Passover newsletter 5779-2019

Latest updates and news from the Health and Life Enrichment Center

At the Health and Life Enrichment Center it is evident that spring is in the air as increased activities preparing for the Passover Holiday are in full swing. This year again we are busy working towards fulfilling the hundreds of requests we receive from seniors who unfortunately cannot afford even the basic items necessary to celebrate Passover.
We are happy to share updates on activities at the Center.

Day activities for women

Tu Be'shvat: The multifaceted celebration included a hands-on workshop to learn how to artistically arrange platters of dried fruits as well as a lecture on the essence of the holiday. After a 'Seudat Amenim,' the day was completed in high spirits with singing and dancing.

Purim: The Purim Party at the Center has become a festive tradition. This year we had the unique honor of hosting senior musicians, immigrants from the former Soviet Union themselves. They came to bring joy by performing traditional music and dance from their native lands. This was a remarkable celebration to be remembered for a long time to come.

Winter trip: In conjunction with Beit Gil HaZahav, the ladies took a fascinating trip to the Ashkelon National Park. During the guided tour they learned the history of the city and viewed ruins of the city walls and the remains of wells. After a relaxing walk in the local flowering fields, they saved the best for last to enjoy a lovely lunch at the beach. Upon returning to the Center we were so happy to see their enthusiasm after a day of relaxation, fun, and quality time spent with friends in a new and exciting environment.

Senior to Senior:
The ladies continue to create unique arts and crafts items. These treasures are for sale for the benefit of the 'Meals on Wheels' Program.

Day activities for men

We are pleased to see how the synagogue where the Pensioner's Kolel takes place is also benefiting the local community. Each day at the conclusion of the Kolel learning local residents and workers are joining in the Minyan for Mincha.

Announcing a New Service for Friends of Ezrat Avot: For those interested, Kadish will be said for your loved ones on their Yarhetzeit. As well, Kolel learning can be dedicated for a Refuah Shleimah. (No fees charged)
For more details and to submit names and dates please contact the office at
02-582-9984 or info@ezratavot.org

Meals on Wheels and Dry Goods

Thanks to our loyal donors and volunteers, we are able to successfully continue these programs. The meals are nutritious and customized for each person according to their health needs. Each week we are delivering, free of charge, hundreds of meals for those who are homebound.
For independent pensioners who cannot afford to purchase basic necessities we distribute Shabbat Dry Goods Packages.

Recently we had the honor to meet a special lady who as she described herself, had "fallen between the cracks" before turning to Ezrat Avot for assistance. Originally from America, D.S. was living and working at the University in Israel when the need to take care of her ill parents caused her to temporarily relocate. Upon her return to Israel, she herself became ill. Currently she is wheelchair bound, unable to work in her profession, and relies on oxygen support equipment. After paying her a home visit we were left amazed by her strength and positive attitude despite her situation. We were able to directly witness how the meals we provide serve a vital purpose. It was satisfying to see her relief in knowing that she has someone who cares for and listens to her.

Thank YOU, our dear donors and volunteers for making this possible!
We also thank the many organizations and companies which support these services.

A special thank you goes to the newest members of our Volunteer Family. Two friends offered to help us with an essential volunteer service—delivering the meals to the homebound. Having seen our activities, and the growing needs of the community, they chose to assist by picking up frozen meal packages after work and delivering them while on their way home. Inspiration for all of us!

Wishing each of you a Happy and Kosher Passover, our Festival of Freedom and Joy!