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.

Rosh Hashanah Newsletter 2026 / 5787

A New Year of Hope: Celebrating 50 Years of Chesed in Jerusalem

Dear Friends & Supporters,

As we gather to celebrate Rosh Hashanah, I find myself reflecting with deep gratitude on all we have accomplished together and looking ahead with hope for our continued future success.

This year, Ezrat Avot celebrates 50 years of serving Jerusalem's elderly. What began as a simple act of kindness from my mother, Naomi Sharabi *(z"l),* has grown into a strong and trusted organization with a permanent home, dedicated staff, and an incredible community of volunteers and supporters. Together, we have provided meals, food packages, companionship, and dignity to thousands of seniors and Holocaust survivors.

While I am proud of all we have achieved, I know our work is far from over. The needs of our elderly community continue to grow, and we remain committed to expanding our free services for every senior who turns to us.

None of this would be possible without you. During the month of Elul, we must prepare hundreds of holiday packages for the seniors who depend on us. **A gift of ₪500 / $150 will provide one complete holiday package filled with nutritious food and essential goods needed to celebrate with honor and tradition.** Together, we can help every senior welcome the New Year with hope.

On behalf of everyone at Ezrat Avot, I wish you and your loved ones a happy, healthy, and peaceful New Year.

Shana Tova!

With appreciation,

שרה שרבי

Sraya Sharabi
Executive Director,
Ezrat Avot

> We are so happy to do this vital and important work to help change the lives of the elderly in Jerusalem.

Images from Our 50 Years Celebration on May 27, 2026, with the Rinat Men's Choir and Speeches from Staff.

Please contact us with any questions via:
02-5829984 / Fax: 02-5322226 / info@ezratavot.org / ezratavot.org
U.S. Tax Exempt No. 11-3113560 / Israel Amuta #580044410

Hear from Our Meals On Wheels Participants:

Their stories are filled with strength, courage, faith, and perseverance.

Meet Chaim

Chaim lives alone and rarely gets to see his three daughters, who live outside Jerusalem. He shared with us that his greatest joy comes from looking at photos of his grandchildren, always brightening his day.

Life has not been easy for Chaim, his rent is more than his monthly pension. After breaking his shoulder several months ago, he now spends most of his time at home. Chaim has a small basketball hoop on his porch for his grandkids to play during their visits.

Despite everything he has been through, Chaim greets us with a smile and sincere appreciation. His gratitude for even the smallest act of kindness is a powerful reminder of how much a caring community can mean to someone living alone.

Thanks to your generosity, we can continue providing meals to seniors like Chaim.

> "Thank you for the food you bring. If it weren't for your meals, I wouldn't have anything to eat. I would have to buy food, and I simply can't afford it. The food is delicious and there's always a nice variety."

Meet Tzvi

Tzvi has spent most of his life in Jerusalem. He worked as an accountant, but is now retired and faces significant health challenges while living alone. Unfortunately, with no children or close family nearby, and a complicated medical condition, he relies on our Ezrat Avot volunteers who deliver meals each week.

His apartment is almost completely bare. It contains a bed, a few chairs, a refrigerator, a toaster oven, and a small dresser. When offered additional furniture or a television, Tzvi politely declined, saying he does not need anything else, he just wants to live a simple, quiet life.

Every meal we deliver is a chance to say hello, have a small conversation, and remind him that someone cares. We are so grateful that your donations can make this happen.

> "I've been receiving food from Ezrat Avot for six years. It helps me so much. I warm the meals up in my toaster oven."

בד"ה

The Ezrat Avot family is deeply saddened by the loss of our special volunteer Susan Silkes (z"l). Susan was an energetic, dedicated, and passionate worker. Everyone was always happy to see Susan's smile and work along side her. She will be greatly missed.

Our Ezrat Avot Center in Ramot

In 2016, Naomi Sharabi's *(z"l)* dream of having our own building became a reality in Ramot.

Since 1976, we have offered activities at our senior center for both men and women. Our programs include learning Torah, nutrition and exercises, doing art projects, and much more.

We continue to host **volunteers** in our building to **provide our 100% free services** for our Meals On Wheels, Dry Food Goods, and Holiday packages. Daily, we have **Moadon** and **Kollel** activities. We are in the process of planning an exercise center for the elderly along with a rooftop garden next to our new kitchen on the 6th floor.

Men's Kollel: Life-Long Learning

Rabbi Yosef Badichi leads the men in Torah study every day in our synagogue. We have been so happy to see our Kollel growing with newly retired men joining us.

The men have been studying Torah, Gemara, and a variety of texts. Recently, they had a Siyum for finishing Moed Katan as well as honoring a Yahrzeit.

Women's Moadon: Beach, Art, & Pilates

The women had a wonderful trip to the beach, enjoying the weather, watching the ocean waves, and eating watermelon. Our Moadon leaders, **Yona and Malka**, have been assisting the ladies in creating beautiful artwork, doing projects to improve their fine motor skills, and preparing healthy food. They now have a weekly pilates class and continue to strengthen and grow their community together.

Come Volunteer with Us!

Each year Ezrat Avot hosts a Brunch to thank our exceptional volunteers. This year, we combined it with our 50 Years Celebration and brought in the Rinat Men's Choir to sing for an outstanding performance. *(see photos on cover)*

Come volunteer with Ezrat Avot and make a meaningful difference! See our programs in action, meet our incredible volunteers, and discover the impact we're making together for Jerusalem's seniors. We'd love to welcome you into the Ezrat Avot family.

Please contact us in advance to schedule your volunteer opportunity:

WhatsApp +972 52-244-3508, Office +972 2-582-9984, or Email volunteers@ezratavot.org.

Support Ezrat Avot with a Holiday Package or Help Us Equip Our New Kitchen

Bank Transfer

American Friends of Ezrat Avot 026554413
Columbia Savings Bank
221271935

U.S. Tax Exempt ID
11-3113560

Ezrat Avot
Mizrahi Tefahot Bank
Branch: 458 Account: 380353
IBAN: IL79 0204 5800 0000 0380 353

Tax Exempt ID 580044410
Make sure to give your Teudat Zehut for tax credit.

Checks

American Friends of Ezrat Avot, 7-08 Fairhaven Place
Fair Lawn, NJ, 07410-1626

U.S. Tax Exempt ID
11-3113560

Ezrat Avot
P.O. Box 23280
Jerusalem, 9773308, Israel

Tax Exempt ID 580044410
Make sure to give your Teudat Zehut for tax credit.

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 below.

Work is proceeding on our state-of-the-art kitchen and roof-top garden café: All government permits have been approved and the fire-proofing system is installed. We will soon begin work on the electricity, air conditioning, and other infrastructure.

We still need your help to finance the rest of the project. So, this Chanukah, we are planning to have a silent auction to raise funds for our new kitchen to prepare our **Meals On Wheels**.

You can help in 4 ways:
1. Donate an item to be in the auction
2. Bid on the items during Chanukah
3. Contribute to specific equipment/appliance
4. Make a general donation on our website

Dates:
December 5-12
(All of Chanukah!)

***To donate an item*,**
Bring it to our center,
Email info@ezratavot.org,
Or message us on WhatsApp
+972 52-244-3508

For more information, to view auction items & place bids go here:
ezratavot.org/chanukah-auction/

Holocaust Survivors' Parties

We gathered again this past Rosh Hodesh with our Holocaust Survivors for another party *(photos below).* They sang with their choir, danced together, and then enjoyed a delicious meal provided by Ezrat Avot.