עזרת אבות
Ezrat Avot

Special Morning with Breakfast and Professional Photos Given to the Seniors of the Center

Senior Life Enrichment Center

LADIES MOADON

Esther continues to lead & develop our Women's Day Program which includes dance, exercise, memory workshops, arts & crafts, lectures, and musical concerts. A new program, **Quilling,** is designed to strengthen fine motorskills. The women are enjoying this new challenge.

POLICE GIVING A LECTURE ON THE HISTORY OF JERUSALEM

DINA PLAYING SING ALONG MUSIC

NESSA PLAYING CLASSICAL PIANO MUSIC

Students from Orot High School are teaching our seniors how to use their cell phones & computers. As Batya says: ***"Now I can talk to or send a message to my family whenever I feel lonely."***

Art Therapy Students in a Masters Degree Program are helping the women in our Day Center. Our participants have all had very difficult lives. As they draw, they open up emotionally. T. tells us: ***"I could never share the pain of my husband having dementia before. It helps me so much to do so."***

SUMMER TRIPS

This summer the ladies group visited the **Jerusalem Aquarium** which as one woman, Rena, said:
"I could never get there by myself, and it is so good to go to such a beautiful place and share it with my friends."

LADIES WATCHING A PROGRAM AT THE AQUARIUM

We also took them to **IKEA** in Beit Shemesh, **another place they've always wanted to go** to but found was too hard to reach by public transportation. **These trips are all such special experiences which they talk about for days after.**

THE KOLLEL

THE KOLLEL CELEBRATING A SIYUM

The men tell us, ***"This Kollel is the highlight of my day and adds so much meaning to my life."***

IN ADDITION

FESTIVE ROSH CHODESH MEALS & CELEBRATIONS FOR OUR HOLOCAUST SURVIVORS AND DAY CENTER PARTICIPANTS

Foundations Meet at Ezrat Avot

Early in August the leaders of 15 foundations that help the elderly met at Ezrat Avot. The purpose of this meeting was to gain a better understanding of what the government can do post-Corona to better serve the elderly. Developing strategies to access government assistance for seniors in great need was highlighted. A focus on pooling and sharing resources for the distribution of food via new avenues of support is being developed.

QUALITY FAMILY TIME SPENT VOLUNTEERING TOGETHER

Thanks & Blessings to:

A family of 60 people from baby to Bubby gathered to honor the first yarhetzeit of their beloved husband, father, grandfather and great-grandfather as volunteers for our Meals on Wheels Program. To further perpetuate his legacy of chessed a generous donation of fans for the seniors who receive these meals was provided.

Our dedicated Meals on Wheels Program Volunteers: Our "regulars," the many schools, yeshivot & seminaries, singles, youth groups, Bar and Bat Mitzvah celebrants and family groups. Representing people of all ages from home and around the world these special souls are the backbone of this program!

Often volunteers bring their family and friends with them to share such a meaningful and fun filled time. Over the summer we hosted several intergenerational family groups, as well as many day camps. We are especially fortunate to welcome to our volunteer family new Olim that have jumped right in to contribute to their new community.
May HaShem bless each of you.

Helping Ukrainian Refugees

Since the war started Ezrat Avot has assisted numerous families and elderly living in nearby government housing. We were able to provide a warehouse space, Shabbat Food Packages, hygiene and cleaning products, linen, towels, and blankets. Furniture and clothing were also distributed. With government support ending, we are committed to continue providing the necessary provisions, even including school supplies. Kol HaKavod to volunteer Miriam G. for coordinating this effort.

In Memory of Reuven E., z"l
Program Participant

From a letter to Ezrat Avot
by his sister, Chaya Y.

REUVEN, Z''L, WITH HIS BROTHER

My beloved brother Reuven, z''l, recently & suddenly passed away. For most of his life, Reuven suffered from mental illness which took a turn for the worse 2 years ago when he cut off all contact with his children. Since then he has not left the house. As I was unable to cook for him, I applied for Reuven to receive your daily hot meals. He was readily accepted to this program, and bless you, without any of the usual bureaucratic obstacles that I anticipated.

I would like to praise you for the wonderful meals freshly prepared by the chef, and what these meals meant for him. Over and again, he would say:

"This food is so tasty. I can't get over the variety (which he would share with me in detail)***, and I really like how it is packaged. These meals are the bright spot in my day, and I really look forward to them!"***

May you be blessed for adding some joy to his most difficult life! We will always be grateful to Ezrat Avot for this.

INTERGENERATIONAL VOLUNTEERS

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

To take part in supporting Holocaust survivors and lonely seniors please contact us.
ezratavot.org / 02-582-9984 / info@ezratavot.org / social media @EzratAvot / עזרת אבות