

The Tishrei Holiday's Bulletin 5776 \ 2015



Is it a small matter that you have an opportunity to change the face of Jerusalem for the elderly? Don't we all desire to take on a meaningful mitzvah to crown the new year with potential for good? Imagine an elderly person, alone, feeling cut off from social contact, forgotten, suddenly finding renewed purpose for their life through the Seniors Health and Life Enrichment Center now being completed. Through the Center you have an opportunity to provide them with social interaction, health benefits through therapy, nutritional guidance, counseling and renewed interests through lectures, concerts, crafts and gardening, to mention only a few of the benefits that your contributions will make available in order to renew the self esteem and broaden the perspectives of Jerusalem's elderly.

Begin the year with this great mitzvah of repairing neglected lives, it will make you feel good all year long. The name of each contributor, small and large, will find an honored place in the Center so that the many using the facility will recognize the outpouring of dedication and love it has taken to transform their lives. I wish you a sweet, healthy and prosperous year. **L'Shanah Tovah Tikatevu**

N. Sharabi

The Seniors Health and Life Enrichment Center for Jerusalem is moving forward and the results are so worthwhile as a sound and sure investment for the current generations and those to follow. All who partake in this venture will enjoy a sense of true accomplishment, a lasting gift to the senior communities of Jerusalem.

We anticipate moving our basic An air of great enthusiasm goal. Transportation has been Center and we all look forward Center can accommodate. It facility and implement all the the meantime it is a gratifying hope you share this sense of



who have made it possible. In forthcoming Newsletters, as we move through our annual cycle of festivals, you can anticipate hearing about new programs taking shape at the Center. We introduce the first item just below, an incredible gift to the people of Jerusalem nearing its completion.

programs to the Center following Succot. envelopes us all as we draw closer to the arranged for our seniors to reach the new to the expansion of programs that the will take time to complete the entire programs planned for the Center, in feeling to be well on our way. We accomplishment for you are the ones

Tizkeh l'mitzvot to Dr. Albert Dreisinger for donating to the Center a Beit Kneset in its entirety as well as contributing the Aron HaKodesh and Torah Scroll in honor of his late wife. The Beit Kneset will be open for public use as well. We look forward to an opening ceremony, to which the public is invited, that celebrates the completion of the Beit Kneset this fall.

Registration for Rosh HaShana Parcels:

Families in need rush to register for the Holiday parcels that provide them with the costly special items required to enjoy Rosh HaShana and Succoth. What a privilege to help each family fully enjoy the holiday along with all Am Yisrael.



What's new in Ezrat Avot since our last newsletter?

Baking Project:

Our volunteers enjoy baking sugar free cakes and cookies to be included with the meals on wheels delivery.



Natural apple juice is used as sweetener. The cakes and cookies are very tasty, prepared with love and are happily received. This will be an on-going activity on alternative Thursdays. We welcome volunteers to come & join this fun project.

Arts & Crafts Sessions:

We are happy to announce the opening of our arts & crafts sessions given voluntarily by an experienced teacher from the U.S, Karen Reiffman. She was warmly welcomed by the Moadon's members who already left with their first stage art work on their first day. From the look on the seniors' faces, we can see that this activity will be beneficial to their wellbeing.



Summer trip:

Our ladies of the Moadon enjoyed a late summer trip to Moshav Givat Yearim where they had breakfast and tour the farm. After lunch they continued on to visit Moshavim surrounding Jerusalem. It was a great trip!



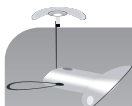
Unity and Harmony:

Unity and harmony within Am Israel has been the ideal of Ezrat Avot throughout the years. Now that we are entering the Hebrew month of 'Elul', it is a perfect time to focus on the important ideals that bind the Jewish people together as depicted in this picture of our volunteers working side by side.

We'll be happy to receive your email address which will help us save office expenses & allow us to provide more activities for our seniors. Needless to say, it's another effort to be kind to the environment!

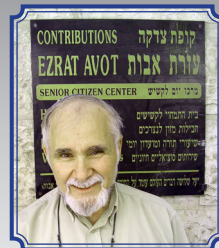
We welcome you in becoming part of The Ezrat Avot family! Join us in bettering the lives of Jerusalem's elderly & poor.

For credit card donations, call (972) 25825107 or make a donation through our website. Tax deductible donations by check can be mailed to our Jerusalem address. May you always be on the giving side!



Spotlight on one of our volunteers: This time: Bob Schwell

Bob Schwell our dedicated volunteer made 'Aliyah' with his wife Susan two years ago, after having spent several 6 month periods here. Having 3 children & 14 grandchildren in Israel was enough reason to settle here. "We enjoy living here. It's a Jewish country. It's mentioned in the Torah that this is the place to be. The amount of 'Chessed' work is tremendous," says Bob. He heard about Ezrat Avot through his daughter, who also volunteered here and as he puts it, 'got hooked'. Volunteering is very important to Bob, both on a personal & general note, doing something meaningful & 'drafting' others to follow suite. As a child Bob learned acts of kindness from his father, which he so beautifully passes down to the next generations. When asked what he would like to see happen in Ezrat Avot in the future, he added "to widen the social activities for the seniors". Ezrat Avot thanks you from the bottom of our heart for your devotion and infectious spirit! May 'Hashem' grant you and yours many happy healthy years of giving.



We Salute Our Volunteers!

Dr Scott and Mindy Lippe who run the Americans Friends Of Ezrat Avot office in the United States, world renowned Chef Kadosh of the Fattal Group's Leonardo Plaza Hotel who for decades has regularly provided Shabbat meals for 40 needy families, Rosh HaShana and Succot meals for 60 families and on occasion brings special treats for the ladies of our Moadon, Mrs. Chaya Devorah Liebowitz who has supported us with her wisdom and tireless energy for over three decades and Jane and Jonathan Medved who donate beautiful and colorful Purim cards each year.

We Gratefully Acknowledge our Faithful Vendors:

Who keep us supplied with provisions for needy families and produce to prepare Meals on Wheels. They are: Latet, Mazon, Bridges for Peace, Beit Hama'afe and Angel Bakerie, Pe'erli Fruits & Vegetables.

How could we possibly get the job done without our enthusiastic Volunteers?

In addition to our faithful local volunteers; George Gluck, Sammy Gottesman, Bob and Sue Schwell, Ellen Goldstock, and Rivka Avraham we enjoyed a special event as our 'grandma', Sydel Spero invited her daughter and granddaughter to help out on their recent visit to Jerusalem. Three generations volunteering together. Often the grandchildren of our regular volunteers will also pitch in to help and these days are fun for everyone.

Annually students from overseas attending: Kivunim, Shalavim & Midreshet Eshel, inspire us with their cheerful service preparing meals on wheels parcels, cutting vegetables, baking or packing grocery items for needy families. Ezrat Avot also receives inspiration from the many families and individuals who volunteer a day or more of their time when visiting Jerusalem. There isn't sufficient space to list individual names but each one leaves behind the warmth of friendship and heartfelt support for the seniors of Jerusalem. Our volunteers are priceless.

If you plan a trip to Jerusalem for a Bar/Bat Mitzva, why not have your group join us for a fun time of volunteering.



Our dear Volunteers: Bob, Sam & George.



Mr. Bob Schwell & his granddaughter.



Mr. Bob Schwell, his granddaughter, Sam & Yoav.



Mrs. Sydel Spero, Daughter & granddaughter.



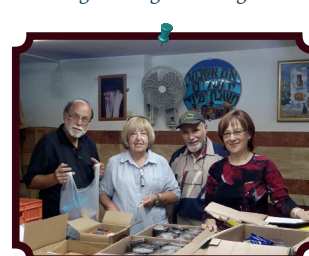
Rivka Avraham, Mrs. Spero, Tomer Dvora's students & Yehudit Barazani.



Students from Shalavim.



Volunteers from abroad, Bob & a friend, Yoav & our great cook, Yeshurun.



Bob & friends from abroad.