Ezrat Avot עזרת אבות

Aging with Dignity
Since 1976

Passover newsletter 5780-2020

Latest updates and news from the Health and Life Enrichment Center

We invite you to take a short break from your Holiday preparations to enjoy the fruits of your support. Below is a small glimpse of our many activities for Jerusalem's elderly.

Meet `Grandpa Asher'. That is what Mr. Wallach wants us to call him. Grandpa Asher is a Holocaust survivor, a musician and a gentleman. Currently, he lives alone. He suffered a fall at home resulting in the need for surgery to his head. While recovering, he asked to join the meals on wheels program. He benefits from the home delivery of customized nutritious meals, free of charge.
Our dedicated volunteer Ilana T. delivers his meals on her way home from work. Surprisingly they are neighbors yet had never met. Often she is the only person that he sees all week. Ilana now drops in to visit and assists with shopping. We also arranged for him to receive a winter care package that included a blanket, heater and more.

With your help, we can continue to care for Grandpa Asher and the numerous elderly people who are alone and hungry as the current system has not been able to meet their needs. Our heartfelt thanks to Ilana who is caring and her dedication encourages us to carry on.

Just as the meals provided are essential to one's wellbeing, so too is participating in our daily activity program. Your help gives us the strength to continue reaching out to combat isolation and loneliness. The benefits of socializing at the Center are seen daily.

We hosted a special Tu B'Shvat party for Holocaust survivors in conjunction with the "Jerusalem organization for Holocaust Survivors". They enjoyed a hands-on workshop of fruit arrangement, a gala luncheon and concluded with spirited dancing. It was inspirational to all of us.

We hosted a wonderful intergenerational activity in conjunction with **Yedid Nefesh**, a company that offers companions for conversation, intellectual & cultural fun to healthy, independent "premium-agers."

Helena Jonas, the CEO of Yedid Nefesh relates that after her grandmother passed away and left her grandfather alone, she found that loneliness was beginning to affect him. He didn't eat like he used to, talked less and sadness filled his face. Helena realized that he needed a companion - someone for him to talk to a few times a week, to laugh with or get out and go places with, and otherwise provide the emotional support necessary to continue enjoying a rich and satisfying life. The improvement she saw in her grandfather inspired her to start Yedid Nefesh, in order to ease the problem of loneliness for other premium-agers.

Companions from Yedid Nefesh taught our premium-agers to use their smart phones, listened to the moving stories of their lives and played chess. As N.C., one of the participants wrote us afterwards: "My children bought me a smart phone, but didn't have the time to teach me to use it. Now, because of you I can be in continuous contact with the children and grandchildren, and see them even if they can't come physically. **Now I no longer feel lonely!"**

Thank you from the bottom of our heart to Helena and her husband Tzachi who photographed the event for volunteering their services.

We are grateful to **'Bridges for Peace' and Mr. Patrick Verbeton,** Director of the Israeli branch. For over 25 years they have generously provided us with food supplies. Additionally, they have organize a group birthday celebration for those seniors who have no one to celebrate with. They provided presents, fancy cakes and professional souvenir photos. The party was especially fun and festive.

M. N.: "**At my age most of my relatives have passed away and the children live far away so there is no one to celebrate my birthday with me. This was the most special birthday ever. I will treasure it forever.**"