

MATANEL FOUNDATION

YEAR-END ACTIVITY REPORT

Program: *Perach Zahav Matanel – Netu'im Ben HaDorot: Between the Generations*

Year: 2017-2018

Please present your activity report according to the following lines. The whole report will not exceed 2 or 3 pages (as word document):

Name of the Program: Perach Zahav Matanel - Netu'im Ben HaDorot: Between the Generations

Year of activity: 2017-2018

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Number of active participants in the program: 20 students (see attached list)

Estimated number of impacted participants: 20 students; 20 elderly; 159 elderly participants (secondary circle)

Overview:

This year, 2017-2018, the **Perach Zahav Matanel – Netu'im Ben HaDorot project** had 20 participating students from: Tiberias (3), Nazareth Elite (3), Afula (1), Lod (2), Kiryat Malachi (4), Ofakim (4), and Netanya (3). These students worked with 20 elderly very closely, and in addition ran activities for 159 elderly in local day centers and community centers. Over the past year, the students solidified their groups, built group dynamics, envisioned and planned their community projects, and outreached to local old age homes and welfare departments to identify local homebound elderly. In February, the students began meeting with local elderly, individually in homes, and with groups at local day centers. Students met regularly with the elderly to help with household chores, teach them how to use the Internet to access their rights from Bituach Leumi (National Insurance), and documented their stories, recipes, and memories. In addition, the students led holiday programs for the elderly on Chanukah, Tu B'Shevat, Yom HaShoah (National Holocaust Remembrance Day), and Purim.

In addition to the 75 hours of volunteer hours with the elderly, the students received additional hours of training with leading lecturers on how to talk with the elderly, and learn about the challenges facing the elderly in Israeli society. They also spent additional hours planning and preparing for community activities related to the project such as holiday programs and the year end events in order to share the stories they collected with the wider community.

Main Achievements of the Past Year (Per Group):

Tiberias

Three Netu'im students guided three elderly participants on a weekly basis (30 weekly meetings of 2.5 hours each meeting). Their meetings included personal accompaniment, help with household tasks, and writing down the elderly participants' stories.

The three students also began working with an additional 25 elderly in weekly group meetings that included discussion, learning, reading newspapers together and discussing current events. The students also gathered their stories and wrote them down in a booklet, including beautiful photographs of the city of Tiberias taken by the students, and documenting the personal stories of the "founders" of the city. The booklet will also be distributed to local hotels in Hebrew and in English for tourists in Tiberias to get to know the history of the city's inhabitants.

Nazareth Elite

Three Netu'im students guided three elderly participants on a weekly basis (30 weekly meetings of 2.5 hours each meeting). Their meetings included personal accompaniment, help with household tasks, and writing down the elderly participants' stories. The elderly participants, along with the students, initiated an event entitled, "Memories in the Living Room" in honor of Yom HaShoah in Nazareth Elite. As a result of the relationship created with the students, the elderly gained courage and felt more comfortable sharing their stories with young people and others in their city. In addition to their weekly meetings with the students, all of the Netu'im students in Nazareth Elite visited 35 additional elderly people, who are Holocaust survivors, to provide a listening ear, and help document their stories. The students met with this group at the Day Center in the city five times during the year.

A very emotional event was held on April 11, 2018 with all 35 Holocaust survivors, who participated in the city's Yom HaShoah memorial ceremony, accompanied by the students. During the ceremony, six survivors from the group went up on the stage and lit torches, each one accompanied by a Netu'im student. Then the students stood by them as the elderly shared their stories with the entire audience of 700 people.

The following are two stories documented by Perach Zahav Matanel – Netu'im Ben HaDorot students in Nazareth Elite:

- **Ilya Feinstein**, one of the elderly participants in the project, speaks only Russian. His story has never been told because of the language barrier. Perach

Zahav Matanel – Netu'im Ben HaDorot students, Maria Luchter and Rita Oretsky, who are both Russian-speakers, visited Ilya in his home every week, and listened to his stories. Ilya showed them photographs and documents he had never before showed anyone. He had written a book in Russian, describing his childhood memories during the Holocaust. The students sat with him for hours and hours, and translated his account into Hebrew, and brought it to the “Memories in the Living Room” event at the Young Adults’ Center on Yom HaShoah.

“It is too bad that only once a year people remember the survivors, and make sure to take pictures with them, and everyone makes superfluous speeches that no one listens to. Rita and Maria were the only ones who saw me this year, everyone else checks it off their list and moves on, but Rita and Maria really care about me. Thank you for this program that thinks about us all year long.”
– Ilya Feinstein, born in Ukraine

- **Ilana Shemesh** made aliyah from Iraq as a child without her parents in 1956. Ilana was placed in the Ein Shemer transit camp for several months, and then moved to a camp in Petach Tikva for new immigrants. Ilana told the students that on the plane to Israel, the Iraqi authorities stole any jewelry or other valuables from her. In Israel, she and all of the other immigrants had DDT poured on their heads against the spread of lice and disease. Despite these humiliations, Ilana did not give up and worked hard to find a permanent place to live and get an education. She learned to read and write in Hebrew. When she finished high school, she worked as an assistant to a clerk in the Jewish Agency. After working for five years at the Agency, she used her Arabic skills to help facilitate communications with the Jewish community left in Iraq. She helped bring her parents and extended family to Israel. She eventually studied accounting, and became the head accountant at the Jewish Agency. Ilana was asked to speak at a special evening the students organized to talk about aliyah stories. At the end of her story, the students gave her a certificate of appreciation for participating in the project – all of her children, grandchildren and great-grandchildren were sitting in the audience, which was very moving for all.

“Through this project for the first time people finally heard about the pain and suffering of the immigrants from Iraq, and yes, the Holocaust also reached there, but no one talks about it. You are doing excellent work in this program, you care about us, our stories and the history that brought us to live here in Israel today, and in Nazareth Elite.” – Ilana Shemesh, born in Iraq

Afula

The one student in Afula, Mor Ben Tal, guided an elderly man throughout the year, and wrote down his story. Mor also initiated a project called “Jane’s Walking Tours” – a project of tours of the city of Afula that includes the stories of the local inhabitants. Toward this project, Mor did some research on the history of the city in the “Dor L’Dor” Elderly Home in Afula, where he met the founders of the city. As part of his research, he made weekly visits to collect and write down the stories of 3 additional elderly participants, who told him of the city’s past and their experiences. He also held an evening where he shared these stories with 25 people.

Lod

Two students guided two elderly participants on a weekly basis (28 weekly meetings of 2.5 hours each meeting), which included personal accompaniment, help with household tasks, and writing down the elderly participants’ stories. In addition, the students decided to deepen their volunteer work related to the elderly in the city. They recruited an additional 3 Netu’im students to help plan activities. The students participated in a training session with “Dor L’Dor” municipal coordinator in Lod, who taught them how to work with this population. She also trained them in how to interview the elderly and write down their life stories.

Over the course of four months, the students interviewed 10 elderly, founders of the city of Lod, including neighbors, storeowners, their grandparents and the grandparents of the other Netu’im students. Each interview was filmed and transcribed. The students’ connection with the “Founders” began in Chanukah, when the Netu’im students went to light holiday candles with lonely homebound elderly. They ran similar programs for the Purim holidays, delivering *mishloach manot* to the elderly. At the end of this process, there was a special evening held in honor of the founders at the Young Adults’ Center on June 14, 2018. The students gave out invitations to the founders and their families, as well as partners from the city and the municipality. The students showed the 20-minute film they had prepared of the founders explaining in their own words what it was like to build Lod and the State of Israel. The film was later shared on the municipality’s Facebook page. A book with the founders’ stories was also distributed. The students talked about how much they gained from the process, and afterward presented the founders with certificates of appreciation.

It was very meaningful to see in the audience, Ms. Ilana Guetta, the grandmother of Koby Guetta, a Netu’im student, sitting next to her son and her grandchildren, after we had heard her stories throughout the year. The students shared the same themes in their grandparents’ stories – of how there was nothing when they came to Israel, and how they grew up dreaming of what might be – and the students felt that they were continuing this dream.

Kiryat Malachi

Four students guided four elderly participants on a weekly basis (30 weekly meetings of 2.5 hours each meeting), which included personal accompaniment, help with

household tasks, and writing down the elderly participants' stories. During the year, the students documented their stories in writing, as well as through creative artwork. Both the elderly and the students reported feeling moved and excited by these meetings. For some of the students, this was the first time they were exposed to the difficult loneliness faced on a daily basis by these elderly, and the students decided early on to "adopt" the elderly, and continued to visit them privately, in addition to their scheduled meetings. For instance, all of the Netu'im students in Kiryat Malachi visited elderly on Chanukah to light candles with homebound elderly, and the students were very moved by the experience. Many of the students continued to visit the elderly throughout the year, even though they were not part of the Perach Zahav Matanel – Netu'im project. The students in the project participated in a training session with Dani Amster, an expert on the needs of the elderly. Throughout the year, they received guidance while working with the elderly, and participated in 5 group meetings with the Yedidut Foundation to learn more about the elderly.

The four students in the project also visited the Elderly Day Care center, the Mofet Club, for three meetings of Jewish learning, songs, and art projects with 30 elderly participants. Each elderly person created a sign for his/her front door which reflected his/her family's identity with a blessing for the home. The director of the Mofet Center said the students had brought much joy to the elderly at the center. The students also planned an event, entitled "Healthy soul, healthy body," on June 18, 2018, and they invited 30 elderly to a morning of Jewish learning, talking with students, and personal styling and health care. The day ended with the students dancing with the elderly, and the event was held in the presence of the Mayor of Kiryat Malachi, Mr. Lalo Zohar. The goal of the event was to raise the spirits and the self-perception of the elderly, and to bring them joy.

Ofakim

Four Netu'im students guided four elderly participants on a weekly basis (30 weekly meetings of 2.5 hours each meeting), which included personal accompaniment, help with household tasks, and writing down the elderly participants' stories. In addition, the students also initiated the "Operation Grandmother" project, whereby they visited the Elderly Day Center in Ofakim, and volunteered with an additional 15 elderly participants. The students met with the center's director, who said that these elderly came to the Day Center every day, but lived alone, so the students decided to run weekly activities at the center. The students helped the elderly run errands after the Day Center's morning activities, wrote down their stories, taught them about smartphones and the Internet, so that they can understand the online services of Bituach Leumi (National Insurance) and Kupat Cholim (HMO). Students also ran games and holiday activities for over 40 elderly participants. Altogether, the students ran 15 activity programs of two hours each. In July, there will be a special event held with family members to share the stories that the students collected.

Netanya

Three students met with their elderly friends once a week for two and a half hours each time (30 weekly meetings). This included personal help with household chores/dealing with bills or bureaucratic forms, and hearing and writing down the elderly's stories. In addition to the personal connection, this group of Perach Zahav Matanel – Netu'im Ben HaDorot project in Netanya decided in their secondary circle to volunteer with 16 additional elderly and write down their stories as well. They decided that the focus of this group would be on food – something that holds the Jewish people together and defines their various cultures and traditions, while fostering the connection between the generations. They chose to work with 16 families from various ethnic backgrounds, and learn to cook their family's recipes. The students wrote down the stories of the elderly, as well as the recipes that the grandmothers' brought with them from their countries of origin. The students gathered all of the recipes into a recipe book, which will be distributed to the families in a special event held in July, and we expect 70 people to attend, including Netanya's mayor, Miriam Feirberg Ikar, at her request.

Provisional guidelines for the advancement of the program in the next year:

Thanks to the generous support of the Matanel Foundation, we had a very successful year. As you can see from our report, the students and the elderly participants reported how the program positively impacted their lives for the better. In the coming year, we plan to hold the program in a similar format, building on this year's successful program.

We wish to thank the Matanel Foundation for their support of this vital program, and welcome the opportunity to continue to partner with the Foundation to empower young adult leaders to bring joy, companionship, and meaning to the lives of countless elderly in communities throughout Israel.