

Spring 2016

Inside Yad Sarah

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*Inside
this Issue*

Creative Arts at Yad Sarah revitalizes lives

A visitor to Yad Sarah in Jerusalem can't help but notice the artwork displayed throughout the building. Some pieces are paintings and drawings by talented adults. Others are more whimsical projects created by children. They are all impressive in their own way.

But the story behind how they came to be in the first place is more interesting than the pieces themselves.

Through the creative process, people heal and grow. They build or regain cognitive abilities and physical skills. In many cases, they also make connections to themselves and to the community.

That's why the making of art and crafts is integral to many of Yad Sarah's programs.

Step into the art room at Yad Sarah's Day Rehabilitation Center in Jerusalem and you'll find it nearly filled to capacity. People are sitting around large tables drawing in charcoal and pastels, or painting. Some are in



Through the creative process, people heal and grow.

wheelchairs. Others work with their non-dominant hand because of brain injury.

But all are engaged in their work whether they are creating a still life, a landscape, or a portrait inspired by photographs.

Like many recreational artists at Yad Sarah, 65-year-old Avishag had never engaged in drawing or painting before coming here.

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"I didn't know anything about art," Avishag said while working on a portrait of her grandson. "Drawing class is the most popular activity here, and I like it the best. Now I look forward to my days each week at Yad Sarah," she said.

Avishag suffers from muscle deterioration and has used a wheelchair for the past four years. She's been proud to give her finished works to her children and grandchildren.

Making art provides a high level of satisfaction for people suffering from chronic conditions, according to Irit Nahaloni, director of Yad Sarah's Day Rehabilitation Center in Jerusalem.

For example, a devastating stroke caused significant damage to a former surgeon in his early 50s, limiting his ability to speak, read or move easily. Today, this client uses the skills he learned at Yad Sarah to paint with his other hand, and Nahaloni cites his "amazing work" as evidence of his progress.

In another part of the room, a group of Day Rehabilitation clients coping with vision loss work with a special arts therapist to create a sculpture in a variety of mediums — clay, glass, stone, and wood. Before starting, the therapist arranged a very special private tour of the Israel Museum where the group members were permitted to run their hands over the museum's ancient Greek sculptures — strictly forbidden to regular museum-goers.

(continued on page 6)



Report from the Executive Director

Dear Friends,

Who ever thought of paint and clay as the tools that some people rely on for healing?

Visitors to Yad Sarah House expect to see families entering the building to borrow or return a wheelchair, a shower bench, or a pair of crutches, an indication that someone they love needs help. But clay, glue, tissue paper, and paint brushes? Here are signs there's a different, complementary path to healing underway.

In this issue of "Inside Yad Sarah," we take you to some of the organization's rehabilitation programs, and focus on the transformational power of the arts activities, helping to strengthen and restore functioning and confidence lost through illness or injury. For children with special needs, arts activities help build motor skills, or shape skills to facilitate learning and social development. I am particularly impressed with a challenging assignment for a group of clients coping with blindness and low vision; they're creating self-portraits in clay.

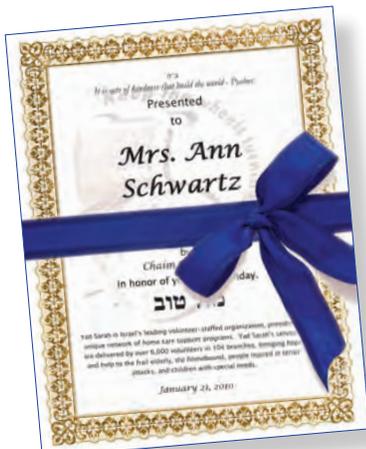
We also give you an inside look at Yad Sarah as an inclusive place to work and volunteer, helping young adults with special needs to learn practical, job readiness skills, and imagine new possibilities. We're proud of the role our volunteers play in helping people of all abilities contribute to society in a meaningful way, and realize their own potential.

We know the Exhibition Centers as places for individuals and families to review options for home care equipment and home adaptations, but in this issue, we learn about the Exhibition Centers as a resource for professionals. Interior designers like Meira Adilman work closely with families to plan for universal design – a comfortable, supportive environment that maximizes independence – with ideas and problem solving from Yad Sarah. And we were surprised and proud to learn that Yad Sarah is a resource for design students at Bezalel, Israel's foremost arts institute, helping students to combine form and function. New ideas and practical solutions, shared with professionals and students, help to spread Yad Sarah's "best practices" with the ultimate goal of supporting the efforts of individuals to remain independent at home, and engaged in their communities.

As Yad Sarah receives no government support, this innovative and compassionate work is sustained through the generosity of friends like you. Your gifts enable Yad Sarah's dedicated professionals and volunteers to help revitalize lives, promote inclusion and dignity for people with special needs, and make it possible for thousands of people to cope with the effects of illness, injury, and trauma.

Thank you so much.

Adele Goldberg, ACSW



Your Special Gift to Yad Sarah

When you make a thoughtful gift to Yad Sarah, you are supporting the vital programs and services available at more than 100 branches in Israel.

Make your gift today, and we will acknowledge your generosity with a handsome certificate sent to whomever you designate.

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We visited Samira, manager of the Yad Sarah branch in the #Druze village of #Issifiye. Samira is committed to insuring that the services of Yad Sarah are available to all in the Druze villages in a culturally-sensitive setting.



Volunteers built a Yad Sarah van as a Purim costume for a special needs child in Bnei Braq, complete with a custom horn! The cardboard costume fit over her wheelchair and reflects her love and appreciation for Yad Sarah's transportation service, connecting her with family and community! #HappyPurim!



Yad Sarah, a humanitarian organization, lends equipment to anyone in need.



Yad Sarah depends on its team of equipment repair volunteers to help keep wheelchairs and other home care equipment in top shape! Their efforts also help Yad Sarah to contain costs and direct its resources where it is most needed: service to others.



Flowers are blooming in Israel and Yad Sarah volunteers made sure that our homebound clients were able to enjoy nature's gift!



Welcome home, Wovenesh Wovshat! Originally from a small village in #Ethiopia, Wovenesh worked with a Yad Sarah volunteer to recount "Realization of a Dream," her story of a grueling trek to Israel. Yad Sarah's Life Stories project helps participants reflect on their lives, an empowering experience for older clients. The transcribed narrative is a legacy with unique historical value.

Please see us on [Facebook.com/yadsarahfriends](https://www.facebook.com/yadsarahfriends).

Yad Sarah's Incubator for Inclusive Design Solutions



**Shani Rosenfeld, Director;
Exhibition and Guidance
Center, Jerusalem.**

Meira Adilman first came to Yad Sarah 10 years ago, right after her youngest daughter died of cancer. Her mission was to take training that would help her support others with ill family members.

But the course lesson that made the greatest impression on her over the past decade was the tour of Yad Sarah's Guidance, Resource and Exhibition Center. That's why when Meira started working as an interior designer she naturally thought it was the right place for her to turn for advice as she began an apartment renovation project for an elderly couple.

Adilman is just one of many professionals who seek guidance from Yad Sarah about design solutions for older people or people with disabilities. And

Yad Sarah's main Guidance, Resource and Exhibition Center in Jerusalem is the place where designers like her, as well as medical students, nursing trainees, physical and occupational therapy students, social workers, and school therapists can turn for ideas and information.

Center director Shani Rosenfeld conducts seminars for all of these groups with the goal of having these professionals "walk in the shoes" of the people they serve and care for every day.



Design solutions on display simulate a home environment.

"We do hands-on demonstrations with professionals. We get them to use the assistive equipment and technology that their patients or clients use, and we talk about real-life situations. By doing this," Rosenfeld explained, "they understand how to be better practitioners."

Recently, 70 second-year OT students from Hebrew University participated in a five-hour clinical seminar featuring a hands-on demonstration of all the equipment in the center.

They learned how to operate the hoists. They learned the rationale behind functional solutions for everyday challenges facing families. They also learned what Yad Sarah offers, and how this equipment is making a real difference in people's lives.

New Ideas in Design Start Here

Bezalel Academy of Arts and Design is Israel's premier art school located in Jerusalem. Every year students from the academy visit Yad Sarah's Guidance, Resource and Exhibition Center with industrial design professor Yedidia Blonder.

This year they came with an assignment to design an object for use by older people and had them consult with Rosenfeld.

The lesson began with Rosenfeld demonstrating dozens of assistive

items and types of equipment, emphasizing their advantages and disadvantages in terms of their design. She reminded the students to take into consideration that many of the elderly suffer from impaired eyesight, motor difficulties, limited strength and even some memory loss.

Before the students began designing their object, Rosenfeld had them think about questions such as: What position will the person be in when using it? Does it empower the person? Is it worth using? Is it nice enough that anyone (regardless of age) would want to use it? Does it address an actual problem? Does it allow the person to remain part of the community?

"This is a new kind of design language for many designers, and not only these students. Yad Sarah is neutral ground for discussions about this," Rosenfeld said.

Today, in her work as a designer, Meira Adilman has become fluent in this new "language" emphasizing universal design that is accessible to all people, regardless of age, ability, or disability.

"Universal and barrier-free design are very important," she said. "Older individuals end up having to leave their homes because they become uninhabitable for them. It's better to make design changes so that people can stay in their own homes as they age."

Yad Sarah's Exhibition, Guidance and Resource Center lets families and caregivers know what equipment, aids and help are available to them.

Volunteers along with professional social workers, physiotherapists, and occupational therapists give on-site information and guidance in the center's fully fitted and furnished model apartment displaying the range of state-of-the-art equipment and accessories available to allow the frail or disabled person to function independently at home. In addition, volunteers and staff members advise on other community services available to help, and how to contact them.

In addition to the model apartment, the Exhibition, Guidance, and Resource Center has a continually-updated computerized resource library, as well as a permanent exhibition of all the equipment available for loan from Yad Sarah.

The center is also an important resource for members of the medical and paramedical professions, social and community workers, architects, and designers.

Yad Sarah branches in the following cities have an Exhibition, Guidance, and Resource Center: Jerusalem, Tel Aviv, Rishon Lezion, Ra'anana, Netanya, Haifa, Beersheva, Kiryat Shmona, Hadera (at Hillel Yaffe Medical Center), and Modiin.

Equipment repair teaches life skills to young adults with special needs

Wearing his dark blue smock uniform, Motti* blends right in to the scene at the equipment repair workshop at Yad Sarah in Jerusalem where he fixes all types of assistive equipment. But if you ask him, he would tell you he especially likes fixing different types of chairs and seats because they are the most challenging repair jobs.

But Motti is neither a regular Yad Sarah volunteer nor a member of the professional staff.

Motti is one of many young people with developmental and cognitive disabilities who works in Yad Sarah's vocational education program and is contributing to Yad Sarah's critical service to the community.

"Yad Sarah takes a special interest in integrating people like Motti into the community so that they can live as normal a life as possible. That's why we encourage people with special needs to come and volunteer at Yad Sarah so they can be part of what we do here every day," said Yad Sarah spokesman David Rothner.

"Yad Sarah takes a special interest in integrating people like Motti into the community so that they can live as normal a life as possible."

"Motti came to us 16 years ago," said repair workshop manager Shimon Avraham. "I wasn't sure how he would fit in at first but he's grown to be an important member of our team. He is very goal-oriented. He wants things to be perfect," Avraham added.

"I love working here," Motti said. "It's great working with Shimon."

Yad Sarah and National Service

Several floors below, Shlomo* works in the warehouse organizing and delivering equipment. Shlomo, who suffered a brain injury as a result of an accident when he was a child, is one of six national service volunteers with cognitive disabilities currently working at the warehouse.

Yad Sarah has collaborated for years with community organizations responsible for placing young men with disabilities ages 18 to 20 for their national service. Instead of serving in the army, the volunteers work 30 hours per week at Yad Sarah's warehouse where they do everything from collecting and sorting equipment to processing orders – depending on their level of ability.

"Through experience we've learned how to teach the skills they need to do their jobs," said warehouse manager Pinchas Zaltzman. "They learn how to function in an employment setting, and they see it as preparation for their future."

Shlomo will complete his two years of national service in August. And he has used his time at Yad Sarah well, learning the job skills needed in "real life" as he puts it.

According to Moshe Teichler, director of Yad Sarah's Ra'anana branch,

national service volunteers have gone on to work in other warehouses, while others ended up in sheltered workshops.

"Some of the young men go on to get married and study or work. One worked as a security guard, and another is currently studying for his BA. It all depends on their individual abilities," Teichler said.



Equipment repair teaches practical skills.

"They learn diligence, discipline and punctuality. That helps prepare them for life."

A Focus on Youth

But vocational education at the Modiin branch of Yad Sarah looks entirely different because it focuses on young people who are still in school. Seven older teens from the Gvanim Special Education School come to Yad Sarah three times a week to work in the equipment repair workshop for three hours at a time. Each student is paired up with a volunteer who teaches them how to fix equipment.

Yaniv, a young man with special needs had been working with the equipment repair volunteers in the Modiin branch for several months where he has gained practical skills and a new sense of responsibility by working with people who are genuinely concerned about his welfare and want to see him succeed.

After several months at Yad Sarah, Yaniv left to join a special unit of the IDF, fulfilling a dream.

"We receive guidance from the school on how to work with each teen, and we welcome them with love," explained Eli Rosenberg, manager of Yad Sarah's Modiin branch. "They learn diligence, discipline, and punctuality. That helps prepare them for life."

** not his real name*

(Creative Arts continued from page 1)

"I want them to understand that despite their blindness, they're still capable of doing something great, something beautiful," she says. "My goal is to give them the sense that their blindness does not mean they can no longer do something creative with their lives."

"It's creating things they can use at home or give to a family member. It makes them feel good about themselves and returns some of the pride that might have been taken away from them when they became disabled."

Crafts Rehabilitation

Beverly Marcus arranges the Monday morning handicrafts group where 10 Yad Sarah clients sew pillows and tissue holders, weave tote bags and make aprons. They also make lamps by fabricating shades then forming and decorating the ceramic lamp bases. In the winter, they create Hanukkiyot, or Hanukkah candle holders, and before Passover they sew table runners for their holiday tables.

"It's creating things they can use at home or give to a family member. It makes them feel good about themselves and returns some of the pride that might have been taken away from them when they became disabled," says Beverly.

The group ranges in age from about age 30 to mid-60s with a variety of impairments. Several have had strokes or other traumatic brain injuries.

The work they do in the crafts program improves clients' fine motor skills, but one of the biggest benefits may actually come from the social support. "A lot of the women are otherwise homebound," says Beverly. "This group gives them the chance to get out and connect with other people in a positive way."

The Home Service Program

Homebound individuals who cannot make it to any of Yad Sarah's branches can engage in arts and crafts through Yad Sarah's Home Services program. Trained volunteers work with clients in their homes on a variety of projects, including embroidery, rug hooking, weaving, beading, painting and drawing.

"We assess each person's situation and offer them activities that are appropriate to the level of their gross and fine motor skills. We have something for everyone," explained Yaffa Glick, the Home Services coordinator at Yad Sarah's Rishon Lezion branch. "If someone cannot hold a needle or use a paintbrush, they can make collages by gluing, for instance. Some volunteers also help clients make art on the computer."

The goal is for the clients to continue with these various projects on their own at home and not always wait for the volunteers to come and do them with them.

Nurit Hildesheim volunteers with Homebound Outreach doing embroidery and knitting with older women clients in their homes in the Rishon Lezion area. Her clients are women over the age of 70 with a variety of health problems. "At first the women are reluctant and don't believe in themselves that they can do these things," Nurit said. "They don't think they can hold a needle, but after I work with them, they are able to do it"

"It just takes time. I tell them their work doesn't have to be the best. I can see that by doing these projects their motor coordination and dexterity improves. The women are happy with the results."

The Play Center for Children

Parents and children arrive together at the Play Center where the staff chooses art activities for them based on notes from referring occupational therapists — whether the focus should be on developing the children's fine motor skills, gross motor skills, planning and sequencing, or imagination.

"Take a look at this piece done by a seven-year-old boy," said special education teacher Chana Schneider.

"This boy has both gross and fine motor problems, so I chose a special type of modeling clay for him to work with because it was a real challenge, and I knew he was up to it," said Schneider. "He sculpted turtles and created a background scene, and in the process developed muscle strength and motor skills."

She points to a robot made of painted boxes and toilet paper rolls propped up in the corner of the room. It was made by a six year old with sequencing challenges.

"He had to choose the required materials and figure out the order of the steps involved in building and painting it," Schneider explained. "It was about the process. He made mistakes but he learned through his mistakes,"

On a recent afternoon at the Family Play Center, Malka was engaged in imaginative play with her five-and-a-half-year-old son Netanel, who has ADD and motor skill challenges. Malka noted that the one-on-one attention she and Netanel have received from the Play Center's staff has been very beneficial.

"Netanel can cut, glue, and use markers and crayons of all different thicknesses, shapes and sizes. He's had positive sensory experiences with clay, glue and foam. He couldn't do any of these things before we started coming to Yad Sarah," Malka shared.

"Netanel couldn't hold a pen in his hand when we first started coming here. Now," she said proudly, "he is ready for first grade."



Arts programs help children with special needs to learn through play.

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 over 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 2015

EMERGENCY ALARMS

19,500

Subscribers

120,000

Total Incoming Calls

12,000

True Emergency Calls

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

284,000 in the past year



VOLUNTEERS

6,000+



VOLUNTEER HOURS PER YEAR

1,000,000+



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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.

Age	Rate	Tax Free*
65	6.0	73.8
70	6.5	76.5
75	7.1	78.6
80	8.0	80.6
85	9.5	84.0
90	11.3	85.8

**A Sample of
Yad Sarah's
High Gift
Annuity Rates**

**A final calculation of the tax-free portion will be made for the month of the gift.*

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