

Latest updates and news from the Health and Life Enrichment Center

It's been a very busy and satisfying time at Ezrat Avot since we updated you last. After the high holidays, we came back re-energized to our daily routine. Thanks to the special effort of our donors over the holidays, we were able to distribute and support the many requests from seniors and families in need. The huge relief and smile we received from each and every one of them, belongs to our donors, supporters and volunteers.

Yet, we can not rest on our laurels. Sadly, the number of seniors reaching out Ezrat Avot for help is expanding

Day activities for women

We are pleased and satisfied to welcome more and more participants to the day activities at the Center. there have been some interesting and colorful additions to the group.



Choir rehearsals

Esther M. comes from a family of dancers for many generations. She herself has a rich background of singing and music career. She was more than happy to take under her supervision the 'Ezrat Avot ladies choir'. It is moving



to see how the vision of our founder, Naomi sharabi Z"l, is being fulfilled. Ezrat Avot provides a warm environment for seniors who can give of themselves to others, feel essential and manage a life with purpose and dignity. If needed, they will find support with dignity here.

This is proof that there is no age limit for a life full of satisfaction and vitality!



Knitting with love for others



Having fun working on crafts they are donating

Our ladies are currently very busy preparing special hand-made arts as part of our 'Senior to Senior' and 'Meals on wheels' programs.

The participants see all the work and effort for the nutritious meals we send for the homebound. They want to share their part too. As we all know, the situation of pensioners in Israel isn't so good financially (and not only), so they decided that if they can't help through a financial support they will offer what they **do** have.

There arts are available for purchase at our Center or through our website.

All benefits will go to fund the meals we are sending for homebound seniors.

They are an inspiration to all of us, that wherever there is a will - there is a way!



Day activities for men

We are pleased to see the continuous expanding of this group too. The new learners at the morning studies are from diverse cultures. **It is fascinating to see how they break stigmas by showing that there is no age limit for learning!**

On the contrary, with their years and experience behind them, the learning is much more fruitful and rich.



'Siyum Masechet'

With deep sorrow, the Ezrat Avot family is announcing the passing away of Mr. Asher L. One of the students of the pensioner's Kolel. Our condolences to the family. May he rest in peace.

Meals on Wheels and Dry Goods

It is heart breaking to receive and hear of more difficult situations of elderlies.

Only in the past few months the amount of seniors added to the meals on wheels and distribution of dry good programs increased significantly. Most of the new participants are new immigrants from the former Soviet Union.

They came for love and the sake of Zion, and now they find themselves in a new country and language with no family to support them. We do all we can in order to continue to provide a response and support to those who reach us, including holocaust survivors.

This is the place to thank our dear donors, volunteers and organizations who support all those vital programs.



Amazing to see how from all over the globe volunteers are coming to Jerusalem, to our Center, to share their part for this important cause.

Among the Ezrat Avot volunteer family there is a diverse of cultures and ages. All together helping Jerusalem's seniors to age with dignity!

We shall not forget that we do that also for generations to come.

It's for our parents, for us and for our children who will grow old.

Here is a peek of our special volunteers, who came all the way from China (!), Australia, USA and of course, Israel.

