

# INSIDE

**YAD SARAH**  
SPRING 2018

## CELEBRATING ISRAEL'S 70TH

**CARING FOR  
ITS BUILDERS**



**FRIENDS OF  
YAD SARAH**



[facebook.com/yadsarahfriends](https://facebook.com/yadsarahfriends)



# INSIDE

**YAD SARAH**

SPRING 2018



04

## Supporting the Family Caregivers

Yad Sarah's groups are a lifeline for family members caring for elderly relatives with serious illnesses.



06

## Yad Riva Director Presented with Award

Israel's Emile Zola Chair for Human Rights recognizes Dr. Mickey Schindler's work ensuring legal protection for Israel's senior citizens.



08

## Caring for Israel at 70

This milestone year, it's important to help those who built the country - a mission Yad Sarah fulfills daily.



12

## Yad Sarah on the Go

Yad Sarah organizes accessible outings for people of all abilities, from 'climbing' Masada to biking in the Negev.

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



# executive director's letter

FROM ADELE GOLDBERG



Dear Friends,

This year, Israel's 70th birthday, we reflect on how to show solidarity with the Jewish state in a meaningful way.

I am proud to be part of an organization that cares for the builders of Israel—the generations of soldiers,

country, too many Israelis have been left behind. They need outside support.

Whether they need physical rehabilitation, legal services, dental treatment, medical equipment or friendly visitors to brighten their days, **Yad Sarah is there** for more than 420,000 people in Israel each year.

We are there for the impoverished Holocaust survivors with subsidized dental treatment, and IDF veterans in need of a wheelchair and a friend.

We are there for the pioneers that built shuls and schools, hospitals and homes, factories and families.

We are there because of your partnership and generosity.

As we mark Israel's 70th birthday, I am grateful for your commitment to this mission. With your generosity, we will continue to support the people who have built this vibrant, beautiful country, by bringing help and hope to all her citizens.



Helping a builder of Israel

farmers, rabbis, nurses, engineers, teachers, and so many other remarkable men and women—who have given lifetimes to build a strong and thriving Jewish state.

In this newsletter, we pay special tribute to these everyday heroes, and highlight the important role that Yad Sarah plays to improve their lives.

After decades devoted to building this remarkable

Adele Goldberg, ACSW





# SUPPORTING CAREGIVERS

A Yad Sarah support group.

**D**ahlia Hadar is the sole caregiver of her husband David, who suffers from Alzheimer's disease.

They built a life together in Ma'ale Adumim: a loving marriage, raising a son and a daughter, running their business—a factory they owned.

"My husband was a wonderful and beloved person," says Dahlia. "He was active, well-known in the city and loved to help everyone."

Among other things, he volunteered at the Yad Sarah branch in Ma'ale Adumim, in the warehouse, and worked on repairs of equipment for lending.

"He had good hands," she says. "And they loved him very much. We all still do."

Dahlia, 77, and David, 82, still live in their home in Ma'ale Adumim, but things are different now.

At a relatively young age, David was diagnosed with Alzheimer's disease. His condition worsened, especially



Care with support means care with a smile

after he suffered a stroke. Today, his condition is so severe that he needs a full-time, live-in caregiver.

Dahlia, who has limited mobility and requires the aid of a walker, still takes care of her husband as much as she can. She makes sure he is comfortable, clean and presentable. For as long as possible, she took him to concerts, cultural performances and cafes. Today, his illness and her frailty makes this difficult.

But Dahlia cannot leave David alone for a moment. His behavior is erratic, and he is prone to wandering. His unexpected behavior often causes embarrassment to her and those around her, which makes socializing difficult.

But, most of all, Dahlia's loss of connection is painful.

"He is with us and not with us," she says.

David no longer speaks, has trouble processing what people are saying, and needs help with feeding and other daily living skills.

"I feel that I have lost my beloved and my good friend," she said. "It's as if I were married to one person, and I live today with another."

About three years ago, worn down by illness and the burdens of caregiving, Dahlia knew that she desperately needed emotional support and a place where she could be honest about her difficult situation. Thankfully, she found a family caregiver support group run by Yad Sarah under the guidance of Sara Bar-Noy.

Sara Bar-Noy, a professional social worker, staffs two support groups: one in Ma'ale Adumim and another in Jerusalem for "the sandwich generation," family caregivers who help frail elders while also caring for young children. Dahlia says Sara's support has been a much-needed blessing.

Sara brings readings, films and other relevant materials, leads discussions, and guides the group, which has developed a close dynamic. Group members are validated and can speak frankly about things that are too sensitive to be discussed with relatives or friends. The meetings give them the emotional strength to continue to care for their loved ones because they know they are not alone in their struggles. After each session, they feel relief and joy.

"We live from Sunday to Sunday, the day the group meets," Dahlia said. "We are able to cope thanks to this special service—thanks to Yad Sarah."



A group leader shares tips





# DIRECTOR OF YAD RIVA RECEIVES HUMANITARIAN AWARD

Dr. Schindler receives prize

Last newsletter, we featured Dr. Mickey Schindler's vital work with Yad Sarah's Yad Riva Legal Aid for the Elderly - and he has now won a prestigious humanitarian award recognizing it!

The Michael Halperin Prize from the Emile Zola Chair for Human Rights is given to a lawyer who is "actively engaged in the protection of human rights in Israel."

That's exactly what Yad Riva does - assists the elderly in knowing and realizing their rights, and collaborating

with welfare and health services, particularly around elder abuse.

For example, Yad Riva learned recently of an elderly Israeli citizen being taken advantage of financially and emotionally: a man claiming to represent a charity got access to her credit card and charges it monthly, calling the woman to pressure and confuse her. The woman's family begged the man to stop, explaining her weak mental state, but he would not. They knew the only place to turn was Dr. Schindler, who explained what steps to take.

In addition to a team of 100 volunteer lawyers throughout Israel, who have provided legal assistance to close to 20,000 people over the last few years, Dr. Schindler regularly lectures to legal and elder care professionals.

In May of last year, he spoke to a crowd of 500 at a government-sponsored Day of Learning about supported decision making, an approach to elder care that Dr. Schindler fought successfully for in Israel's Supreme Court in 2015. He teaches at Bar Ilan University and Ashkelon College, and is in high demand as guest professor. Most recently, he completed a special course of instruction for psychiatry students at Tel Aviv University's medical school.

People might think these are just legal issues, but in the cases of elder abuse, it can truly be a matter of life and death.

According to a recent study by Haifa University, almost one in five elderly people in Israel face abuse, neglect and economic exploitation at the hands of those that they trust.

The study also revealed that about one in five senior citizens are defined as poor and about one in four are unable to do daily activities and are homebound.

“**The best combination of professional excellence, personal morality and an academic concept of social responsibility.**”

Dr. Schindler's work in assisting these dire needs was cited by the committee as "an exciting example of the best combination of professional excellence, personal morality and an academic concept of social responsibility."

The prize was named in honor of lawyer Michael Halperin due to his "love for the State of Israel and his desire to see

its social prosperity, the promotion of the protection of human rights within its framework, and the development of its democratic culture."

Dr. Schindler's words mirror these goals perfectly: "We work to end the suffering and improve the quality of life of every senior citizen that needs help."

## FOUR STARS

### EXCEPTIONAL RATING FOR FRIENDS OF YAD SARAH

Friends of Yad Sarah has received much recognition for its work supporting life-changing services, and can now add another accolade: an "exceptional" rating on Charity Navigator, which uses objective criteria to monitor the financial health and practices of more than 8,500 charities a year.

On December 1, Charity Navigator officially awarded Friends of Yad Sarah four out of four stars for the fifth year



in a row, acknowledging a strong commitment to accountability and transparency. Fewer than 8% of charities in the USA have received this designation.

"I give to Friends of Yad Sarah every year to honor the memory of my grandmother, who was a nurse in World War II," said Ilana, a mother of two young children in Chicago. "The more I learn about what Yad Sarah accomplishes, the more impressed I am. I am very happy to know that Friends of Yad Sarah is known as a great charity."

Yad Sarah's impact is wide-ranging, from providing basic and vital health supplies to those living in the periphery, to helping elderly and disabled people access medical care. This rating is confirmation that Friends of Yad Sarah supports those services with purpose, trust, and integrity.





**Amnon Barkaei as a Young Man**

After serving in the War of Independence, Amnon celebrated in uniform during a 1949 parade marking the liberation of Tzfas the year prior.

# CARING FOR ISRAEL AT 70

Amnon today, at home in Ramat Yishai with his wife, grown son, and grandchildren.

“**Yad Sarah is very proud to care for people who took care of Israel for so many years.**”

**T**his year, as Israel turns 70, Jews around the world will be filled with pride in the Jewish state’s remarkable history, wide-ranging accomplishments, and promising future.

It is a time to celebrate not only the place that Jews proudly call their homeland, but also the people who built it - the soldiers who fought to keep the country safe; the teachers who educated leaders in technology, business, and government; the kibbutzniks who grew

its food and turned a dry land into blooming fields; the rabbis who provided spiritual direction and comforted so many refugees fleeing persecution, and the nurses who worked long hours in makeshift conditions to keep the country healthy and growing.

There are generations of builders living in Israel today who have devoted their lives to shaping and bolstering the modern Jewish state as we know it. And yet, far too many of these builders have been left behind, and need support.

They are homebound, or need expensive medical equipment they can’t afford. They need rehab after surgeries, visitors to talk to, legal advice, and sometimes, intense caregiving.

They need the support that Yad Sarah provides.

Meet, for example, Rachel Geffen - the first female patrol officer in Petach Tikvah. With more than 35 years of service in the Israeli Police Force, she protected her community with honor and distinction.

Toward the end of her career, Rachel injured her leg and underwent an operation. During her recovery, she came into contact with Yad Sarah’s wide range of services.

“Yad Sarah opened its arms and opened its heart to me during my six months of recovery,” says Rachel. “After I got back on my feet, I knew that I had to do something to help others, and applied to volunteer at Yad Sarah’s Modi’in branch. I’ve now been volunteering there for five years!”



When she is not spending time with her three children and six grandchildren, Rachel manages the branch's Exhibition Center, helps to loan equipment, and plans events at the center.

Yad Sarah helped Rachel to heal, and now provides meaning and activity in her later years.

Yad Sarah client Chaya Sela also credits the organization with delivering life-changing help. She is one of the thousands of Holocaust survivors that Yad Sarah serves.

After devoting decades to caring for her fellow Israelis as a nurse, Chaya had no one to care for her later in life when an expensive dental treatment became necessary. That's where Yad Sarah came in, treating her at its dental clinic free of charge.



Rachel Geffen, the first female patrol officer in Petach Tikvah pictured here volunteering in the Modi'in branch.

with limited mobility - and preserves an important history for future generations.

Other builders that Yad Sarah helped have already passed away, but they are remembered for their accomplishments and impact.

For example, Marjorie Seal, who built Israel with her hands—as a farmer. She made aliyah in 1954 and embraced the kibbutz lifestyle, working in greenhouses that transformed the Jewish state's desert into thriving farmland. At 85, with kidney and heart problems as well as low blood pressure, she needed special medical equipment to live. Yad Sarah provided her with a wheelchair, walker, and portable oxygen tank—which enabled Marjorie to live at home comfortably until her last breath.

"These men and women devoted their lives to building the modern Jewish State we know today. They are Israel's version of the "Greatest Generation," says Adele Goldberg, Executive Director of Friends of Yad Sarah. "Whether they need physical rehabilitation, legal assistance, dental treatments, medical equipment or friendly visitors, Yad Sarah is there. We are privileged to care for people who took care of Israel for so many years."



Chaya Sela

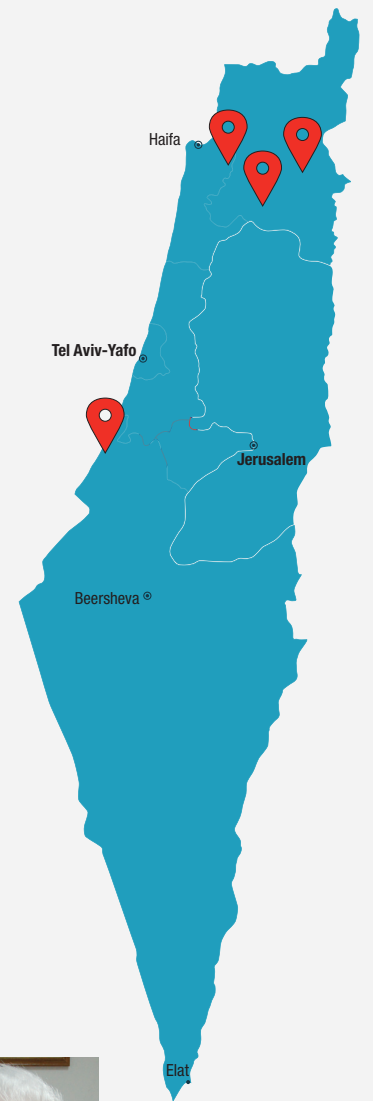
For many builders of Israel, Yad Sarah does more than care for physical needs, it nourishes our clients' souls and preserves their memory for future generations. One of these clients is Amnon Barkaei, born in Petach Tikvah in 1926. At the age of 14, he defended his yishuv against rioters during the conflict between 1936-39. He later joined the Palmach and fought

for the newly independent Jewish state, and eventually became a hobbyist historian with special expertise on Israel's small towns.

Saving this life story and thousands of others is a special Yad Sarah project, which pairs volunteers with older people in Israel to record and capture unique experiences. The project provides nurturing visits and human interaction to a population that is often lonely,

# BRANCHING OUT II

Yad Sarah has more than 100 branches throughout Israel, serving more than 420,000 people every year. The organization relies on caring, dedicated volunteers—who are led by an inspired group of volunteer branch managers. Here is a glimpse into the experiences of these branch managers and the lives they have transformed.



**Emek Medical Center, Afula**  
**Yehudit Attia**

I volunteer with the Women's Forum and Community Centers here in Afula, but I can see the impact of Yad Sarah the most. Recently, an elderly man came in with a young woman and we began to tell her how to assist with equipment, assuming that she was there to help her grandfather—but he wasn't her grandfather! He had asked her for directions, and she wanted to make sure he'd be okay! That's the power of Yad Sarah. It's lending a hand whenever you can.



**Rechasim: Batya Arentroy**

My husband and I set up this branch 40 years ago when we got married, and we raised our children to volunteer with Yad Sarah—they learned math by adding up deposits and tabulating donations. Home branches have a special role for the community: during the Gulf War, when missiles littered the sky, many people stayed at home and large branches were not open during normal hours. Today, our children and our grandchildren still volunteer with Yad Sarah, and we still help everyone in our community.



**Kfar Kama: Nazak Napso**

I have four children and own a textile factory—but our branch is always open to help the people of our community and we would never turn a customer away. This is a unique city because we are mostly Circassian, Muslims with Balkan ancestry who aided Jews in immigrating to Israel from Lebanon and today are very patriotic Israeli citizens. We serve neighbors with all sorts of backgrounds-- Muslims, Bedouins, and Jews—secular, religious and ultra-Orthodox. Yad Sarah helps everyone.



**Ashdod: Hanna Gontov**

This is one of the busiest Yad Sarah branches in the country. We are open every day from 9:30 a.m. to 7 p.m. and have 109 volunteers. Ashdod is a large city with a large immigrant population—first from North Africa and more recently from the former Soviet Union—and our clients and volunteers reflect that. A Russian woman, Nina, came into the branch to ask for a personal emergency transmitter (like a Life Alert) for her mother. Our volunteers spoke to her in Hebrew and Russian to make sure she knew what to do.





Learning about history on site.

# ACCESSIBLE ISRAEL

Uneven ground, narrow pathways, steep stairs and desert heat: Exploring Israel's ancient and modern sites can be a near-impossible feat for people with mobility issues.

Enter Yad Sarah.

In addition to providing equipment and services that make day-to-day life possible for people with disabilities or poor health, Israel's largest national

volunteer organization hosts trips that allow people in wheelchairs, or with other mobility aids, to experience some of Israel's important historic and natural sites.

"Many popular places in Israel have done a lot of work to become more accessible," says David, who has used a wheelchair his whole life. "Unfortunately, many of the guided options still don't accommodate. They go too fast or aren't always over smooth ground. I have been on two Yad Sarah trips and they are the highlights of my year."

Yad Sarah's staff and volunteers carefully plan details to ensure that the trip-goers will be safe. For example, during Hanukkah, 30 people in wheelchairs visited Masada—the site of a famous siege where Jewish citizens laid down their lives instead of becoming slaves to Romans. Ten of Yad Sarah's accessible vans were driven by volunteers to the large, rocky hilltop. After ascending the mountain on cable cars, each person had their own escort to ensure that they were hydrated and did not get too much sun.

The group learned about the story of the first Roman Judean revolt and the following battles, then had a small candle-lighting ceremony. This special Hanukkah trip was the first time many of the wheelchair-bound Israelis had been to Masada.

"Because of my condition, I have never seen many important places in Israel," says Yael. "I am so grateful to Yad Sarah for giving me the ability to come to Masada for the very first time."

Other outings have brought Israelis with disabilities to Jaffa, Jerusalem, the zoo, and battle sites of the 1948 War of Independence. Each trip carefully accounts for the special needs of its members—including their routines, times to rest and eat, a slower pace, and other factors. For each adventure, guides pick up each person and a companion from their homes with the Yad Sarah vans and returns them home after the conclusion of the trip.



A Yad Sarah accessible van on the road to Masada.

The new program has already helped many of those who need greater accessibility to learn more about their country's history. The program brings joy and activity to people who are often excluded, truly changing their outlook and mental health.

The volunteers who help with the program also place a high value on connecting with people. Yonatan, a guide, said he helps Yad Sarah because his father was confined to a wheelchair before passing away. He saw firsthand how important it is to give people the opportunity to be active.

"Getting people out of their house and showing them the history and beauty of this country changes their quality of life," he says. "It is a privilege to share my knowledge with the people on the trip. Donating my time to Yad Sarah is how I honor my father's memory."

“**Yad Sarah trips are the highlights of my year.**”



# RECORDING HISTORY, ONE STORY AT A TIME

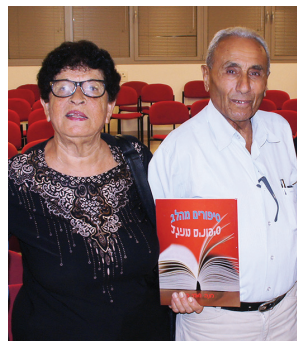
Yad Sarah's Life Stories Project is a key component of Yad Sarah's homebound outreach initiative. The program was originally envisioned for Holocaust survivors, but now includes Israeli-born Sabras, and immigrants from countries around the world.

In the case of Yehudit Kutner, telling her Life Story meant preserving the tale of her own survival in the Nadvordna ghetto, her attempts to escape and many painful captures, and her years in hiding in Poland. After the war, Yehudit moved to Israel in 1949 and raised a family.

Chaya Gazit, a volunteer for Yad Sarah's Life Stories project, was assigned to work with Yehudit and the two women soon developed an easy rapport. Chaya helped Yehudit organize the details of her inspiring story and the small anecdotes that lend color and flavor to a historical narrative. She transcribed the text and gathered the photos to create a memorable keepsake for Yehudit and her family.

The Life Stories Project has 300 specially-trained volunteers, like Chaya, who work on this process with thousands of individuals, like Yehudit. The volunteers speak Hebrew, English, French, Spanish, Yiddish,

Russian, German and/or Farsi, as they spend months creating a book that is printed and bound, and formally presented to family members in a meaningful celebration.



Life Story Project participants at their book ceremony.

The process is also transformative for the volunteer, who bears witness to first-person accounts that preserve our history as a people.

One volunteer, for example, a survivor who had escaped in time and been spared the worst horrors of the Nazi period, feels his work on the Life Stories Project helps him fulfill a moral obligation to the survivors who were not as fortunate as he was.

For the subjects telling their tales, the process is restoring and empowering.

Yehudit, for example, learned more about her extended family, including a cousin who was lost in Operation Boatwain in 1941. Chaya connected Yehudit with Mali, her cousin's widow, who also participated in Yad Sarah's Life Stories project. The two older women shared stories of family members and spend time together.

"She identified everyone in my old pictures," Yehudit said, "together, we recorded my family's history that would otherwise have been lost forever."

The yearning for that kind of experience is what leads participants, often who have never spoken of their experiences before, to engage in the project. In their later years, or facing a serious health issue, many participants feel a strong urge to leave a permanent record for their families and the world.

One participant said: "Now, my grandchildren will be able to understand what I went through in my life. Even more important, they will see the connection between my personal story of survival and the story of the survival of the Jewish people, epitomized by the Zionist dream and the establishment of a new generation of proud Jews in our own state of Israel."

“  
**Now, my grandchildren will be able to understand what I went through in my life.**  
”

The Life Stories project is another way Yad Sarah cares for the people who built Israel—and all the generations to come.

## 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 2017

### 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

Visits Per Year 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.



445 Park Avenue, Suite 1702  
New York, New York 10022  
www.friendsofyadsarah.org

Non-Profit Org.  
U.S. Postage  
**PAID**  
Friends of  
Yad Sarah

## A YAD SARAH GIFT ANNUITY - 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.

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

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 IRS rules.

## MAKE A DIFFERENCE IN ISRAEL AFTER YOUR LIFETIME

Leaving a bequest in your will or trust for Yad Sarah provides much needed funds for the important work of Yad Sarah in Israel. You might also consider including Friends of Yad Sarah as a beneficiary of your IRA or of your life insurance policy. Your after-lifetime gift may be designated for programs of Yad Sarah in Israel that are dear to you or entrusted to Yad Sarah for use where most needed to assist in helping Israel's most vulnerable people.



## 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).

### UNITED STATES OFFICE:

445 Park Avenue, Suite 1702  
New York, New York 10022  
Tel: 212-223-7758  
Fax: 212-223-7759

Toll Free: 1-866-YAD-SARAH  
[shalom@friendsofyadsarah.org](mailto:shalom@friendsofyadsarah.org)  
Skype: friends.of.yadsarah  
Adele Goldberg, Director

### CANADA OFFICE:

788 Marlee Avenue, Suite 314  
Toronto, Ontario M6B 3K1  
Tel: 416-781-6416  
[info@canadianfriendsofyadsarah.com](mailto:info@canadianfriendsofyadsarah.com)  
Arlene Weisbart, Director

### YAD SARAH HOUSE:

124 Herzl Boulevard  
Jerusalem, Israel 96187

To receive your next copy of Inside Yad Sarah by email, write to us at: [subscriptions@friendsofyadsarah.org](mailto:subscriptions@friendsofyadsarah.org)