עזרת אבות
Ezrat Avot
Aging With Dignity
Since 1976

Chanukah Newsletter 2025 / 5786

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.

Let's Help Miracles Happen

This Chanukah, we find ourselves living through days of both tears and miracles. We rejoice for every hostage who has returned home — and we cry for those who have not. We hold pain, gratitude, and hope together. And still, we continue — because Am Yisrael always continues.

As we light our candles this year — here in Jerusalem and around the world — the memories of ancient miracles remind us to observe the wonders happening in our own time. And when we stop for a moment to see them, we remember that HaShem has never failed us, and He never will.

At Ezrat Avot, we don't just believe in miracles — we see them every day.

We serve those who have no one else — needy elderly living on limited government support, often homebound and alone.

A volunteer knocks on the door of a Holocaust survivor who has been sitting alone for hours — sometimes even for days. He offers a warm meal, and the silence breaks — a smile, a quick chat, a spark of life returning to tired eyes.

In that instant, a person who felt forgotten feels remembered again. That's the kind of miracle you help make possible — a small, human one, but an important one.

> **Because of YOU, our friends near and far, our Meals on Wheels program for the elderly is growing stronger.**

Through YOUR generosity, every delivery now includes not only nourishing food, but also fresh fruits, vegetables, and — thanks to our devoted volunteers — sweet homebaked treats.

Each of these small additions brings comfort and joy to the grandmas and grandpas, lonely seniors, and Holocaust survivors who wait for our knock each week.

Your Chanukah gift today will help us continue bringing warm, home-cooked meals, hope, and human connection to those who need it so much. This is how we enable miracles happen.

May we all be blessed to bring light into the lives of others, and may HaShem bless you and your loved ones with health, peace, and miracles in the days ahead.

With heartfelt gratitude,

Sraya Sharabi
Executive Director
Ezrat Avot

Seniors YOU Support

At Ezrat Avot, we stand beside those who have no one else — Jerusalem's needy elderly, Holocaust survivors, and homebound seniors living on minimal government support. Their lives are filled with hardship, courage, and quiet faith. Thanks to YOU, they are not forgotten. Thanks to YOU, we bring warmth, meals, and the feeling of family — even in the hardest times.

"When you're weak, people stop needing you. That's the hardest part."

At 65, Dovid lives alone in a simple ground-floor room overlooking a shared garden, where grapes droop overhead, reminding him of his childhood home in Georgia.

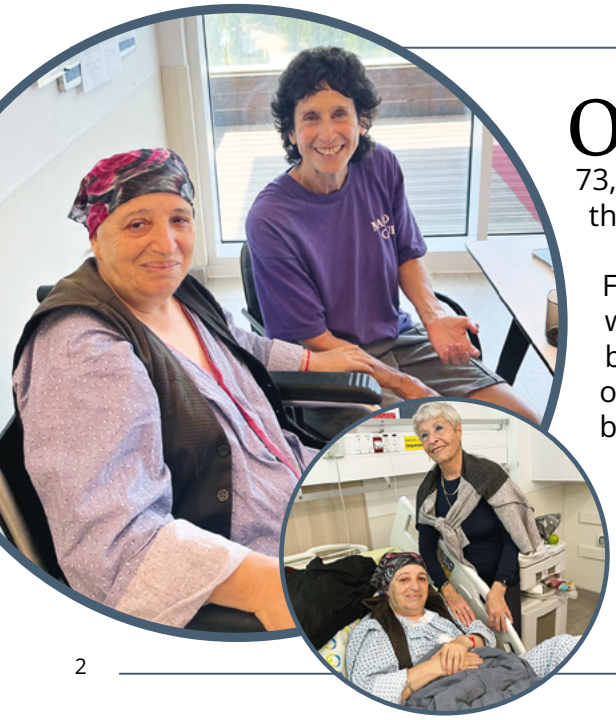
He once had everything. Dovid was a successful lawyer with a beautiful family and two sons, a home, and many friends. "We had a good life," he recalls. "I worked hard. There was nothing we were missing." He also practiced judo. "I was strong as a lion," he says with a faint smile.

Illness changed everything. Decades ago, Dovid was diagnosed with severe tuberculosis and lost one of his lungs. His health has never fully recovered.

Today, he undergoes dialysis three times a week — five hours each session, plus the long trips there and back. He lost 30 kilos. Standing, cooking, or even walking is difficult. His family drifted away; his only brother lives hours from Jerusalem. **"When you lose everything," Dovid says quietly, "You learn what truly matters."**

Every week, volunteers from Ezrat Avot bring him meals. For someone undergoing dialysis, proper nutrition isn't just comfort — it's survival. The balanced meals he receives help keep his strength up, stabilize his health, and give him the energy to keep fighting. He always expresses his deep appreciation for Ezrat Avot.

YOU help him — and so many others like him — to find light again after loss.



Our dear friend and Ezrat Avot family member, Tzivia, 73, has been in the hospital for the past few weeks after a fall.

For years, Tzivia comes every week to peel and cut vegetables and fruits for our Meals on Wheels program. With her big smile and endless energy, you'd never guess that life hasn't always been easy for her. She joined every holiday event and brought joy wherever she went.

She has given so much of herself — now it's our turn. While in the hospital, week after week, our amazing volunteers visit her — bringing flowers, small gifts, stories from the center, and, most of all, love. Our volunteers are her family. Every photo we receive shows Tzivia smiling again!

We miss you, Tzivia, and pray for your full recovery — and we can't wait to welcome you back to Ezrat Avot!

“Chessed, love for Israel, and family — those are the three pillars of our life.”

It was always a spot of light in real darkness,” Susan says, remembering her first visit to Ezrat Avot more than forty years ago. Back then, the center was just a small, dim space in Meah Shearim. “Not exactly a place you’d wander alone”, she laughs. Yet inside, it was full of warmth and hope.

Susan recalls Naomi Sharabi, the founder of Ezrat Avot. “Naomi had a fire in her eyes and a strong determination to make a real change for neglected Jerusalem seniors. Her dream of the center seemed far beyond reach — but her faith made you believe it could happen. This is what drew me in.”

Susan Schwell has watched Ezrat Avot grow from a dream to today’s six-story Health and Life Enrichment Center in Ramot, serving hundreds of needy seniors and Holocaust survivors across Jerusalem. Through good days and difficult ones, she and her family have always stood by our side.

Originally from Connecticut and later New York, Susan and her husband Bob made aliyah after years of visiting their children in Israel. From the moment they arrived, they devoted themselves fully to helping others.

Bob, together with his friends George and Sammy, helped launch Ezrat Avot’s very first Meals on Wheels deliveries — cutting, packing, and managing logistics — back when they were the only volunteers we had.

When Bob passed away, the family dedicated a new refrigeration system in his memory — a daily reminder of his devotion to making things better for others. **“Chessed gives you more than you give away,” Susan reflects.**

“It opens your eyes. It makes you more aware, more connected. If you can make someone’s day better — why wouldn’t you?”

Today, Susan still comes every Tuesday to help cut vegetables and pack meals. **“There are so many organizations,” she says, “but nothing compares to Ezrat Avot. Everyone brings something that makes you want to come back. We could all volunteer elsewhere, but we come here again and again. It’s a joy to be part of — it’s a family.”**

From babies in their mothers’ arms to toddlers, teenagers, parents, and grandparents — everyone in the Schwell family comes to help at Ezrat Avot.

Looking to the future, Susan hopes Ezrat Avot will continue to grow “in even more diverse ways — beyond what Naomi ever dreamed.” And with HaShem’s help — and yours — we pray we will never let her down.

“Know your strengths, and use them to do good.”

— Susan Schwell, dedicated volunteer and cherished member of the Ezrat Avot family.

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Aging With Dignity
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.

Your Chanukah gift today will fill empty plates and lonely hearts — bringing warmth to Jerusalem's vulnerable elderly.

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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