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.

Dear Friends and Supporters,

As the High Holidays approach, I find my heart weighed down by the realities we're all facing. The ongoing conflict, the uncertainty, and the heartbreaking situation of those still held hostage since October 7th cast a shadow over what should be a time of reflection and renewal. I know many of you, like our seniors and myself, are living with constant anxiety. Please know that our thoughts are with every Jewish family enduring these difficult times.

At Ezrat Avot, we see firsthand how much your support means to our elderly community. Esther, one of our beloved members, shared something that really touched me: "*Ezrat Avot is everything to me. Here we get hot food, we laugh, we talk, we create. It calms my nerves and gives me a reason to stay strong.*" Her words remind me of how crucial our work is, especially now, when our seniors are feeling the weight of loneliness, anxiety, and the overwhelming news that seems to bring nothing but worry.

This year marks the 35th anniversary of our Rosh HaShanah Package distribution. With Hashem's help and your generosity, we will be able to provide over 3,500 packages to impoverished older Jerusalem families, Holocaust survivors, and widows. These packages are more than just food—they're a way to ensure that everyone can celebrate at a full table and experience some joy, even in these challenging times. **Whether it's sponsoring a holiday package, providing a meal for a senior, or supporting the activities at our center, your contributions help us bring a bit of light into seniors' lives when they need it most.**

As we face this season together, I want to thank you from the bottom of my heart for standing with us. May we all continue to pray for the safe return of all our hostages and for a swift, peaceful resolution to the conflict. May you and your loved ones find peace, strength, and blessings in the New Year. Shana Tova!

שרה שרבי

Sraya Sharabi
Executive Director, Ezrat Avot

Please contact us with any questions via:
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Our Health & Life Enrichment Center remains a warm and calming community space for our beloved seniors and volunteers, even as the outside world feels increasingly chaotic.

New Creative Projects

The women of the Moadon are busy preparing for our upcoming public exhibition. They've been working on inspiring creative projects like the "Bird of Happiness," which symbolizes their faith in Hashem and the joy of living, and a beautiful "Flowers for Moadon" collage, where each woman contributed a flower. Esther crafted a lovely vase for the display, while Mazal and Frida added vibrant colors. These activities are not just artistic expressions—they help the women escape the constant stream of news, allowing them to feel alive, creative, and connected.

Staying Connected

We are committed to maintaining a strong sense of community, even for those who can't attend in person. For example, Tamara A., who's 100 years old, receives regular calls from the group to stay connected. Tamara shared, "*Even though I can't be there in person, those calls make me feel like I'm still part of the family. Hearing their voices brings warmth to my heart and reminds me that I'm never alone.*"

The activities in our Moadon include weekly Torah classes, stress management sessions and fine motor skills activities.

Safety First

Policeman Ariel Zohar recently led a new series focused on elderly safety, covering accident prevention and essential safety measures for these challenging times. Shula shared her relief, saying, "*I feel less anxious now because I know the latest updates and what to do in case anything happens.*"

Senior Men's Kollel

Since the onset of the war, under the leadership of Rabbi Yosef Badichi the Kollel has become a pillar of spiritual support. The men gather daily to recite prayers and Tehillim, dedicating their learning to our soldiers, the hostages, the injured, and their families. They daven for those in need of a refuah shlema, offer Kaddish, and study in honor of those who request it.

Holocaust Survivors Rosh Chodesh Elul Celebration

Our center proudly offers the largest space in Jerusalem, free of charge, for Holocaust survivors to gather under the direction of Ya'kov Leiberman (a survivor himself) and his daughter Miri. Their group of 60-100 survivors comes together to enjoy our delicious, festive meals, dance, sing, and watch their talented choir and acting group perform. As Survivor Golda beautifully puts it, "*We are one family, and being together eases our loneliness.*" Yosef adds, "*Only those of us who have been through what we have can fully understand the deep gratitude and simcha we feel for being alive, raising families, and living here in Eretz Yisrael.*"

Nutrition Programs

Now in its 22nd year, our Senior Meals on Wheels Program continues to grow, providing free, nutritious meals delivered weekly to homebound, indigent elderly across 26 Jerusalem neighborhoods. Recently, our team was blessed to welcome a new cook, Eli, whose culinary skills have already touched the hearts of our community. We received a heartfelt call from Ludmila, one of our meal recipients, who shared how much she loves the fresh spices, flavors, and creative combinations Eli brings to her table.

Four generations of supporters and volunteers of Ezrat Avot.

Diverse & Dedicated Team of Volunteers

Our group of volunteers has seen remarkable growth including a wide range of ages (from 5 to 90+!) and backgrounds. The team includes grandparents with grandchildren, parents with children, teenagers with friends, seminary students, yeshiva students, school groups, summer camps, soldiers, Bar and Bat Mitzvah celebrants, and tourists from near and far. We often hear them laughing and chatting as they work together, united by a common purpose.

The boys from Bloomenthal Orphanage have recently joined us, bringing with them fresh energy and enthusiasm.

The nutritional classes for older women have also been a big hit, with plenty of recipe exchanges.

This summer, Ezrat Avot proudly hosted the 3rd annual meeting of over 25 Jerusalem food support organizations, organized by Latet.

Meet Sarah

Sarah M., 70, was born in Turkey and has faced a life filled with challenges. She experienced violence from family members and now is alone, even on holidays. She lives in a tiny fourth-floor walk-up apartment and, due to mobility issues, rarely leaves her home. She spends most of her days lying in bed. Sarah worked in physically demanding, low-paying jobs throughout her life. Now, she survives on a small government stipend, which she primarily uses for medication. "***If it weren't for your meals, I would barely eat,***" she says. "***I appreciate it so much. It gives me the energy to work on my craft projects, which I love. I feel that you care about me, and I feel less lonely. I bless you for this.***"

You Make It All Possible

Thank you to our *dedicated volunteers* for tirelessly preparing and delivering meals and packing goods for Shabbat and holidays.

Two industrial-sized freezers were donated anonymously in memory of Yitzchak Yosef ben Yehoshua Menachem Mendel, z'l.

A high-quality *tent and drip irrigation system* were provided to enhance our garden for our elderly to enjoy.

We were honored by the *Kazsovitz Family*'s beautiful mosaic gift in celebration of Bonnie's birthday. Mazal tov!

An anonymous family continued their *tradition of supporting us* by donating in honor of their daughter's wedding.

Thanks to Pe'er Li, Latet, Gesher l'Shalom, Strauss, Osem, SuperZol, Bridges for Peace, and Angel Bakery for your ongoing *food donations*.

To all our donors, your vital support allows Ezrat Avot to continue offering essential food and services to Jerusalem's poor. As we are funded solely through private donations, your contributions are the backbone of our work. May Hashem bless you all for your kindness and generosity.

Looking Ahead: How You Can Continue to Help in This Critical Time

Rosh HaShanah Distribution: Help us provide holiday food packages and hygiene supplies to over 3,500 impoverished Jerusalem families, including the elderly and Holocaust survivors.

Special Trips: Support our senior groups upcoming visits to the Jerusalem Biblical Zoo and the Kotel.

Edible Garden Project: Help us create a self-sustaining rooftop garden that will provide fresh produce and therapeutic activities for our members and the entire community.

Bank Transfer

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Ezrat Avot
Mizrahi Tefahot Bank
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Checks

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

Credit Card

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

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