עזרת אבות
Ezrat Avot
Aging With Dignity
Since 1976

Ezrat Avot is one of Jerusalem's oldest non-profits, dedicated to supporting seniors and Holocaust survivors. Next year, we will proudly celebrate our 50th anniversary of providing essential services that help them face the challenges of aging and live with dignity.

Rosh Hashanah Newsletter 2025 / 5785

A Letter For YOU

Dear Friend & Supporter,

It took me a while to find her door. It was tucked away at the back of the building, hidden in a quiet, humble corner. There she was — an 88-year-old woman, sitting quietly on a low stool, hands resting on her knees, watching life passing by in the courtyard.

When Chaya looked up and saw me, she smiled. Not the kind of smile you give a stranger on the street — but a slow, knowing smile, the smile of someone who has seen too much history pass before her eyes.

Inside, her tiny modest apartment felt like a museum. Shelves of old books, dusty cabinets, black-and-white photographs. On the table stood a neat row of medicine bottles... and, to my surprise, two heavy, ancient laptops — relics from her years as a computer engineer.

Every week, thanks to *you*, a volunteer brings her nourishing meals through Ezrat Avot's Meals on Wheels program.

But sometimes, one of our staff members also takes the time to come, sit together, and share stories and laughter — a gift that can be just as important as the food itself. That day, it was *my* privilege to visit her.

Chaya is a Holocaust survivor. In 1941, she lost her father when he volunteered to serve. She grew up in a world where antisemitism closed doors — she wasn't even allowed to attend university — and she still remembers the cruelty of those who told her, "I regret Hitler didn't finish his job." It is heartbreaking for her to witness some of the same hatred reappearing in the world today.

"It's hard to be happy at this age. But thanks to YOU, I know I will never go hungry. YOU are so kind — YOU make sure we're cared for..."

Turn the page to keep reading

She came to Israel in 1999, alone, after retiring. Her only son lives abroad and visits once a year. Many of her friends have passed away. Once, she filled her days writing poetry at her local women's club; now her days are lonely and quiet — listening to podcasts, watching the news, and enjoying the sound of her neighbors' children playing outside.

"Happy? I'm not happy," she told us gently. "*It's hard to be happy at this age*. But thanks to Ezrat Avot, I know I will never go hungry. The people there are so kind — they make sure *we're cared for.*"

That kindness — *your kindness* — is why Chaya is able to celebrate the holidays with dignity.

She can no longer cook: "I start something, then forget what I was doing… My hands are not as strong as before." Your support of Ezrat Avot's Meals on Wheels and holiday distributions means Chaya doesn't have to struggle. The meals — especially the fish she loves — save her from worry and keep her well-nourished. This year, thanks to *your* generosity, we've also added fresh fruits and vegetables to the weekly delivery.

After our visit, she called to thank us again — not only for the meals, but also for the dry food goods we brought. "I'm a war child," she said. "I can't bear to see food go to waste. Knowing I have this extra food stored in my cabinets *makes me feel safe*."

This Rosh Hashanah, as we dip apples into honey and pray for a shana tova u'metuka, hundreds of elderly and Holocaust survivors in Jerusalem are waiting for a package like Chaya's — filled with nourishing food for the Yom Tov table — and a warm visit.

Your gift of ₪500 / $150 will put food on Chaya's table for the holiday — and bring joy to other seniors like her. Please give now so they can welcome the New Year with dignity.

On behalf of Chaya, and all those you help, I wish you a sweet, healthy, and peaceful New Year.

With gratitude and blessings,

Sraya Sharabi
Executive Director
Ezrat Avot

Note: name and details changed to protect privacy.

Now, Giora delivers meals to a record number of seniors in his neighborhood and even helps in the office, mastering new software along the way.

"I didn't choose to help people . It's in my DNA."

Even before joining Ezrat Avot, helping others was second nature to him. Before retirement, when Giora worked in hospitality and retail, he often went above and beyond what his managers expected — going the extra mile that would make someone's life easier, even if it wasn't part of his job.

Giora was born in Israel and raised in Australia. At age 22 during the Yom Kippur War he returned to serve as a volunteer in Jerusalem. Three years later, he came back for good — helping to build a new kibbutz, serving as a paratrooper in the IDF, and fighting in the First Lebanon War. Today, he's proud to be the eighth generation of Israelis in his family.

Giora discovered Ezrat Avot by chance. "I came out of the elevator and saw two English-speaking ladies pushing a trolley full of meals to be delievered. They turned out to be Shlomit and Sharon (our coordinators) and they were so excited. Finding drivers for food deliveries is one of the hardest volunteer roles to fill, so they signed me up almost on the spot."

At first, Giora started doing deliveries for Meals on Wheels. "Driving is the last part of the chain," he explains. "Hundreds of hands prepare and pack the food — I get the honor of handing it to someone at their door and receiving *all the gratitude*. That's the cherry on top of the cake."

He remembers one delivery to Tamar. Her hands were ice cold, so he held them to warm them. "She was so *happy*. She gave me cranberries as a thank-you. We didn't share a common language, but you don't need words to understand *how much it meant to her*.

During the current war, Giora kept coming. "We continued contributing, instead of sinking into the news. *The atmosphere here — the smiles, the kindness — I need it like air.*"

From the very beginning, Giora didn't just drive — he also rolled up his sleeves to cut vegetables, pack meals, and lend a helping hand during our Holocaust survivors events.

"By giving, you're receiving — happiness, satisfaction, pride. Every time I walk in, I absorb the uplifting energy. Ezrat Avot is pure volunteering and pure CHESSED. There's no commercial angle — just people helping people. It's the heart of Eretz Israel, and it deserves to be supported."

The women of our Moadon create special quilling art gifts for homebound friends who can no longer visit our Health & Life Enrichment Center. This Rosh Hashanah, these *handmade treasures* will arrive as *a surprise* along with their usual nourishing meals — a heartfelt reminder, made possible by you, that *they are never forgotten*.

We are blessed with the most dedicated, kind, and *truly exceptional volunteers* in the world — packing nourishing meals, dry goods, fresh fruits and vegetables, and soon Rosh Hashanah holiday packages — all of which will reach seniors and Holocaust survivors across Jerusalem, made possible by *your* generosity.

Please give the gift of a holiday package to a needy or lonely senior in Jerusalem — a gesture of care that will fill their table and their *heart* this Rosh Hashanah.

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Since 1976

Founded in 1976 by *Naomi Sharabi* — inspired by her 106-year-old grandfather, Rabbi Shlomo Gamliel's call to help poor elderly neighbors — Ezrat Avot began as a small soup kitchen.

Today, we provide nutritious meals for homebound seniors, Shabbat and holiday packages for elderly in need, and daily activities and events that promote physical, mental, and social well-being at our Health & Life Enrichment Center in Jerusalem.

We are committed to transparency in everything we do. Visit our website at ***ezratavot.org*** or contact us at ***info@ezratavot.org*** to learn more.

Give Easily with Your Credit Card

You can easily and securely donate with your credit card by visiting our official website at ***ezratavot.org*** or scanning the QR code.

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