Ezrat Avot
עזרת אבות

**Aging with Dignity. Since 1976**

# Chanukah Newsletter 5781-2020

This Chanukah we will bring light and warmth into the homes and hearts of Holocaust survivors and lonely seniors. In addition to the hundreds of meals and dry goods packages we provide we will also send special Corona kits with essential items for the pandemic.

## Introducing some of our precious Seniors

*I don't have enough words to thank you. From the beginning your caring staff listened patiently. Then, you sent me nutritious and tasty food, enough for each day. As a person that can't throw away a single bread crumb due to all I suffered, I'm deeply moved. I know I'm not alone and someone cares for me. You are saving me from being hungry and alone again.*

### Mr. A.V. a.k.a. Grandpa Asher:

86 years old. Holocaust survivor. From Yugoslavia. Lives alone. His daughter lives in the USA.

The gentlest soul and personality you'll ever meet.

Talented musician and pianist. He is no longer able to play due to a lack of feeling in his fingertips.

Despite all the challenges he has faced in his lifetime he has not lost his sense of humor and positive outlook.

He first contacted us while recovering from brain surgery. This emergency operation was due to a head injury from a fall while home alone.

He could no longer prepare food for himself nor afford to purchase necessities.

We immediately added him to our Meals on Wheels program.

Our dedicated volunteer, Ilana, delivers nutritious meals to Grandpa Asher's home weekly.

She happily discovered that they are neighbors.

A close relationship has developed which benefits them both. He is alone and homebound, and she lost her father a few years ago.

Ilana stays in touch with him to check if he's okay or may need something. Before the holidays she visits and surprises him with beautiful flowers. In this way, although he is alone, while he enjoys the holiday food we provide, he feels loved and cared for.

## Mr. & Mrs. H.

A couple in their mid 70's. From Romania. Living by themselves with no help. Facing health issues. Not able to afford nor prepare a decent meal. Before joining the Meals on Wheels program they were eating merely dry pita bread with a little bit of cottage cheese. Needless to say, with their health conditions and age this is not an appropriate diet for them. After reaching out to us, we now send them customized nutritious free meals with the help of devoted volunteer drivers. In addition to the meals, when we also receive donations of fresh fruits, our caring chef prepares a delicious compote. We received from M. a very moving phone call the day after receiving the meals.

*A giant thank you for all the good food you are sending us! Now we are eating hot nutritious meals. And thank you for adding even the tasty compote dessert. Not only has it been a very long time since I had any dessert, but this compote brings back memories of when I was a little girl in Romania.*

## E.C.

94 years old. Born in Israel. Widowed from her husband who was a police officer. Lives alone. Almost blind. A sweet and warm lady. She was referred to us by another organization that could not. help her.

Miri S. is a second generation volunteer in our Ezrat Avot family. Although not living in Jerusalem, Miri comes to pack meals and returns a second day to deliver them with a smile.

As chessed is in her veins, when Miri met Esther and saw her struggling, she assisted her with a variety of paper work she couldn't complete due to her loss of vision.

We are thrilled to welcome **'Tozeret Ha'aretz'** spices to the extended Ezrat Avot family. They have joined us in the vital mission of delivering nutritious and tasty meals to Holocaust survivors and homebound seniors. Their fresh, flavorful and high quality spices enable our seniors to enjoy a tasty nutritious meal.

**By joining together we can combat hunger and loneliness.**

If you also wish to take part in supporting Holocaust survivors and lonely seniors you are welcome to contact us. 02-5829984 / info@ezratavot.org

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**Wishing you all a Happy Chanukah!**