Ezrat Avot / עזרת אבות

CHANUKAH NEWSLETTER 5782 / 2021

LADIES MOADON

At Ezrat Avot we witness how crucial one's environment and daily routine is to one's overall health and wellbeing. It is apparent to us that being shut in alone at home impairs both physical and mental health. At the Center our seniors overcome these challenges by being active and enjoying life. The ongoing development of new activities in the Day Center Program provides variety and stimulation.

Esther M., a member of the Moadon, has recently returned to her supervision of the Ezrat Avot Ladies Choir. Esther exclaimed, *"This place gives me back the joy of living! At the Center I have made wonderful friends. I feel very cared for and appreciated, both by my colleagues and by the Ezrat Avot team."*

She demonstrates that a satisfying life full of vitality has no age limit.

SENIOR MEN LEARN TOGETHER

The men greatly enjoy their morning studies with Rabbi Yosef Badihi. In addition to the excitement of learning they have developed strong friendships.

Our seniors fill the Center with an atmosphere of happiness and action, thereby, inspiring those of us who work here at the Center.

CHANUKAH PARTY FOR HOLOCAUST SURVIVORS

A special Chanukah party for Holocaust survivors will be celebrated again this year. Participants will enjoy activities, music, dancing and refreshments. The seniors come from a variety of communities and look forward to sharing this unique celebration.

OUR VOLUNTEERS

We are truly thankful for our volunteers' ongoing and faithful support of our programs. It's a blessing to see the Ezrat Avot volunteer family growing with a diversity of cultures and ages working together to help Jerusalem's seniors age with dignity. As in the past, several seminary and yeshiva students dedicate one day per week for volunteering at Ezrat Avot. Families from across the country and visitors to Israel also generously offer their time to assist in the needs of the programs.

Of course, our local, and not so local, volunteers come through week after week. All our cherished volunteers demonstrate a kindness that often becomes infectious and attracts other people to join in. It is not uncommon for time spent volunteering to double as quality time with family and friends (and even a potential spouse!) **Bustling with activity, each volunteer contributes to generating an energized environment.**

VOLUNTEER APPRECIATION BREAKFAST

To express our gratitude while highlighting the efforts of our dedicated volunteers we held a Volunteer Recognition morning. Elana, a talented volunteer, conducted a jewelry workshop. Dina A. provided the musical interlude. A delicious meal was enjoyed while spending time meeting with fellow volunteers.

HAPPY BIRTHDAY D.V.!

D.V., one of our dedicated volunteers, surprised us by asking her friends to donate to our Meals on Wheels program in lieu of giving her a birthday present.
We were very moved by this. Ezrat Avot thanks you D., from the bottom of our hearts, for your devotion and generous spirit. May you and yours be granted many happy healthy years!

We sincerely thank our dear donors, volunteers and organizations who support each of these vital programs. May the light of Chanukah with its message of faith and strength shine brightly within you. May all your endeavors continue to be meaningful and successful.

To take part in supporting Holocaust survivors and lonely seniors please contact us:
Phone: 02-582-9984 / Fax: 02-532-2226 / www.ezratavot.org / info@ezratavot.org
Social Media: Ezrat Avot עזרת אבות
240 Golda Meir Boulevard, Ramot / P.O. BOX 23280, Jerusalem, 9773308
Amuta No.: 580044410 / U.S. Tax Exempt No.: 11-3113560