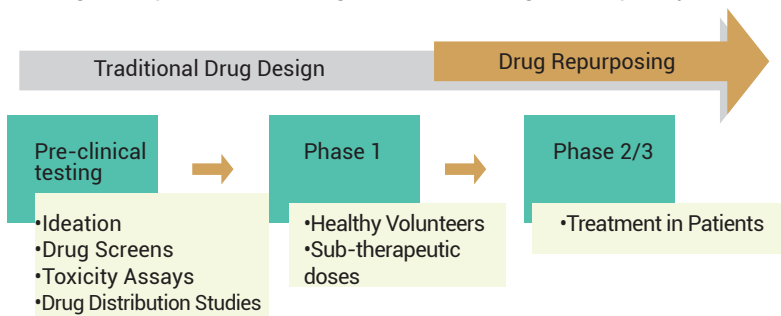
When a drug is repurposed, as opposed to inventing it from scratch, it saves a significant amount of time and cost. Many of the phases delineated above are not necessary, as they have already been performed during the process of the original intention of the drug. The scientists and doctors can skip ahead and focus on how effective the drug in question is for the new patient demographic with their targeted illness.


How can the patient contribute?

Many times, a patient will find that a medication taken for one condition helps for another disorder they are suffering from simultaneously. If this happens to you - Speak up! Mention your findings to your doctor during your next appointment. When several patients report the same outcome, the doctors will bring it up for discussion with medical researchers, which can then lead to a drug trial, ultimately relieving the suffering of myriads of people. We need to train ourselves to think 'out of the box', and to be in touch with our bodies and their responses. With this mindset, you may be able to assist in creating a medication that can be prescribed and give someone a greater quality of life.







**We need to
train ourselves
to think 'out
of the box',
and to be in
touch with our
bodies.**






STANDING WEEKLY CLASS SCHEDULE:


Monday Tuesday Wednesday Thursday

ACTIVE MOVEMENT	CIRCUIT TRAINING THERAPY	BALANCE AND CORE STRENGTHENING	PARKINSONS SPECIFIC BOXING
AVIVA POLTER, CPT, CFP, CBI, CTI	AVI DEVOUR	BATYA KASSOVER, CPT	AVI DEVOUR
 WOMEN 9:30	 MEN 2:30	 WOMEN 9:40	 MEN 2:30

Kaftheil Wellness Center
1200 River Ave. Unit 9d
Lakewood, NJ 08701



Now inviting Caregivers to Join our Classes!



All classes have an option to join live virtually via zoom. 24 hour notice required. Call 732.806.1133 ext 301
text 732.443.0071 whatsapp 732.534.6388 paulette@lifesparkpd.com. Fee is \$15 per class.

As we experience the season of our wonderful, spiritually laden, Yomim Noraim, we can acutely sense the presence of Hashem in our lives. This brings with it a heightened awareness of Emunah, helping us realize Hashem's Hashgacha and total sovereignty over the world. The following story helps crystallize this faith, leaving us inspired to constantly search for the Hand of Hashem in our daily living.

THE MACHER

During the time that Rav Yitzchak Elchanan Spektor served as rav of Kovno, a harsh decree was enacted by the Russian government, drafting thousands of boys into the army. The edict spelled doom for the young men, whose lives were in both physical and spiritual danger. Aside from the typical dangers of war, they were surrounded at all times by individuals from the lowest rungs of society. At best, they could remain loners and stay out of harm's way, but there was no opportunity for them to eat kosher food or to perform any mitzvos.

Donning *tzitzis* or *tefillin* in the presence of their hateful non-Jewish comrades would bring derision, scorn, or beatings. Furthermore, there was no place to obtain any articles needed for the performance of mitzvos. Where would one obtain a *lulav* and *esrog*? Matzah? A shofar? These obstacles were too much to overcome for a lone Jewish soldier in middle of the battlefield.

When the day arrived and the dreaded envelope came in the mail, informing the young men that they were to report to the nearest army office, families were shattered and broken beyond measure. They tried everything within their power to gain exemption, hoping they could find someone who yielded some influence in the government.

When all options had been exhausted, there was still one avenue: bribing the officials. The families either gave of their own money, or they raised as much money as they could. But after raising money for a number of young men in the community, it became more and more difficult to collect those funds. The townspeople were running out of money. Even when they managed to raise sufficient funds, there was always the delicate task of handing over the bribe. If handled incorrectly, bribing an officer could result in imprisonment or death.

Rav Yitzchak Elchanan was once approached by the father of a young man who had been drafted. He wanted the rav to arrange for someone to act as a go-between; this person would know how to give over the money to obtain the boy's exemption, without getting anyone in trouble. Rav Yitzchak Elchanan assured the man that he would take care of the matter immediately.

Sure enough, a few days later, the boy was granted an exemption. Grateful that the matter was taken care of in such an expeditious manner, the father returned to Rav Yitzchak Elchanan to thank him for his involvement. After expressing his appreciation, he asked the rav who had acted as messenger. But the rav would not reveal who his "*macher*" was, though he maintained that the *macher* he had used was the best in the business. The father persisted and asked



When the dreaded envelope came, families were shattered and broken beyond measure.

the rav to reveal the intermediary's name, so that others could benefit from his services.

With a wry smile, the rav agreed, and he told over the following:

When you asked me to find someone to deliver the bribe, I really didn't have anyone to carry out the mission. However, a few minutes earlier, a poor, orphaned girl had come to me, crying bitterly about her hopeless situation. She desperately wanted to build her own home. Yet without a dowry, there was no way anyone would marry her.

When you came into my house and handed me a large sum of money to be given to the appropriate intermediary, I took the money and agreed to do as you asked. Then I lifted my eyes toward Heaven, and I cried out, "Ribbono Shel Olam, I can either send this money to a non-Jewish politician, or I can give it to this broken daughter of yours."

I decided to give the young woman the money, and I asked her to pray on your son's behalf. I believed that the Al-mighty, the Father of all Orphans, would listen to her cries and her prayers, and get your son an exemption.

She was obviously successful in nullifying the decree & saving your son from a dreadful fate.

The father listened incredulously; this was definitely not the *macher* he had had in mind. Nevertheless, he thanked the rav for all of his efforts and began to walk out of his house. Suddenly, he stopped. He smiled at the rav and asked, "Did the orphan girl have someone specific in mind when she said she wanted to get married?"

The rav understood the implications of the question. Within a few weeks, the young girl's dream was realized; she had found her match. Not only had she saved the young man she had prayed for, but she had found in that very same young man her husband.

The *Macher* made it happen. He always does.



GASTROENTEROLOGIST ON BOARD!

You asked. we responded!

Due to an overwhelming demand for a Gastroenterologist who is also knowledgeable in PD, LifeSpark networked tirelessly with the doctors we trust and, BH, have found the following wonderful physician:

Dr Wael El-Nachef, MD, PhD., a Gastroenterologist that specializes in Parkinson's disease. He is the Assistant Professor, Division of Digestive Diseases, Department of Medicine, David Geffen School of Medicine at UCLA. He sees patients in his LA office, as well as virtually (must be based in CA). He has graciously agreed to join our board of doctors and is willing to consult with your doctor at no charge. You can ask him questions through our website.



IMPROVING POSTURE TO REDUCE THE SYMPTOMS of Parkinson's

STRETCHING MOVES

Neck

With your head straight over your body, look up and down, side to side (ear to shoulder).

Chest

Put your hands behind your head and push your chest forward.

Fingers

Open your hands wide and move your fingers away from each other.

Wrists

Do a reverse 'Namaste' (back of the hands should be held together, thumbs should touch while wrists are working to come down in line with elbow)

Shoulders

'Waiter stretch' - Open your palms as if holding a tray. Make sure your elbows are in line with your wrists. Pull your lower arms out to the side.

Feet

Get your feet moving - massage them with hands or tools.
Stretch them by spreading your toes.
Stretch the top of the foot.
Strengthen them by moving the big toe, lift toes.

STRENGTHENING EXERCISES

Head Ramping

Create an L shape with your hand. Place your chin on a shelf, with one hand behind your head and under the skull. Elongate back of the neck 10-20 times. Place in position and release

Thoracic Extension

Sit in a chair with a short back or place a playing ball behind your back. Place your hands behind your head, lean back and open your chest. (This can also be done on the floor, on your back with a pillow or other props behind your mid back and head.)

Although Parkinson's is a chronic disorder, the progression can be slowed down if you arm yourself by moving! You can accomplish this by participating in our classes!

Scapular Retraction

Bend your elbows out to your sides and hug your shoulder blades together 10-20 times.

HELPFUL HINTS

Ask your friend or spouse to let you know if they see you leaning forward.

Use a sticker on your phone to remind you to keep your head up.

Train yourself to sit at the edge of your chair.

Take action and make things right - be mindful of your posture throughout the day.

Feet first! Good posture begins with our feet, as you will find in the strengthening exercises below.

Change your computer height to eye level so you don't pull your head forward or hunch over and lean forward.



**MOVEMENT
IS MEDICINE!**

4 WAYS TO SNEAK IN EXERCISE DURING YOUR DAY

01

MAKE YOUR COMMUTE A WORKOUT



Try speed walking, jogging, or cycling instead of driving or taking public transportation. Be sure to check for the best and safest routes in your location and dress properly for the weather.

02

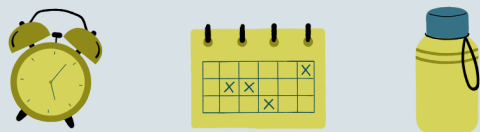
JOIN A CLASS AT THE KAUFTHEIL CENTER



LifeSpark's Kauftheil Center offers daily in-person classes for men and women (please check our schedule). Don't live in New Jersey or can't make it in person? You can join via Zoom, just call or email us for the link!

03

TAKING "ACTIVE BREAKS" THROUGHOUT THE DAY



Take short breaks to be active, even if you're just walking, to help combat your Parkinson's. Not only will this slow your disease progression, but it will give you better control of your body and a higher quality of life.

04

TAKE THE LONG WAY



Take the long way when you have a few moments to spare. This might mean taking the stairs instead of the elevator, parking farther away from your office, or going to the bathroom that's across the building. If all else fails take a 10 minute walk around instead of sitting all day.

LIFESPARK
igniting victories for parkinsons

INTRODUCING A NEW COLUMN:

MEDICAL MOVEMENT

This column will feature the latest studies, trials & medicine pertaining to Parkinson's.

Jersey Shore University Medical Center in Neptune, NJ recently announced the introduction of Focused Ultrasound Therapy as a treatment for Essential Tremors and Parkinson's Tremors. The treatment team is lead by Dr. Shabbar F. Danish, MD, a neurosurgeon working with Hackensack Meridian Health. Currently, they are the only medical center offering this technology in the tri-state area. The procedure takes approximately an hour and a half and is non-invasive.

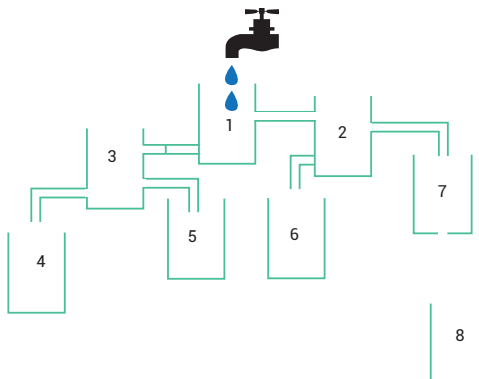
For the procedure to be effective the patient must shave their head. LifeSpark discussed with the team the importance of Peyos for the religious Jew, and Dr. Danish's staff assured us that they can perform the procedure without removing them. Current data shows approximately a 70 percent success rate with Parkinson's patients, and even higher success rate for Essential Tremors.



QUICK BRAIN TEASER

- I am a 4 digit number
- My 1st digit is of no use as I still remain the same without it.
- My 2nd and 3rd digits are mirror images.
- My 4th digit are half of 2nd.
- Can you guess the number?

WHICH TANK WILL FILL UP FIRST?



OUT OF THE BOX THINKING!

IF
 1111=R,
 2222=T,
 3333=E,
 4444=N
 THEN 5555=?

CAN YOU FIND THE MISTAKE?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

TELL CONGRESS:

SUPPORT THE NATIONAL PLAN TO
END PARKINSON'S ACT

The National Plan to End Parkinson's Act! (H.R.2365/S.1064) is the first piece of Congressional legislation aimed at uniting the federal government in a mission to prevent and cure Parkinson's disease while also alleviating the financial and medical burdens on American families.

Exciting news! The National Plan to End Parkinson's Act (H.R.2365) has been favorably reported by the House Energy & Commerce Health Subcommittee, which means the bill now heads to the full committee for consideration and is one step closer to being passed by the U.S. House of Representatives. Representative Pallone is a member of the Committee, and we need your help to secure their support and advance the bill!

We need your help to get it passed!

Join thousands of passionate advocates in signing the petition urging your members of Congress to support Parkinson's research, care and ultimately a cure, by co-sponsoring the National Plan to End Parkinson's Act.

Parkinson's is the 2nd most common and fastest growing neurological disease. The National Plan is a bipartisan, no-cost piece of legislation that will create an advisory council comprising of members of federal agencies that support research, care and services for Parkinson's as well as patients, care partners, researchers, clinicians and other non-federal experts.

Here's how you can help today: 202.224.3121 & tell Congress to support the National Plan to End Parkinson's Act now. Or visit <https://www.michaeljfox.org/advocacy-campaign/tell-congress-pass-national-plan-end-parkinsons>

Thank you,

Ted Thompson

Senior Vice President of Public Policy THE MICHAEL J. FOX FOUNDATION FOR PARKINSON'S RESEARCH



UPCOMING LIFESPARK MONTHLY EDUCATIONAL ZOOM EVENT

CLINICAL TRIAL BASICS

HOW TO BECOME PART OF THE RESEARCH PROCESS

DR. REBECCA GILBERT & FAYGE BRISMAN
FROM THE MICHAEL J. FOX FOUNDATION

Save the Date! 

SUNDAY 10/22/23 11:00^{AM}



If you know someone who can
benefit from our

SUPPORT GROUPS

CALL/TEXT 732.806.1133

FIND COMFORT IN SUPPORT



LIFESPARK

igniting victories for parkinsons

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