

E-NEWSLETTER

ISSUE 1 February 2018



תקווה לפרקינסון

Tikvah for Parkinson

Tikvah's New Website



We are proud to announce the new and updated Tikvah for Parkinson website. There you can find all of our lectures, including Dr. Arkadir's recent Q&A session, announcements about upcoming events, our weekly schedule, and much more. Visit us at www.Tikvah4Parkinson.org.

Matanot Le'evyonim Campaign



Purim is a time of giving *matanot le'evyonim*, gifts to the poor. Many of the participants in the Tikvah for Parkinson program are unable to pay the highly subsidized participation fee. For less than \$2 per day, (\$54 a month) you can sponsor a monthly membership for a person with Parkinson's Disease and change their life in a meaningful way. A sponsored member can take part in classes such as boxing, tai chi, exercise, ceramics, vocal training, physical therapy, and professionally guided support groups.

We are pleased to see that many of our members show a noticeable difference in their condition after joining our program. A wife of one of our members expressed that *"a year and a half ago my husband and I were contemplating a dismal future. He was declining: physically, cognitively and socially. He was falling. His speech was barely a whisper. I could no longer trust him to take our dog out or travel alone. He easily became confused. He was withdrawn socially and emotionally. We could not continue to live independently much longer. Then we found Tikvah for Parkinson. My husband emerged from his shell of loneliness and despair. He participates in boxing, speech therapy, occupational therapy, exercise, support, Tai Chi and more. He has friends. His speech is improving. His cognition is improving. He looks forward to the days again."*

Dr. Raphael Bortz, a family physician of one of our members said that *"Since he begun Tikvah for Parkinson there has been a noticeable improvement in his condition. There has been a significant reduction in his visits to the Emergency Room and his need to consult me in the clinic. His walking, balance and energy levels have improved noticeably. His speech is improving and he smiles and behaves in a positive manner."* *Tikvah means hope, and that is what we want to provide our community. We want to inspire people to get out and fight the disease. With your support we can make this a reality.*

Donate

Ask The Neurologist Series

On Tuesday, February 20, Tikvah for Parkinson held its second lecture in the Ask The Neurologist series, an innovative series that provides members of the community with the opportunity to get real answers from experts in the field.



Dr. David Arkdadir, a senior neurologist specializing in movement disorders at Hadassah Medical Center, Jerusalem and a founding member of the Tikvah for Parkinson board, responded to questions on a wide variety of topics related to Parkinson, including the impact of diabetes on Parkinson, Parkinson related insomnia, depression and other psychiatric disorders in Parkinson, gait disorders and pharmaceutical options for later-stage Parkinson patients. You can view the Q&A session on our website in our lecture series page at tikvah4parkinson.org.

Save The Date!

Event

Alex Kerten, author of Goodbye Parkinson, Hello Life, and director of the Gyro-Kinetic Center in Ran'anana, will speak about his groundbreaking treatment in helping Parkinson warriors manage their symptoms.



When? March 7, at 19:00

Where? Zevhill Hall, Shmuel Hanavi 26 (Hall 3) Jerusalem

The lecture is in Hebrew

Zevhill Hall is handicapped accessible and will have separate seating.

The entrance fee will be 25 nis to cover costs.

