



The Passover Newsletter 5777 \ 2017



Moving forward at the Seniors Health and Life Enrichment Center



We opened a new 'Moadon' group from Jerusalem's Russian community of immigrants. They enjoy the positive energy of Torah study, exercise, music, lectures, craft activities and gardening. Each day ends with a nutritious lunch allowing time to mingle and strengthen new friendships. Celebrations are enjoyed according to our Holiday calendar. In addition, we are working on opening another group of English speakers from the Center's surrounding neighborhood.

Rabbi Yosef Badihi is teaching a pensioner's group in the Ohel Feiga Synagogue of the Center which was donated by Dr. Albert Dreisinger. Classes are in Hebrew for Gemara, Parshat haShavuah and more. They meet five days of the week from 9.30 in the morning until 1.00 pm after which a nutritious lunch is provided.

Intergenerational Activities

Grandparents, parents and grandkids share events at the Center, volunteering to perform chessed and spending quality time together as a family to learn from each other. They arrive not only from Jerusalem but from more distant towns to bake for the elderly, cut vegetables for the cook, or to enjoy holiday events sponsored by the Center.



Something good is happening in Israel!

One hundred and two members of the Jewish community in India, who trace their heritage to one of Israel's lost tribes of the 'Bnei Menashe' arrived to Israel this February, immigrants who hail from the northeastern Indian state of Mizoram - home to the second largest concentration of the country's 'Bnei Menashe' community. The move is being facilitated by Shavei Israel, a nonprofit that seeks to connect lost and hidden Jews to the Jewish state. After 27 centuries of exile, this lost tribe of Israel is truly coming home. How grateful we are to see the prophecy of 'Kibuts Galuyot' fulfilling in our days.



Credit: Shavei Israel





Holiday Events

Chanukah - Grandparents, Parents and grandchildren were invited to light the sixth candle at the Seniors Health and Life Enrichment Center where a simulated stone village had been erected. Each room offered a different challenge and prizes were given at the close of the event to the one who best answered the Chanukah riddles and completed the tasks with their grandparents.



Warm soup was served, sufganiot with tea or coffee, and soft drinks for the children. For more pictures you are welcome to visit our website: www.ezratavot.org



Tu b'shvat



This Tu B'shvat was a very special one for our Moadon's ladies. They enjoyed taking part in planting an Etrog tree that was donated by Julie and Morty Pozner. Each one of them took part in the planting and some of the ladies contributed their expertise from 30 years of gardening.

In addition, each member of the Moadon received a small blossoming plant to take home. Everyone enjoyed a nice Tu B'shvat meal and blessing the dry fruits of our land.



Purim - On Rosh Hodesh Adar the Moadon's ladies enjoyed a lecture about the month of Adar and about Purim by rabbi Nissim Borochoy. For Purim they had a costume designer who came each week before Purim in order to design a special and individual costume for each member which they

took home. They had a lovely Purim Party with music, dancing and a nice Purim meal. The ladies definitely felt that "when entering Adar - we increase happiness"





Life Lessons from our founder Naomi



Naomi loved the Psalms. She rose every morning at 4 am to sit in her garden awaiting the sunrise and reading the Psalms. She had many favorites as do we all. She would often remind us that the time we have for gratitude and praise is 'now' in this life. As long as you live you should do good for others, she would say. She also demonstrated this lesson each day. She taught us through her own life. May she rest in peace, her memory speaks love to us all.

Volunteering at the Ezrat Avot family

At the new Center volunteers gather each week for Cutting Vegetables, Preparing meals on wheels, Packing dry goods for pick up by poor families and Baking nutritious cakes and cookies to be included with the meals for the homebound.



Celebrating Grandma Spero's birthday!



Volunteers and staff had the pleasure of celebrating Grandma Spero's 90th Birthday with a cake and Certificate. "Grandma" as she is affectionately known at Ezrat Avot comes to us weekly to help in the food preparations for our Home Delivered Meal Program. She cuts fresh vegetables while sharing her warmth and wit. Grandma described to us the

joy of being able to give to others in a hands on manner. She appreciates taking part in cooking for others. We wish you many more healthy and happy years of giving!

We received from her a heart warming letter:

"To my Ezrat Avot Friends,

Thank you for your cake and certificate and your good wishes on my 90th birthday!

It has been my pleasure to work with you for this noble cause.

May you all enjoy our continued work for the worthy cause of Ezrat Avot.

With all my love, Sydelle"



And the winner is....

In the last newsletter we announced the opening of a healthy recipes contest. The winner is M.E from Jerusalem. The origin of this healthy vegetarian recipe is Québec.

Tofu pot with herbs

Ingredients: 2 onions, 1 zucchini, 3 table spoons of olive oil, 350 grams natural tofu, 1 tomato
1½ tea spoon oregano , ¼ tea spoon thyme, A pinch of garlic powder, Pepper to taste, 1½ cup
vegetables broth, 1 table spoon tamari sauce to taste.

Preparation: fry the onions, zucchini, oregano and thyme in the olive oil for about 5 minutes. Add tofu, tomato, pinch of garlic powder and the pepper, continue the cooking for several minutes. Add the vegetables broth and the tamari sauce. Simmer for 5 minutes over low heat.

Bonne appetite!





In memory of our beloved volunteer Bob Schwell



Sadly in January our faithful volunteer Bob Schwell passed away, may he rest in peace. He will be greatly missed by us all and is remembered on our website under the heading of volunteers. There you will see that Bob's chessed lives on through his family who volunteer at the Center and celebrate the childrens' bar and bat mitzvah by bringing friends and even their school class to volunteer at the Center. Quiet and gentle, we miss him so very much.



Bar\Bat Mitzvah program becomes more popular



More Bar\Bat Mitzvah boys and girls are choosing to do their 'Chessed' by volunteering at Ezrat Avot. They are local and also come from abroad such as the U.S. and England. They hear from their friends how much fun it is and how satisfying it is to volunteer at Ezrat Avot in order to benefit the lives of the elderly of Jerusalem. The latest group of Bat Mitzvah girls enjoyed baking for the elderly homebound and pack nutritious meals for them.

Yakira Miriam is the granddaughter of Bob Schwell and is carrying on his legacy by inviting her entire class to celebrate her Bat Mitzva by packing dry goods for poor families in need. You can see more pictures of these events on our website under 'volunteers.' There you will see the entire Schwell family preparing food packages for the less fortunate to honor Bob's beautiful legacy.



We invite you to join the Ezrat Avot family to better the lives of Jerusalem's elderly & poor. Send us your email address to receive our holiday news, paper-free and environmentally friendly.

For credit card donations, call (972) 25825107

or make a donation through our secure website www.ezratavot.org Tax deductible donations by check can be mailed to American Friends of Ezrat Avot, POB 181, Fair Lawn, NJ 07410

May you always enjoy being on the giving side!

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