

My Own Keeper - English

08 July 2023

[David Talmor] We are in Beit Zayit, or you can call it "the Beit Zayit branch of the Garden of Eden" since this is how it is - the birds, the green, the hills, Ein Kerem - pardon me, it's pretty nice.

One of the things they say about Alzheimer's is to run every day. I very much enjoy the many running paths - long, medium, short, walking, with or without ups and downs - here everything is possible.

[Narrator] David Talmor is in the early stage of cognitive decline, a decline whose end is known from the beginning.

[David Talmor] When the world says there is decline from MCI to Dementia to Alzheimer's - I will cut the process. I have Alzheimer's, I have time, I am planning my death at the proper moment before I get to the black line.

The children know at a certain level, yes. We want to protect children, we don't want to be the parent that says to the child "this is my condition". But this helps me that I am shalem (whole, complete) with what I will do. I already know that I will organize the goodbyes - it will be quite awful, but to cross the black line is to die in a different way.