Ezrat Avot
עזרת אבות

Aging with Dignity. Since 1976

Rosh Hashana Newsletter 5781-2020

The whole world is dealing with the stress of isolation and loneliness while confined to their homes.

Ezrat Avot believes that **confinement does not have to lead to loneliness.** For 18 years we have been taking care of individual elderly people who are confined to their homes by delivering free nutritious meals to their doorstep. These weekly visits allow us to maintain a connection. Since the outbreak of the virus we have received numerous inquiries from social workers and welfare offices to enroll their clients in our project. Fulfilling these requests creates new challenges. **Each success proves that only with the help of our donors and volunteers can we continue to provide services. Offering a nutritious meal and an attentive ear allows one to age with dignity.**

The increase in meals delivered from the Health and Life Enrichment Center to the senior's home created the need for more drivers. **We thank the many new volunteer drivers who have joined the extended Ezrat Avot family in the battle against Corona, loneliness and hunger.**

One of the most touching stories we have seen is of the H. couple.

Both Mr. and Mrs. H. contracted the virus. Their son, currently serving in the military, is unable to assist with their shopping. Quarantined without help nor the means to obtain food they called us before Shabbat. Fighting through their severe coughs they described their situation. We immediately rallied to organize a delivery of nutritious meals and various other items. Thanks to our volunteer driver, M., the food packages were delivered within 3 hours of the original call. **We believe it is our duty to ensure that seniors in this hi-risk group not be left without food, support and hope.**

The couple thanked us with tears in their eyes. Hearing the joy in their voices was gratifying.

"How can we ever thank you for all of this? From the start your caring staff listened to us patiently. Even as everyone was preparing for Shabbat you delivered an abundance of food to our door the very same day. Thank you."

Welcome!

We are happy to welcome the **Maimon Spices** company to our extended family of donors. They join us to support the fight against Covid19, hunger and loneliness. As the number of seniors we serve grows, we face the challenge of funding more ingredients for the hundreds of meals we deliver. Maimon Spices, known as a company that values being involved in caring for the community, generously donated a variety of spices.

Thank you!

Fresh salads are prepared to celebrate summertime. We thank Mr. & Mrs. Rosenthal for coming each week to pack with care and love

Packaging meals by a variety of volunteers of all ages and cultures

-A third generation of volunteers at Ezrat Avot

-Fun family time with cousins

-Our dedicated volunteers Helene and Diane

Special senior hotline

Even in the pre-Corona era there was much talk about the plague of loneliness amongst the elderly. Throughout our 40 years of service we have run various projects to combat this phenomenon. Now, as each of us experience isolation in our own homes we recognize that the problem of loneliness among older adults is aggravated. Many seniors do not know how to use technology to maintain contact with their family while many have no have family to connect to, even if they were able to. Prior to the Corona closure, the Center was bustling daily with enriching programs. We witnessed how these activities are as essential as food! There was a visible improvement in the physical health of the participants with their lives transforming from darkness to light.

Due to recent tragic headlines of lonely seniors passing away in their homes, alone, we have opened a hotline to keep in touch with our participants. This allows us to make sure that they are okay while they can hear a caring voice and know that they are not alone in these trying times. Our hearts break during early calls as we can hear the deterioration in their mood and general condition. In subsequent calls, improvements are thankfully evident. So we came with a creative solution! What can be better than good people and good music?

Music performance for lonely seniors

As music positively affects the mind and body, once program restrictions were eased, we hosted a musical show for a small audience. A group of professional musicians who lost their livelihood due to the Corona regulations created a new venture called "If Grandma had Musicians" founded by Anna Barst & Yonatan Blumenfeld. They enthusiastically worked to plan a show for us. The wonderful musical ensemble known as "The Excellents" came from out of town with all their professional equipment. The senior guests were thrilled to finally be able to leave their homes. They happily dressed up in preparation for the occasion.

It was a joyous and uplifting event. The musicians passionately played and sang from their hearts - with the emotions entering deep into the senior's hearts. Everyone felt chills and some even had tears. The musical selections were handpicked for our audience. The smiles of joy and appreciation on their faces warmed our souls.

Welcome!

We are happy to welcome the **Maimon Spices** company to our extended family of donors. They join us to support the fight against Covid19, hunger and loneliness. As the number of seniors we serve grows, we face the challenge of funding more ingredients for the hundreds of meals we deliver. Maimon Spices, known as a company that values being involved in caring for the community, generously donated a variety of spices.

Thank you!

Fresh salads are prepared to celebrate summertime. We thank Mr. & Mrs. Rosenthal for coming each week to pack with care and love

Packaging meals by a variety of volunteers of all ages and cultures

-A third generation of volunteers at Ezrat Avot

-Fun family time with cousins

-Our dedicated volunteers Helene and Diane

The show followed the Health Department guidelines. Only seniors who live together sat together.

At the end of the show V.S. spontaneously asked the band to play folk songs. He then began to sing along! As they sang a ballad about motherhood we were all moved to tears.

Handmade art, presented as a thank you gift.

If you also wish to take part in supporting Holocaust survivors and lonely seniors, you are welcome to contact us. 02-5829984 / info@ezratavot.org

Follow us on Facebook, we have interesting things there!