



The Mazal of Chodesh Shevat is the דלי, the bucket that draws water from the well. The early Rishonim (also brought in the בני יששכר) tell us that this Mazal is the unique Mazal of ישראל, i.e., although we have a rule of אין מזל לישראל; we rise above the influence of the מזלות, nonetheless, this Mazal is the closest description of our destiny, the exclusive mission we are meant to achieve.

To understand this idea, we must examine the 'headquarters' of Chodesh Shevat in the Torah. We find mention of Shevat in the beginning of Sefer Devarim wherein the Torah tells us: "בעשתי עשר חודש באחד לחודש וכו' הואיל משה באר את התורה" "In the eleventh month [Shevat], on the first of the month, Moshe began explaining the Torah" Rashi brings from Chazal that on that day Moshe clarified the Torah in seventy languages.

The purpose of these seventy translations were to enable our learning Torah throughout the millenniums of Galus, while we suffer amongst the seventy nations of the world. They are meant to serve as our 'bucket', a vehicle to help us draw up and discover the sweet waters of Torah even where we've lost our sacred tongue of expression. They were availed to us in our formative moments as a nation, for our very destiny is that of דלי; to descend into the bottomless well of Galus and therein reveal the unfathomable depths of Torah.

In fact, Moshe Rabbeinu's calling as a 'water drawer' did not begin at the end of his life (as above), rather, even in his youth, while yet described as an 'Egyptian man', we find him involved in such activity as well. As the Pasuk tells us: "דלה דלה לנו..." (שמות ב, יט) "ותאמרן איש מצרי הצילנו מיד הרעים וגם 'דלה דלה' לנו..." The daughters of Yisro describe how "an Egyptian man [Moshe] saved us... and drew up waters for us..."

In this month of Shevat, when OUR Mazal reigns, we beseech HKB"H to help us cultivate our 'Bucket Mentality'; to courageously go deep into our souls, even our dark places of personal and collective Galus, and therein find our language of faith and wisdom, bringing enlightenment to ourselves, our families and Hashem's whole wide world. Amen.

Rabbi Tzvi Fener



02

Fruit Benefits

Fruits & vegetables rich in antioxidants can promote good health & well-being.



03

Dental Health

Nearly half of all people with PD have difficulty with their daily oral hygiene.

Fruit Benefits for Parkinson's

High In Antioxidants. Anti-Inflammatory. Fiber. Gut Health. Vitamins and Minerals.

Fruits and vegetables rich in antioxidants can promote good health and well-being. Antioxidants can reduce the amount of dopamine cells lost within the body, help promote healing of cells, and can boost your immune system. If you are fighting Parkinson's, antioxidants can really become the best medicine to combat the negative symptoms of the disease. Antioxidants are compounds produced in your body and found in foods. They help defend your cells from damage caused by potentially harmful molecules known as free radicals. These harmful molecules can be found in fried foods, alcohol, tobacco smoke, pesticides, air pollutants, and many more.

Accumulated free radicals may cause what is called 'oxidative stress', which can damage DNA and other cell structures. By increasing antioxidant intake through diet, it can help fight oxidative stress. Fruits such as berries (blueberries, blackberries, cranberries, raspberries, goji berries, strawberries), oranges and elderberries are very high in antioxidants.

Fruits also contain fiber and will help to prevent against constipation. Constipation, a common symptom of Parkinson's, can cause severe discomfort and pain as well as problems with the intestines and bowels. Raspberries, avocados, dragon fruit and pears are great sources of fiber.

Bananas and dragon fruit are rich in magnesium as well. A magnesium-rich diet can help lessen the amount of muscle cramps and spasms that you have, and can also reduce anxiety, tremors, and insomnia. Bananas along with watermelon, contain high quantities of Tyrosine, which is the building block of dopamine. Vitamin C has many positive effects on Parkinson's and can help to reduce the symptoms. Fruits high in vitamin C should be consumed daily. Vitamin C is essential for the brain development and has neuroprotective mechanisms for people with Parkinson's. Vitamin C rich fruits include Cantaloupes, Oranges, Kiwi, Strawberries, raspberries, blueberries, and cranberries.

See smoothie recipe on next page.

WHEREVER POSSIBLE eat organic fruits and vegetables. Unfortunately, agriculture of today is riddled with harmful pesticides and genetically modified crop. The exposure of certain pesticides which can be found in fruits have been proven to cause Parkinson's.

- Avocados 
- Watermelon 
- Blueberries 
- Red Grapes 
- Blackberries 
- Bananas 
- Goji Berries 
- Apples 
- Cranberries 
- Oranges 
- Elderberries 
- Cantaloupe 
- Strawberries 
- Kiwi 
- Dragon Fruit 





Dental Health in PD

Edited for print. Reprinted with permission from Parkinson.org

Regular visits to the dentist are important for all of us. For a person with Parkinson's disease (PD), dental care is particularly critical as PD can impact the health of the mouth, teeth and jaw and make dental care challenging. Poor dental hygiene can affect nutrition and increase risk for stroke, cognitive impairment and weight loss. People of all ages with PD face similar challenges, but for those who are older, the problems can be especially serious. Read below and follow the tips to enjoy eating foods you prefer for as long as possible, rather than limiting yourself to what your teeth will tolerate.

Barriers to Dental Health in PD

Physical Barriers:

Because of the physical effects of Parkinson's, such as rigidity and tremor, nearly half of all people with PD have difficulty

with their daily oral hygiene regimen. These symptoms also make going to the dentist more difficult and uncomfortable. Weakened swallowing ability can increase the risk of aspiration (choking) during treatment. Additionally, people with PD who have been on medications like levodopa for several years may begin to develop dyskinesias (involuntary movements), which can affect the jaw (oro-buccal dyskinesias) and cause cracked teeth and teeth grinding. This may create problems during dental exams and at home.

Difficulty swallowing saliva can lead to a fungal infection at the corners of the mouth, which is easily treated. On the other hand, people with PD may experience dry mouth, which can increase the risk of cavities and add to chewing difficulties or denture discomfort. In fact,

Fruit Smoothie Recipe



2 kiwis (frozen or thawed)
10-12 strawberries (slightly thawed)
1 large banana (frozen or thawed)
½ c milk or almond milk
1 tsp chia seeds
2 tsp honey.

Place all fruit, milk, seeds and honey in blender. Blend at high speed to your desired consistency.

Serve immediately.

My eating habits range
from fitness model
to hungry child in a
chocolate factory.
It's Balance.



increase the risk of cavities and add to chewing difficulties or denture discomfort. In fact, people with Parkinson's are less likely than others in their age group to clean their dentures daily

Behavioral Barriers

Non-motor symptoms of Parkinson's, such as apathy, depression, and forgetfulness, may lead a person with PD to pay less attention to his or her daily dental health. Other behavior changes can affect nutrition. People with PD require greater caloric intake than those without PD, but some people experience decreased appetite. Combined with poor dental hygiene, this often leads to a tendency to avoid nutrient-rich foods, like vegetables, that require the ability to chew well. Some people may also develop a "sweet tooth," which may put them at greater risk for cavities.

People who experience cognitive changes also may be more likely to

miss dental appointments and less likely to report dental pain to their care partners or dentist, leaving issues unaddressed for too long.

Strategies for Improving Dental Care

It is easier to prevent a problem than to fix one.

Maintaining Dental Care at Home

Try using a toothbrush with a large-handled grip and soft bristles. A small brush head reaches the corners better. To make the toothbrush easier to grasp, place the handle inside a bike handlebar grip or tennis ball. Another option is to use an electric toothbrush. It will provide the fine, repetitive motions that protect teeth most effectively.

Aim to brush after every meal for two minutes, and also brush the tongue. It's best to brush one-handed, using the stronger side of the body. To be thorough, be organized

and consistent with your brushing pattern. Start on one surface, going from right to left, or vice versa, before moving to the next. And don't rush! If it's not possible to brush after a meal, simply rinsing the mouth with water will help. Flossing is important, but may mean getting help from a care partner.

Mouthwashes are discouraged for people with PD because of the risk of choking, but in cases where they are still an option, look for one that is non-alcohol based and that uses either chlorhexidine (an antiseptic) or baking soda. If swishing and spitting are difficult, the dentist may recommend a brush or sponge applicator. A fluoridated toothpaste or rinse can also be used. Fluoride helps increase the resistance of teeth to the harmful effects of bacteria. Prescription-strength, topical stannous fluoride gel treatments can also be a good preventive strategy, as directed by your dentist.

Improving Dental Visits

If you have dentures, remove them after each meal, then brush and rinse them. At night, brush or clean them in a solution. If it becomes hard to hold the dentures to brush them, a useful trick is to attach a nailbrush to a household surface with a suction cup and move the denture back and forth across the brush.

There are several ways to improve visits to the dentist, beginning with strategic timing. Schedule early morning visits, when waiting times tend to be shorter. Take levodopa 60 to 90 minutes before the office visit to have your best “on” time. This should make the dental examination easier and more comfortable for both you and the hygienist or dentist.

It is helpful to tell the office about Parkinson’s and your symptoms when you schedule the appointment(s). It is difficult and dangerous for dentists using drills and other sharp instruments to complete procedures on a moving target that can be caused by uncontrolled tremors. It is also a challenge for the dentist when individuals have difficulty sitting in a dental chair or keeping their mouths open for long periods, or when impaired swallowing risks choking or aspiration. Your dentist will value your direction about the timing, length and other aspects of your appointments. No one knows you better than you do.

The office should have someone on staff that can record vital signs upon arrival. Make sure to tell the dentist if you are taking an MAO-B inhibitor (rasagiline or selegiline), as

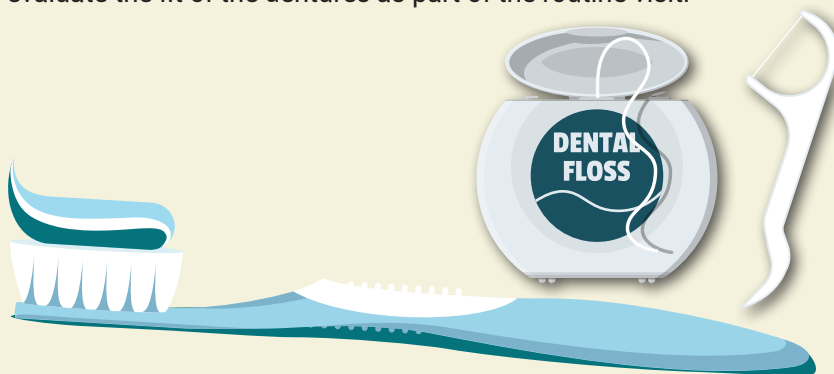
these may interact with anesthetics.

As PD progresses, the amount of time during which a person responds optimally to PD medications will become less and less. For this reason, it may be helpful to plan a series of brief office visits rather than one longer visit. Also consider scheduling the replacement of old fillings, crowns and bridges, and ill-fitting dentures during the early stages of PD. In particular, if inva-

sive procedures such as tooth restoration are needed, they should be done as early as possible in the progression of PD, to minimize risk. If general anesthesia is required, know that the recovery period for a person with Parkinson’s may be prolonged. And if you are not sure if the risks outweigh the benefits for a certain intervention, your neurologist may be able to help.

TIPS: Maintaining and Improving Dental Health

- Use an electric toothbrush.
- Try one-handed strategies that allow you to use the stronger side of your body.
- Try non-alcohol based mouthwashes using chlorhexidine or baking soda.
- Schedule dental appointments in the morning, about 60-90 minutes after a Levodopa dose.
- Ask to keep the dental chair more upright, to make swallowing easier.
- Plan several, shorter dentist visits, rather than fewer, longer ones.
- Get check-ups/cleanings every 3–6 months.
- If you wear dentures, the dentist should screen for oral cancer and evaluate the fit of the dentures as part of the routine visit.



The Head of the Program

By Rabbi Yechiel Spero, reprinted with permission from Artscroll.

Of the many crises that face the Jewish people today, the shidduchim crisis is one of the most painful, as thousands of young ladies of marriageable age cannot seem to find their proper match. Much has been written about the subject. Many people have suggested solutions. Although all of the suggestions have some validity, there is really only one way to solve this crisis: Emunah. If we believe in Hashem, then there may be frustration and challenge, but whatever happens is really for the best. The following story conveys this message in a delightful manner.

Camp Shleimus* provides an all-around wholesome summer camp experience. In addition, Rabbi Daniel Mittleman, the camp's learning director, has devised many exciting and innovative programs, which create a spirit and excitement to encourage the children to learn to their maximum potential in the summer months.

The program that is considered the highlight is the Learn and Earn Program, where boys are able to earn points through their learning. Every time a boy comes on time to learning groups and pays attention, his rebbi hands him a ticket. On Shabbos afternoons, when boys normally while away the long hours playing games, the children are invited to partake in a three-hour learning session in the *beis midrash*, which lends another opportunity to earn the coveted tickets.

Even though it is generally difficult for boys to sit and learn during the summer, the boys in Camp Shleimus don't just learn, but they love the learning. They run to

learning groups, and they participate in many of the extracurricular programs, as well. In fact, nearly half of the campers generally earn the maximum amount of points. This enables them to place their well-earned tickets into the highest level of prizes, for prizes worth between \$200 and \$400, and sometimes more. The prizes include sets of *sefarim* and electronic devices.

Because of the complexity of the program, it is imperative that every boy hold on to all of his tickets. The children are warned repeatedly not to lose their tickets. For even after all of their effort, without tickets, there is no prize.

This past summer, Rabbi Mittleman was very excited that his 10-year-old son, Avi, was participating in the program for the first time.



Additionally, at the end of each half of the summer, there is a special Learn and Earn barbecue for those who have earned the maximum amount of credits. At this exclusive barbecue, the boys who earned these points are treated to steak, as they are recognized and awarded for their efforts.

The thought of such a young boy learning for three hours on Shabbos afternoon is truly remarkable. Even though Rabbi Mittleman takes great pride in running the program, his son's participation would provide the cherry on top.

One Sunday morning, Mrs. Penina Mittleman was having a dis-

cussion with her daughter Yocheved, who, although she had been dating for over a year, had not yet found the right one. She was well aware that at the age of 21, she was nowhere near spinsterhood. Nevertheless, since each of her older sisters had found her Mr. Right fairly quickly, she was very frustrated, especially since for the past few months, no suggestions had been forthcoming. As she vented to her mother, Yocheved became very emotional about her predicament.



In middle of their conversation, Avi walked into the bungalow and saw his mother doing the laundry. He had placed his tickets inside his shirt pocket that Shabbos and now, as his mother was emptying the washing machine, he realized that he had forgotten to take them out. Avi knew the rule about keeping your tickets, and it hit him now that he would no longer be able to participate in the program.

As would be the case with most 10-year-old boys, Avi burst out into tears. "What am I going to do? I don't have any more tickets. Now I won't be able to win the prizes. I can't believe it."

For a child coming off a three-hour Shabbos afternoon learning session, the disappointment of those lost tickets was too much to bear. He continued to cry and shared his frustration with his mother.

Suddenly, Yocheved, who was in middle of bemoaning her own predicament, turned to Avi and exclaimed, "Why are you crying? Don't you get it? Your father runs the program. He is the one in charge. He will replace your tickets."

Seconds later, Mrs. Mittleman turned to her daughter with a smile. In a slow and deliberate tone, she delivered a most powerful message. "That's right. Why are you crying? Don't you get it? Your Father runs the program!"

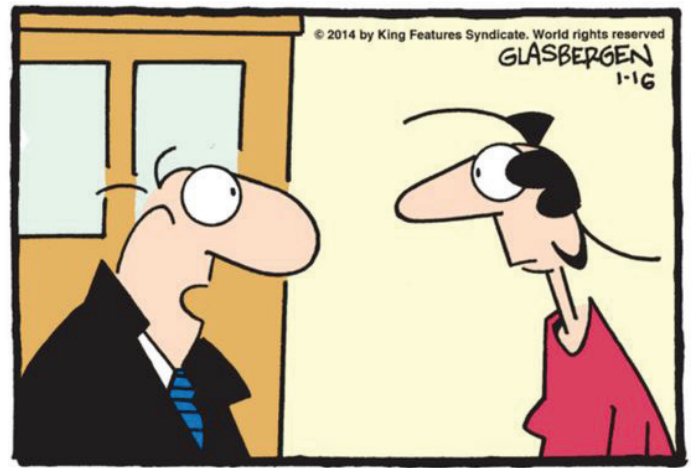
Now the two of them smiled. They realized that the One Who runs the program can do anything. There is no reason to cry.

Three short weeks later, Yocheved got engaged.

Quite the prize.

In the words of Rabbi Mittleman: "The real point of the story for me is that there is faith, and then, there is faith with clarity. When one has faith with clarity, Hashem provides."

*All names have been changed.



"I was in a terrible accident on my way to work. My diet crashed into a box of doughnuts!"

New support groups forming. Please contact Paulette at 732-806-1133 ext 301



Boxing Classes

We are happy to announce that we have a weekly boxing class, held at our Lakewood center and livestreamed via zoom. To sign up call 732-806-1133 ext 301 or text 732-443-0071.

PUZZLE TIME



In this teaser, you have to find the odd ones out in the groups of words. BUT WAIT! There's a catch. Each group of words has TWO words which do not belong. Can you find them both?

EXAMPLE: Lily - Jane - Tulip - Rose

Jane does not belong as it's the only one which is not a flower. Tulip also does not belong because it's the only one which is not a girl's name. You're on your own for the rest!

1. Dodge - Ford - Lincoln - Hoover
2. King - Earl - Knight - Bishop
3. Yellow - Green - Dead - Black

Can you unscramble the countries in Part 1 and match them with the appropriate fact about them in Part 2? And your answer is?

Part 1

1. HCAIN
2. GRIINAE
3. PAJNA
4. SUKTROOAEH
5. MIKUDITDNENGO
6. HUFAIORSACT
7. MNAAORI

Part 2

1. This is the world's most populous country.
2. The capital of this country is Abuja.
3. This is the only country to ever suffer an attack with atomic weapons.
4. The capital of this country is Seoul.
5. This country is a great industrial power despite the fact that it must import many resources.
6. The capital of this country is Pretoria.
7. Dracula's home, Transylvania, is in this country.

7. Romania: Dracula's home, Transylvania, is in this country.
6. South Africa: The capital of this country is Pretoria.
5. United Kingdom: This country is a great industrial power despite the fact that it must import many resources.
4. South Korea: The capital of this city is Seoul.
3. Japan: This is the only country to ever suffer an attack with atomic weapons.
2. Nigeria: The capital of this country is Abuja.
1. China: This is the world's most populous country.

Answer

1. Hoover does not belong as it's the only one which is not a car manufac-
- ture. Dodge does not belong as it's the only one which is not the last name of a President of USA.
2. Bishop does not belong as it's the only one which is not a Chess piece.
3. Dead does not belong as it's the only one which is not a color. Green does not belong as it's the only one which is not the name of a sea.

Answer

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