Aging with Dignity
Since 1976

Rosh Hashana newsletter 5780-2019

Latest updates and news from the Health and Life Enrichment Center

At the Health and Life Enrichment Center, as in years past, we are busy working towards fulfilling the hundreds of requests received from seniors who unfortunately cannot afford even the basic items necessary to celebrate the High Holidays.
We are happy to share updates on activities at the Center

Meals on Wheels

Meet David K., one of the newest members to receive nutritious meals free of charge. David is mentally frail, handicapped, and lives alone without family support. Unfortunately, David recently fell while home alone. It took him time to reach the phone and await being taken to the hospital.
Currently he is recovering at home. At this time, he cannot properly take care of himself. Upon receiving the request from his social worker, we immediately added him to the program to insure that his need of nutritious meals for the week and Shabbat is met.
We need your help to assist David in an additional important way. Due to his fall, he can't go out alone. We are looking for a caring and dedicated volunteer to escort him on his local trips in the Ramot area. (bank, post office, etc.)
For more details: 02-5829984 / miriam@ezratavot.org

Remember D.S.? Our last newsletter shared with you the story of this strong and inspiring woman. Her case is one that had "fallen between the cracks" of the difficult bureaucratic system. Originally from America, D.S. was living and working at a university in Israel. The need to take care of her ill parents in the United States caused her to temporarily relocate. Upon her return to Israel, she herself became ill, wheelchair bound, unable to work in her profession and reliant on oxygen support equipment. Her doctors prescribed a special and strict diet.
The meals we sent her were tailor made toward meeting her needs. After a long period of struggling through the bureaucracy, she finally receives help from the national security organization. Hers is a rare case in that we can take her off our list as her situation has improved. We were deeply moved by a recent phone call from her, **"I thank you so much for the period you helped me. Your attention, for being there for me when no one else was, and the special meals you've sent me following my specific diet. Thank you. "**

Thanks!

We thank our loyal volunteers for packing the meals weekly. Some have been with us for over a decade!
Thank you to Yael, Illana and Anna who deliver the meal packages to our seniors while on their way home from work!

Want to take part also?

We invite you to join our wonderful family of volunteer drivers. Meals are picked up at the center and delivered to the home of a grateful senior.
For more details:
02-5829984 / miriam@ezratavot.org

Day Activities

IN MEMORY OF KOLLEL MEMBER David Kastner z"l

For 2 ½ years we were blessed to have 90 year-old David Kastner z"l as an active and integral part of our Kollel. Although wheelchair bound, with his aides' assistance he didn't miss a day unless he was hospitalized. He loved being with his new found friends and was a very active participant in the learning. David thoroughly enjoyed eating what he called "our delicious lunch" while he would "schmooze with my friends."

We were thrilled to see how the activities at the Center filled his life **until the very last day of his life...**

We will always remember David Kastner, z"l, as a gentle man with a beautiful smile who lit up our lives! The family asked Rabbi Badichi to give the *Hesped* at David's funeral which the men of our Kollel attended, as well as the shiva, to be *menachem avel* with the family and share their loss.

David lived with his son and his family for several years before coming to Ezrat Avot. After his passing, his daughter-in-law called us to thank us and tell us what it meant for him and their whole family to be a part of our Senior Men's Kollel.

"I don't have enough words of appreciation for all that you gave us and my father- in-law. He was living with us for several years, depressed, doing nothing but staring out the window. And of course this mood affected all of the family terribly. As soon as the Kollel opened he was one of the first members to join and his entire life immediately changed from darkness to light.

He woke up happily every morning and said right away 'I want to go to Ezrat Avot now'! And he always came home with a big smile and told us 'I have my life back' and would regale us with his stories of the day."

She continued, **"I am not exaggerating when I say that I believe that because of Ezrat Avot he lived another two and a half years!"**

After this conversation, we were left with an indescribable feeling of satisfaction and thrill. We know that we did our part. We thank you, our dear partners. We want all of our donors to know, that because of you, we can help such seniors as David Kastner z"l to have a rich, meaningful and enjoyable life to their last days...

Wishing each of you a Shana Tova and Ktiva Ve'chatima Tova!