

# INSIDE

YAD SARAH

SPRING 2017

## CELEBRATING 40 YEARS OF CARING



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# INSIDE

**YAD SARAH**  
SPRING 2017



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**Bringing help and hope to the people of Israel.**



## executive director's letter

FROM ADELE GOLDBERG

Dear Friends,

This year, as we mark Yad Sarah's 40th anniversary, it is an opportunity to reflect on the wide range of solutions that the organization has pioneered to meet some of the most critical needs in Israeli society.

Since joining the Yad Sarah family 13 years ago, I have seen up close how we deliver so much for so many, from providing elder care, home health, and medical equipment loans, to advocating for disability rights, cultivating volunteerism, and advancing community building. Yet, this organization is much more than a collection of services. We serve as a hub of healing, dignity, and opportunity, especially for society's most vulnerable and underserved.

By working at the grassroots level – and relying on the largest volunteer force in all of Israel – Yad Sarah has built an organization with an extraordinary connection to and understanding of the more than 400,000 people in Israel we serve every year.

This special 40th anniversary newsletter offers a window into the remarkable story of Yad Sarah's growth – from a single program housed in our founder's apartment, to a national institution that now serves more than half of Israel's families at some point in their lives.



After 40 years, the organization's 20 programs, 6,000 volunteers, and 100 branches are not only respected, but revered, for their passion, professionalism, and unwavering commitment to bring help and hope to all of Israel's people – young and old, Jews and Arabs, religious and secular.

Your support and partnership makes this life-changing work possible. I look forward to continuing our collaboration to advance Yad Sarah's mission, positioning the organization for even greater success in the years and decades to come.

Adele Goldberg, ACSW





Tourists visiting Jerusalem for Yom HaZikaron with Yad Sarah equipment.

# Tourists Tell All

Yad Sarah for Tourists provides personalized services that enable people with special needs to fulfill their dream of visiting Israel. Anyone is eligible, regardless of ability to pay – Yad Sarah’s goal is to provide an enjoyable, relaxing, and inclusive trip. Their services are a model for other accessible travel groups throughout the world.

Judith Arnall, a gentle, soft-spoken woman with multiple sclerosis, often travels to Israel from Los Angeles to see her sister and to visit her husband’s grave. It is a long and arduous flight for a person coping with the effects of MS, but Judith knows she will be greeted with open arms at the

Yad Sarah House. “There’s such a graciousness and warmth in all they do,” she says. “You feel that they truly want to help and nurture you.”

“One of the most useful things that makes it possible for me to travel there is a special-sized wheelchair. It



Yad Sarah transportation is available for tourists.

fits through the narrow doors of Israeli apartments,” says Judith. “Yad Sarah makes things easy, and safe. I know that whatever temporary assistive devices I need, they are there for me.”

“**Yad Sarah makes things easy and safe. I know that whatever temporary assistive devices I need, they are there for me.**”

“When I went to Israel the first time after my husband’s tombstone had been placed,” she says, a little catch in her voice, “Yad Sarah’s accessible vans got me all the way up the mountain where he’s buried. They were so kind and patient. Imagine if the whole world functioned with the beauty that infuses Yad Sarah’s every act.”

“My family learned about Yad Sarah more than 20 years ago, when my parents took us to Israel as kids,” recalls Alan Kreisler. “My sister broke her leg at the Kotel and Yad Sarah lent us a wheelchair and crutches. I could tell they were a special organization, but little did I know that years later I’d rely on them even more!”

Alan’s mother, a lively 84-year-old bubbe, is the one who now uses Yad Sarah’s assistance when she travels. Weeks before a trip, Alan emails and orders all the equipment she’ll need – wheelchair, shower bench, walker, and a special electric recliner his mom must use instead of a bed.

The family visits Alan’s nieces, one of whom is married and has three children. For his mom, it is well worth the schlep.

“But without Yad Sarah, there would be no trip,” emphasizes Alan.

“I wouldn’t travel outside the U.S. without Yad Sarah,” he concludes. “They are family. Their compassion is incredible. I tell all my friends, do not hesitate to travel to Israel with someone who has a disability!”



Nadia Alalu, manager for Tourist Services in Jerusalem.

**FOR MORE INFORMATION**  
Please visit [friendsofyadsarah.org](http://friendsofyadsarah.org), find the menu item entitled “Going to Israel?” and click!





# Celebrating 40 YEARS of Caring

A volunteer helps a client board a wheelchair accessible van outside of the Jerusalem lending center.

Since 1976, Yad Sarah has provided medical equipment, transportation, and social services at little or no cost to people in Israel and those who visit. During our 40th anniversary year, we celebrate the hope and help we have brought to millions of homes across Israel and the world.





Organizing Purim baskets for Yad Sarah clients.

**F**orty years ago, Israel's population was 3.5 million; today, it is 8 million. We have grown along with the country – with a warehouse of 350,000 medical items for lending, 6,000+ volunteers, 100+ branches, more than 420,000 people served every year, and more than 20 programs and services for diverse needs, from legal advice for the elderly to play centers for children with special needs.

#### How did it all begin?

In 1976, a young Jerusalem high school teacher needed to borrow a vaporizer for his child. Discovering that the device was hard to find, he bought more than one, to make it easier for others. Over time, people started to drop off other equipment. His small apartment was soon overflowing with wheelchairs, crutches, and bath-safety benches. He kept going. He called the service "Yad Sarah" after his grandmother who had perished in the Holocaust.

Year by year, Yad Sarah's services have expanded to meet critical needs, from a "life alert"-style emergency alarm system that is now used by more than 1,000 people a month, to a fleet of 40 vans that provides 137,000 rides a year to people who need wheelchair-accessible transportation.

We have become a vital option for those with disabilities, enabling people from all over the world to travel to Israel. We've also set up more than 5,300 home hospital beds, which relieves overcrowding in



"Services for the elderly and lonely" – an original Yad Sarah van.

Israeli hospitals and allows patients to remain in, or return to, familiar and loving environments. Our annual budget of \$23 million saves Israel's economy millions in medical costs every year.

Yad Sarah has won multiple awards, including the Israel Prize, the country's top honor for a significant contribution to society and the State. Yad Sarah is a unifying force for Israeli society. Its thousands of volunteers speak fifteen languages, and serve a diverse clientele – young and old, Jews, Christians, Arabs, and Druze, religious and secular.

Our patrons say, "Yad Sarah is a celebration for the soul," – and they come from near and far, across Israel, America, and Europe, to celebrate birthdays and special occasions with us at Yad Sarah House in Jerusalem.

They connect because they know that we are here for them through thick and thin. We provide social services – programs that go beyond concrete assistance to strengthen our society as a whole.

"We bring joy and celebration," said one volunteer. "But the truth is, we receive much more than we give – and so together we make the world a better place for each other."

Here's to 40+ more years of a happier, healthier, kinder, and stronger Israel.



Yad Sarah volunteers were as ready to lend wheelchairs 40 years ago as they are now.

## OUR STORIES

A young mother was battling breast cancer, but there was nothing more the doctors could do. She longed to be home with her family in the time that she had left. Yad Sarah made it all possible, lending equipment to make her comfortable. Because of Yad Sarah, she was able to attend her son's Bar Mitzvah before she passed away. Shortly thereafter, we received this note from the woman's mother: "I feel it is the most difficult thing in the world for a mother to watch her child suffer, but Yad Sarah made it a bit easier on me. You have meant the world to us and I am eternally grateful."

Yad Sarah's loans provide life-changing support to people of all ages. Recently, three premature babies from different mothers were released from Rambam Hospital on the same day. Weighing less than 4.4 lbs. each, they were unable to nurse on their own. After many phone calls, Yad Sarah able to locate three top-of-the-line Medela breast pumps from our various branches so that the babies could receive the sustenance they needed.



Happy mother and baby at a Yad Sarah lending center.



INTERVIEW:  
**DR. SHLOMIT LEHMAN**

DIRECTOR OF THE YAD SARAH FAMILY CENTER



Yad Sarah's Family Center treats domestic violence victims and their families, from all sectors of society in Israel. Because Yad Sarah offers so many programs, no one knows if a visitor is seeing a therapist or borrowing a wheelchair, and clients feel dignified and discrete. The Center opened its doors 17 years ago in Jerusalem, and now, thanks to a generous grant from the Rosenbojm Komor Foundation, the Center is poised to expand to the western Negev. The Center's tireless and talented director, Dr. Shlomit Lehman, sat down with us to share more about the program from her perspective.

**YS: Shalom, Dr. Lehman. Thanks for taking the time to speak with our readers. Can you tell us a little bit about yourself and your background?**

**Dr. Lehman:** It's my pleasure! I received a PhD in Social Work from Bar Ilan University and then worked for 15 years for Israel's Ministry of Social Affairs and Social Services. I worked in a number of programs where the treatment had to be sensitive to culture, so when Yad Sarah

approached me about opening this Family Center in 2000, I was intrigued. Our goal is to provide treatment and support to anyone suffering from domestic violence, including a specialty in working with the Orthodox community. I am very proud of our progress. As the Center's positive reputation has spread, we have grown from one social worker to 15 social workers plus six students-in-training, serving people from all over the country.

**YS: You work with everyone in Israel. What steps do you take to ensure cultural sensitivity?**

**Dr. Lehman:** For example, in the Orthodox community, I work very closely with rabbis all over Israel who recommend us to their communities. If that recommendation didn't come through the rabbi, the individual would never have sought help. I also train all of our staff in religious nuances, like having separate-gender therapy groups. I feel that we have made a tremendous difference in the health and wellness of this community.

**YS: Can you give us an example?**

**Dr. Lehman:** There was one young woman who came to us after divorcing her abusive

husband. Because she had a young son and no way to support herself, she moved back in with her parents – but her father was also abusive. She told us that one night she walked all the way up to the roof of her parents' apartment building, and stood there, high up in the cold, for hours. She seriously contemplated jumping in order to end the misery of her life. Thanks to participating in both group and individual therapy with Yad Sarah, she did not – but she would never have sought treatment that wasn't culturally sensitive.

**YS: That's a very moving story.**

**Dr. Lehman:** It is, but it is not unusual. Last year, we treated close to 500 men, women and children, and we would treat more if we could. We would also offer psychiatric help if we had the funding to do so. We are proud of our work – running more than 15 groups a year on topics like anger management and parenting. We see individual patients throughout the day, organize conferences and school outreach, and offer art, animal, and movement therapy – but we always want to do more.

**YS: Speaking of more, can you tell us about the new Center in the South?**

**Dr. Lehman:** Yes, we are very grateful to the Rosenbojm Komor Foundation for their grant to make this possible! We have just received our license to operate in the Negev and will be opening a Center there soon. These areas, hit hard by Gaza rocket attacks in 2014, have large populations of families who need domestic violence education and treatment urgently.

**YS: What message do you try to convey through the Yad Sarah Family Centers and your work?**

**Dr. Lehman:** A message of hope. Unfortunately, the problem does exist. But after years in the field, I know that you can do something about it. If you admit that you are suffering, you are ready to move from point A to point B, and you are willing to put in the effort, you will achieve what you want. Give your hands to a therapist, and take theirs in yours. In a few months already, you will see improvement. I promise you that.

“  
**We have grown from one social worker to 15 social workers plus six students-in-training, serving people from all over the country.**  
”

– Dr. Shlomit Lehman





A Yad Sarah volunteer and patient take a break after settling the patient back in to his home after a period of hospitalization.

# COMING HOME WITH YAD SARAH

“ Giving people hope is what Hospital to Home is all about. ”

**M**iri arrives at the Yad Sarah branch near her home in Haifa, with both pain and gratitude in her eyes. She's there to arrange for the return of a hospital bed, a hoist, and an oxygen concentrator, which enabled her Savta (grandmother) to spend her last days at home, in comfortable surroundings with her large family.

Savta was born in Iran in the 1930s and made aliyah with her husband and seven children in the 1960s. She rebuilt her life in Israel, raising her children to love their new country. "She was increasingly frail," Miri recalls, "but Savta

loved to be at home, and because she was at home, we were able to be with her all the time. It was an incredible gift for her and our family." Miri's Savta, and by extension, the entire family, participated in a Yad Sarah signature initiative, Hospital to Home, which enables patients to accept a timely hospital discharge and return to a loving and familiar environment – whether they have been injured, are suffering from disease, or need to rest and recover from surgery.

Today, too many people in Israel remain in hospitals when it's not necessary – often lying on beds in hallways due to overcrowding. Others are released, only to return home without the support that they need.

It's hard to imagine that in a place where terror attacks are all too common, there may be no space in a hospital for the wounded – but it's true. Israel's

ratio of beds compared to the population is one of the lowest among developed countries, at an astonishing 1.9 per 1,000 people.

Hospital to Home addresses these issues by making home care equipment and support services available at low (or no) cost for moms and babies, seniors and families, factory workers and members of Knesset.

As part of the program, Yad Sarah offers home delivery of the equipment, and sends a representative on a regular basis to check up on the patients' physical and emotional well being as they adjust to home care. These representatives also make referrals for additional services. The program is critical: Enabling patients to avoid the risk of hospital-sourced infection can mean the difference between life and death.



At present, the only other options for at-home medical care are costly rentals or equipment purchase, which most folks – especially the elderly, and disabled – simply cannot afford. Yad Sarah’s program is uniquely safe, nurturing and cost-effective.

“Giving people hope is what Hospital to Home is all about,” said David Rothner, a Yad Sarah spokesperson. “We don’t just send people home with equipment; instead we provide the foundation of help and healing to ease the transition to whatever comes next.”

For example, Yad Sarah provides critical relief for family caregivers, who suffer from their role’s intense pressure and stress. One Yad Sarah client, an elderly Israeli woman originally from Ethiopia, woke up multiple times a night to help her husband walk to the bathroom. She bore his weight, and her own exhaustion, for months – not just at night, but 24/7, as she helped him to eat, bathe, and look after his medications, all while adjusting the radio to his favorite music and reading him the newspaper. After her husband was briefly hospitalized, this woman was overwhelmed by the prospect of returning home. “I want to take care of him at home,” she told the Yad Sarah Rambam Hospital Branch, “but it is destroying me.”

Yad Sarah stepped in to help. Upon discharge, they sent her home with a wheelchair, and followed up with a visit a few days later. They taught her husband how to use the wheelchair and other adaptive equipment, which provided an independence they both relished. When Yad Sarah came back a week later, the apartment had transformed into a calmer and more positive place.

“Let’s face it: Home is where we all want to be when we’re not feeling well,” says Adele Goldberg, Executive Director of Friends of Yad Sarah. “This program sustains

patients and families in life-affirming ways throughout serious challenges.”

Israel’s Health Minister Yaakov Litzman agrees. Like many others, he deeply values Yad Sarah’s unique expertise, and admires its ethos of caring for every patient as if they are family. “It would be hard to imagine the healthcare system without Yad Sarah,” he said, touting the way that the program generates substantial savings in medical costs, estimated at up to \$400 million per year.

So far, 5,300 home hospitals have been set up with Yad Sarah equipment, making humane and dignified care available where there was none. Long after the ambulance sirens fade away, Yad Sarah provides a cornerstone of support that enables Israel’s people to thrive.

“I miss my Savta,” Miri said, “but my last memories of her are beautiful. Yad Sarah made it beautiful, at home.”

“**Because she was at home, we were able to be with her all the time. It was an incredible gift for her and our family.**”

## NEW SUPPORT

Yad Sarah’s Hospital to Home and Mobile Dental Clinic programs have recently attracted major funding from the Helmsley Charitable Trust, which will enable the program to expand its reach across Israel, from Be’er Sheva to Tzfat. With the Hospital to Home program currently growing at the rate of 500 beds per month, the grant is a generous response to a pressing need.

Major corporations are also pitching in to assist with this life-changing program – Arkia Airlines often provides equipment air transport within Israel, and Bezeq volunteers their telecommunications work vans for deliveries. Using resources efficiently is natural to Yad Sarah – and appreciated by donors and patients alike.

## ALL ABOUT YAD SARAH

Yad Sarah, Israel’s largest volunteer-staffed organization in Israel, provides a vital array of compassionate health and home services for people of all ages. Yad Sarah’s free services are delivered by more than 6,000 volunteers in more than 100 branches.

The people of Israel – and people with special needs traveling to Israel – rely on Yad Sarah to help them remain independent, healthy and at home.

### Our programs and services include:

**Medical Equipment Lending Centers**  
An inventory of over 350,000 items to be loaned out at no cost to the borrowers.

**Guidance and Exhibition Centers**  
Displaying equipment and daily living tools available to help people with special needs live independently.

**Day Rehabilitation Centers**  
Physical and occupational therapy; computer, art, drama and gardening therapy; meals and social events for young and old recovering from strokes, surgery, illness and injury.

**Geriatric Dental Clinic**  
A full range of specialized care for the elderly provided by volunteer dentists and including mobile treatment for the homebound.

**Yad Riva Legal Aid**  
Legal services, legal counseling, legal representation and social assistance for the elderly provided by volunteer lawyers.

**Emergency Alarm Center**  
Peace of mind for the elderly 24 hours a day with two-way transmitters connected to Yad Sarah’s national computerized system.

**Outreach to the Homebound**  
Visits and projects to activate hands and minds and raise morale of people isolated at home.

**Play Center and Toy Library**  
Providing a safe and supportive environment for children with special needs to learn and develop through play.

**Transportation Services**  
Wheelchair-accessible rides to work, school, medical appointments and social occasions.

## YAD SARAH VITAL STATISTICS 2016

### Emergency Alarms

**19,500**

Subscribers

**120,000**

Total Incoming Calls

**10,000**

True Emergency Calls

### 40 Yad Sarah Vans

**137,000**

Trips Per Year

### Visits To 8 Guidance & Exhibition Centers

**15,300**

### 26 Homebound Projects Centers

**60,000**

Home Visits Per Year

### Play Center For Children With Special Needs

**3,700**

Visits Per Year

### Geriatric Dental Clinics

**7,200**

Treatments Per Year (Stationary, mobile & portable)

### 5 Day Rehabilitation Centers

**28,800**

Visits

### Equipment Maintenance Centers

**170,000**

Repairs

### Yad Riva Legal Aid To The Elderly

**8,000**

Cases in 20 Locations

### Da’at Medical Information Service

**2,300**

Inquiries

### Health & Fitness Center

**6,600**

Visits

### People Helped Per Year

More Than **420,000**

### Branches

**100+**

### Loans Of Medical/ Rehab Equipment

**320,000** in the past year

### Volunteers

**6,000+**

### Volunteer Hours Per Year

**1,000,000+**



# LEAVE A LEGACY FOR ISRAEL – AND RECEIVE HIGH, FIXED-RATE, LIFETIME INCOME

Providing for **Yad Sarah** is providing for Israel. Improving the lives of more than 420,000 people in Israel every year, **Yad Sarah** represents what is best about Israel and its people.



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## GET INCOME FOR LIFE

A **Yad Sarah** Gift Annuity pays high, fixed-rate, lifetime income for one or two individuals. May we calculate the annuity rate, tax deduction and **tax-free** income portion for you? For many individuals, a gift annuity is an especially valuable retirement planning vehicle.

## MAKE YOUR INVESTMENT PROPERTY MORE PRODUCTIVE

Consider transferring your income-producing real estate such as a rental condominium to a charitable remainder trust. Based on the property's appraised value, the trust will make fixed rate payments to you for life. You will not be required to pay tax on any capital gain when your property is transferred to the trust. When the trust sells the property, it pays no tax since it is tax-exempt.



## LET US SHOW YOU HOW

We can provide you and your advisors with language for your will or trust. We can help you set up a fund to benefit Yad Sarah in Israel. We can show you how to memorialize your gift.

## TO BE A YAD SARAH PARTNER

Please contact Adele Goldberg, the Executive Director of Friends of Yad Sarah, at 1-866-YAD-SARAH or by email at [adele@friendsofyadsarah.org](mailto:adele@friendsofyadsarah.org).

Age	Rate	Tax Free*
65	6.0	69.6%
70	6.5	72.8%
75	7.1	75.4%
80	8.0	77.9%
85	9.5	81.8%
90	11.3	84.0%

\*A final calculation of the tax-free portion will be made for the month of the gift, based on IAS rules.

## A SAMPLE OF YAD SARAH'S HIGH GIFT ANNUITY RATES



### UNITED STATES OFFICE:

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Adele Goldberg, Director

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