עזרת אבות
Ezrat Avot
Aging With Dignity
Since 1976

Curent Happenings at The Health and Life Enrichment Center

Daily Activities

We are pleased to see the Women's Club experiencing an increase in new activities and new participants. Clearly the women enjoy gathering in the Center. Plans for new programs are in the works while favorite activities continue. Our Moadon women enjoy a hot lunch with their friends as nutrition and friendship are served with a smile. It is invaluable for our retirees to awaken each day with purpose and a plan to come to the Center. Ezrat Avot provides a warm home and a listening ear sprinkled with laughter throughout our programming.

Our wonderful partnership with Gesher L'Shalom

We give our thanks to Gesher L'Shalom for partnering with us to make a birthday party for Holocaust survivors.

As S.T. says: "At my age, when most of my relatives have passed away and the children live far, there is no one to celebrate my birthday with me. This was the most special birthday that I ever had. I will treasure this day forever."

Purim Party

Adar is a time of merriment and joyful celebration. Our annual Purim festivities are a highlight of the year for many.

Volunteers

While visiting a daughter learning in Israel, this family chose to spend their precious time together in acts of chessed. We are very grateful and inspired.

Kollel

We are very proud of our men's learning. They come rain or shine so as not to miss a day of learning Torah with Rabbi Badihi.

Trips

There is a trip planned for the ladies group to visit Kever Rachel. The women are very appreciative of being able to visit meaningful sites.

Participant Spotlight

Avraham

During our visit with Avraham, 80, a recipient of our weekly Meals on Wheels program, we learned of his interesting family history. Having come to Israel at the age of five from Morocco, Avraham tells us, "I grew up in Talpiot amongst other poor immigrants. We were all satisfied and grateful with even a bare minimum of food back then." All his life he worked at various odd jobs to make a living; selling and distributing newspapers, house cleaning and even selling fruits and vegetables. Avraham says the meals we send help him tremendously as he lives alone and can no longer cook. "I have two lovely children that live far away and I don't want to bother them. Before Ezrat Avot, food was really a struggle for me."

Tina & Yona

Tina and her husband, Yona, 90, have been attending the Center for many years. The Ezrat Avot staff looks forward to seeing them daily. Tina lovingly walks here with Yona so that he may attend Rabbi Badihi's lessons while at the same time she joins the Women's Club activities. Tina also volunteers to assist in meal preparations where her prior career as a cook is evident.

Tina describes how being at Ezrat Avot is life saving for them. Tina sincerely expresses how much she gains by being here and blesses us for our efforts.

"We now have hope for days filled with meaning and purpose. Getting out of the house to be with people adds happiness to our life."

Volunteer Recognition

It is heartwarming to witness the many ways our compassionate volunteers have chosen to help in their community. Their dedication touches and inspires us. To show our appreciation we hosted a Volunteer event including brunch and a fruit cutting workshop. It was a pleasure to have this diverse group spending time together enjoying each other's company while sharing their dedication to working towards a common goal.

Thank you, volunteers! We can not do it without you!

In Memory of Paulina

We are saddened by the passing of Paulina, 73, a Meals on Wheels recipient, after many years of illness. Paulina immigrated from the Ukraine with her mother 18 years ago. After her mother passed away she lived alone until eight years ago when her brother immigrated to live with and care for her. We are grateful for the extended period we were able to provide services to Paulina and will continue to assist her brother Mikael. Our heartfelt condolences to the entire family.

To take part in supporting Holocaust Survivors and lonely seniors please contact us: info@ezratavot.org / www.ezratavot.org / Social Media @EzratAvot
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