עזרת אבות
Ezrat Avot

Aging With Dignity
Since 1976

Ezrat Avot, a non-profit organization, is a leader in elderly care in Jerusalem and it's surroundings. Since 1976, we have been providing unwavering support and services to seniors and Holocaust survivors, ensuring that they are aging with dignity.

All dressed up for a Purim party
at our Health and Life Enrichment Center.

Dear Friends,

How do seniors cope during the Swords of Iron war? How do homebound grandparents manage when their grandkids are fighting in Gaza? What does it feel like to read the news about fallen soldiers every morning and have nobody to come and comfort you, since all your family lives far away? How does it hurt a 90-year-old Holocaust survivor to witness the fight of the Jewish people for their right to exist again?

Elderly Jerusalem seniors are experiencing very difficult times now. When I see smiles on their faces as they attend our activities or receive meals and food packages, I understand that we are doing everything right. As Naomi, our founder, would say, **"Torah teaches that at no time can we allow anyone to suffer."** Even, and especially, during these painful times, we stand with the elderly, caring for them as if they were our own grandfathers and grandmothers.

And since we are funded solely through private donations, it is all about you — people with big hearts — who make all their smiles possible.

Please read the newsletter to understand how much you are doing. And this spring too — you, I, and our amazing team of staff and volunteers will make a Pesach Seder for lonely, poor, homebound seniors, and Holocaust Survivors possible. Only together can we provide special Pesach packages to bring the simcha of the holiday to every needy home.

This year Ezrat Avot, with your help, will distribute especially extensive packages to the elderly of Jerusalem which will include all the food, cleaning and hygiene products needed for the Pesach holiday. The cost of the package is 500 NIS. Please help us in this holy mission.

Together, we are one Jewish family that won't leave grandparents alone.
Together, we will combat hunger.
Together, we will win.

Wishing you a Pesach Kasher v'Sameach!

שרה שרבי

Sraya Sharabi
Executive Director

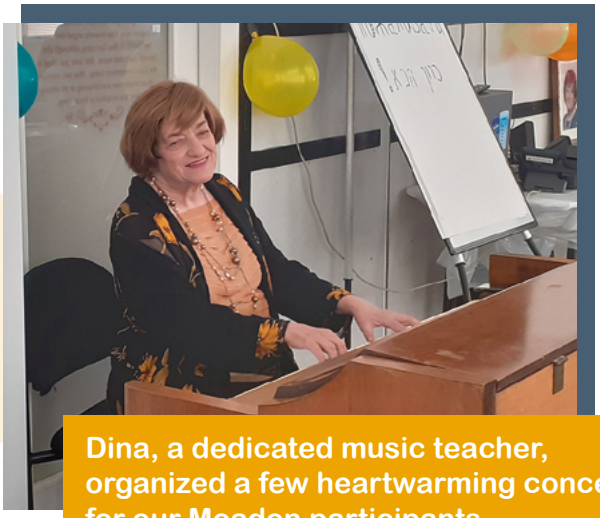
Please contact us with any questions via:
02-5829984 / Fax: 02-5322226 / info@ezratavot.org / ezratavot.org
U.S. Tax Exempt No. 11-3113560 / Israel Amuta #580044410

Spring Trip to Migdal David

Sara said, "*I'm so excited to break out of my usual routine and finally visit the Tower of David again after all these years. I love the new exhibition after the recent museum renovations. Learning something new, I feel alive, curious, and young again!*"

Daily Activities

The daily activities in our center are in full swing. Esther leads the women in creative senior dance & exercise, workshops for memory improvement and strengthening fine motor movements, and Torah & Jewish History classes. **Everybody comes to get away from troubling news to feel more connected.**



Dina, a dedicated music teacher, organized a few heartwarming concerts for our Moadon participants.

Pensioners Kollel: Synagogue thrives

Our Senior Men's Kollel is a lifeline for all the participants who learn and pray together with their teacher Rabbi Yosef Badichi. **A growing number of men from the surrounding neighborhood and local businesses come for afternoon Mincha to our synagogue, joining and supporting our pensioners Kollel.** Their prayers are dedicated to the soldiers, those still held hostage, their families, and our entire country.

Purim Party for Holocaust Survivors

We hosted a joyful Purim Party for almost one hundred Holocaust Survivors living in Jerusalem. It was a welcome celebration during these painful times. As Olga said, "*We danced, sang and kept reminding each other that as a Jewish nation we survived unimaginable hardships and B'ezrat Hashem will survive and thrive again and again*".

Tu Bishvat Celebration

Our center recently hosted a heartwarming celebration for Tu Bishvat. During the celebration, we made photographic portraits for every member, celebrating the natural beauty found at every age. The event provided **warmth and connection** as participants engaged in therapeutic arts and crafts.

When children come to volunteer with us, they often draw pictures and write letters to lonely elderly people. These cards are packaged with the weekly meal delivery. Recently we received an emotional call from Dolly, a 91-year-old woman living in Jerusalem: *"I woke up crying today when I saw the news of more soldiers being killed. And then I received your meals with a lovely letter from a child inside. You can't imagine how much it brightened up my day!"*

Our Cherished Volunteers

Volunteer Appreciation Brunch

We are deeply thankful for the remarkable generosity of our volunteers. We are blessed to have those who remain committed to us across decades and countries. To express our gratitude, we arranged a brunch with refreshments and a candle painting workshop for our dear volunteers. As Hannah said, ***"It's wonderful to explore something new and creative together! We decorated candles with flowers and natural patterns. Lighting them on the next Shabbat will definitely fill us with the spirit of spring!"***

Meals on Wheels: Heartwarming Testimonials

Vladimir, 82 years old, has been our cherished friend for a few years now. His wife passed away a long time ago, and it's hard for him to cook. **"I'm a good chess player, but a bad cook!"** he always says. And we know this firsthand! Last summer, he used to come and play chess in our center from early morning until closing. Now he plays twice a week with his 88-year-old friend. **"I'm so grateful to know you. You surround me with warmth and love."**

Aliza, 88 years old, came to Israel in 1999 and believes that Israel is a kind country, with Ezrat Avot serving as a confirmation of this kindness. *"The meals are helping me enormously. I'm not young anymore, and preparing food is too difficult for me. Since you deliver the meals, I have the time and energy to go out into the fresh air."* These walks help her to distract herself from the news and maintain a more active routine.

Zlata keeps a close eye on all the latest happenings in the South and North. ***"I am worried about the soldiers, so I even seriously thought about donating blood, but obviously, at my age, I was not allowed to."*** When we asked her how the meals help her, she said, ***"Often, I don't feel well enough to stand in front of the stove to cook. With your meals, I can just come to the fridge, take them, warm them up, and eat! It's a lifesaver!"***

"Without Ezrat Avot, I would eat only bread with spread. I don't know of any other service that can compare to yours. Your work is holy."

These are the words of Yaffa, an 80-year-old lonely woman. She relies on Ezrat Avot for hot meals every week. She is alone, having never married or had the joy of a family around her. "**What you do solves a problem that is so challenging for all the elderly, whether they are alone or not. Nothing is more important than nutrition,**" she emphasizes. Yaffa shared stories about her mother, a great cook, and gave us a touching compliment: she said our food compares to her mother's.

Pesach Is Approaching

There has been an increase across the city in requests for Pesach packages. Many older citizens lack the financial means to organize a full Pesach seder and are anxious to ensure they can observe the holiday properly.

To fulfill these needs we plan to assemble special packages including cleaning and hygiene supplies, as well as festive food. The cost of the package is 500 NIS.

However, this can only be possible with your help. As we begin the Seder, we recite the invitation "Let all who are hungry come and eat," so let's work together to ensure that our elderly are not hungry. They all are part of our big Jewish family.

Ways to support lonely seniors of Jerusalem:

Bank Transfer

American Friends of Ezrat Avot
026554413, Columbia Savings Bank 221271935
U.S. Tax Exempt
No. 11-3113560

Ezrat Avot
Mizrahi Tefahot Bank
Branch: 458/Account: 380353,
IBAN: IL79 0204 5800 0000 0380 353 / Israel / Tax Exempt
No. 580044410

Checks

American Friends of Ezrat Avot,
7-08 Fairhaven Place, Fair Lawn, NJ, 07410-1626
U.S. Tax Exempt
No. 11-3113560

Ezrat Avot
P.O. Box 98166
Jerusalem, 9773308, Israel
Tax Exempt No. 580044410

Credit Card

Credit card donations can be made through our secure website ezratavot.org.

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