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

Year: 2018-2019

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: 2018-2019
Name of the report's writer: Debbie Snyder-Eliraz
Function of the report's writer: Resource Development Coordinator
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Number of active participants in the program: 24 students (see attached list)
Estimated number of impacted participants: 24 students; 24 elderly; 200 elderly participants and their families (secondary circle)

Overview:

This year, 2018-2019, the Perach Zahav Matanel – Netu’im Ben HaDorot project recruited 24 students during the months of October-November 2018 in 10 communities in the socio-geographic periphery: Nahariya, Hatzor, Tiberias, Migdal Ha’Emek, Netanya, Kiryat Gat, Arad, Netivot, Kiryat Malachi, and Bat Yam. The following is a list of participants this year:

<table>
<thead>
<tr>
<th>No.</th>
<th>Name of Participant</th>
<th>Netu’im City</th>
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<tbody>
<tr>
<td>1.</td>
<td>Paz Ohana</td>
<td>Nahariya</td>
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<td>2.</td>
<td>Liat Aharon</td>
<td>Nahariya</td>
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<td>3.</td>
<td>Aviv Biton</td>
<td>Hatzor</td>
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<td>4.</td>
<td>Yoni Dalali</td>
<td>Tiberias</td>
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<td>5.</td>
<td>Eden Peri</td>
<td>Tiberias</td>
</tr>
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<td>6.</td>
<td>Daniel la Sonia Maman</td>
<td>Tiberias</td>
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<tr>
<td>7.</td>
<td>Yaniv Maimon</td>
<td>Migdal Ha’Emek</td>
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<td>8.</td>
<td>Laris Boharon</td>
<td>Netanya</td>
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<tr>
<td>9.</td>
<td>Amit Elshech</td>
<td>Netanya</td>
</tr>
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<td>10.</td>
<td>Sagit Guetta</td>
<td>Netanya</td>
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<td>11.</td>
<td>Michael Flug</td>
<td>Kiryat Gat</td>
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<td>12.</td>
<td>Avital Gabai</td>
<td>Kiryat Gat</td>
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<tr>
<td>13.</td>
<td>Elinor Asayes</td>
<td>Kiryat Gat</td>
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<tr>
<td>14.</td>
<td>Efrat Sima Nagauker</td>
<td>Kiryat Gat</td>
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<tr>
<td>15.</td>
<td>Miri Levi</td>
<td>Kiryat Gat</td>
</tr>
<tr>
<td>16.</td>
<td>Sapir Dor</td>
<td>Arad</td>
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<tr>
<td>17.</td>
<td>Lipaz Dadon</td>
<td>Netivot</td>
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</tbody>
</table>
Throughout the year, these students worked with 24 elderly very closely, and in addition ran activities for 200 elderly and their families in local day centers and community centers. Students met with the elderly weekly for 2-3 hours each meeting (approximately 25-30 meetings throughout the year).

At the beginning of the 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 January, 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.

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 (Chanukah, Purim, Shavuot), and year end events planned to share the stories they collected with the wider community.

**Main Achievements of the Past Year (Per Group):**

**Nahariya**

Throughout the year, student Liat Aharon visited Chana Cohen. During their meetings, Chana would share her past stories with Liat, as well as talk about her current situation. Chana has many health challenges, so she doesn’t leave her home often. She feels an overwhelming sense of loneliness. Liat says that she feels a very close connection with Chana: “I was happy to listen to Chana talk because I knew that she really needed a listening ear. I listened with patience and with all my heart.” Liat wrote down Chana’s life story, so that Chana’s family will have it for the next generation. Here is an excerpt from Chana’s story:

“Chana made aliyah from Yemen in 1950, when she was 10 years old. Her father and little brother had died in Yemen as a result of malnourishment and disease. Chana lived with her mother and her older brother and sister in dire poverty, often searching for food on the street. Chana and her family came to Israel, and at first lived in a transit camp in Nahariya. Afterwards, they were given a small apartment in which to live. Chana studied for a few years in elementary school, but left school early in order
to help support her household financially. Chana got married at the age of 17, and one year later her son was born, followed by 3 girls. Chana worked at several jobs: at the Moller factory (textiles), in agriculture, and cleaning houses. She worked on and off, because she also had to take care of her ailing mother. Chana’s husband worked at an asbestos factory, and unfortunately died of cancer 20 years ago. Chana continued to work at various jobs to support her family, and now lives on a small pension. Thirteen years ago, Chana underwent heart bypass surgery, and has not been able to work since. Today, she lives alone at home, and suffers from arthritis, needing assistance to walk. She receives help from the National Insurance Agency for two hours every day (Sunday-Thursday). Chana thanks G-d that she has lived to see her grandchildren, and even great-grandchildren, in her lifetime!”

The other student in the project, Paz Ohana, met each week with Phoebe Alfassi. Paz recounts that at most of her meetings with Phoebe they sat and talked about Phoebe’s life, while looking at her photo albums. Phoebe explained about her family and Paz says they now have a very strong connection. At the end of the year, Paz planned an event for Phoebe and her extended family. Entitled, “A Journey of 80 Years,” the event celebrated Phoebe’s 80th birthday. Each of Phoebe’s three sons told stories about her life, while sharing her life in a photo presentation. Phoebe’s grandchildren gave her blessings, and talked about what she means to them. Paz said that Phoebe cried a lot during the event, and was so thankful to Paz and her family for creating such a meaningful event for her.

Hatzor

Throughout the year, student Aviv Biton visited Shalom Cohen. Shalom, who is now in his eighties, suffered a stroke last year which rendered him unable to walk, and is now wheelchair-bound. Not only did this event hurt him physically, it also left him feeling depressed and lonely. Aviv said that before he met Shalom, he had very little experience with older people, and he was a little nervous. Luckily, Aviv and Shalom formed an immediate bond. Aviv explains that they talk a lot and also share a similar sense of humor!

Aviv helps Shalom with his exercises, some of which Aviv designed himself from his studies in Physical Education. He also plays word and memory games, puzzles, backgammon, and dominoes with Shalom to help him rebuild his mental acuity, and they have fun together, contributing to Shalom’s overall sense of wellness.

Aviv also helped plan an evening with 25 other elderly, and together with Shalom, they taught the participants the exercises that have helped Shalom. Shalom calls Aviv his “personal trainer!”

Tiberias

In Tiberias, students Yoni Dalali, Daniella Maman and Eden Peri met each week individually with 7 elderly at the “Amal Tiberias” Elderly Day Center. Yoni met with Mordechai Kary, Sefi Bracha, and Avner Azuelos. Daniella met with Dalia Green,
and Aviva Sabah. Eden met with Sarah Levy, and Tzipora Hiyun. They met together 18 times (3 hours each), and heard their stories.

At the end of the year, the students ran a Peak Event in honor of the Shavuot holiday. The students shared stories about the history of the city, and shared some of the stories they heard from their elderly friends. The event was attended by 15 elderly.

**Migdal Ha’Emek**

During the year, student Yaniv Maimon met each week with Shimon Elimelech. Yaniv focused on writing Shimon’s unique life story, growing up in Morocco. In addition, Yaniv taught Shimon new things about technology, like how to record a message on his smartphone, and how to use other phone applications. Yaniv reports feeling very connected to Shimon and said he discovered that he really enjoyed seeing him every week. Shimon was like another grandfather to him, and he said that even though the purpose of this program was to help Shimon with his daily tasks, teach him how to use technology, and write down his story, Yaniv also learned a lot from Shimon, especially about the Jewish communities of Tangier and their customs!

At the end of the year, Yaniv presented the finished written story of Shimon’s life to Shimon’s family!

**Netanya**

Students Laris Boharon, Amit Elshech, and Sagit Guetta met with Boba Mahlouf, Yona Nachum, and Simcha Haderet, respectively.

Sagit Guetta talked about her experience with Simcha: “Simcha has trouble seeing. When I visited her, I helped her with a special computer program for the seeing-impaired, and assisted her with her daily tasks. Each time we met, we had wonderful conversations about life, and how hard it has been for her after losing her husband.”

Amit Elshech found his meetings with Yona really moving, especially each time they wrote down Yona’s life story.

Laris Boharon brought her own grandmother to meet her elderly friend Boba, since both were born in Libya. These two elderly women found a lot to talk about their childhood memories growing up.

The three students in Netanya participated in three training meetings on working with the elderly. They gained skills in how to talk with the elderly, and how to deal with complicated subjects like death, loss, and loneliness. The last training session was on the subject of building relationships and the process of accompanying and guiding the elderly over time.

The students also implemented two peak events. The first was held on May 31, 2019 with 17 participants for Yom Ha’atzmaut, and the second was held on June 6, 2019 with 10 elderly participants in a Shavuot celebration. The goal of these events was to create a shared space for fun and conversation with the elderly. The events included games, a Jewish learning session, a shared meal, and getting to know the elderly.
participants and their families. The events proved meaningful for both students and the elderly alike.

Kiryat Gat

Students Michael Flug, Avital Gabai, Elinor Asayes, Efrat Sima Nagauker, and Miri Levi met with the elderly founders of the city. In addition to their individual meetings throughout the year, the students worked together to prepare a short video on the contributions of the elderly to Kiryat Gat. On the holidays of Chanukah and Purim, the entire group of 15 Netu’im students in Kiryat Gat volunteered at the Old Age Home in Kiryat Gat, meeting with the elderly there, many of whom are new immigrants.

Efrat Nagauker met throughout the year with Diana Naor and Asher Mendaker, who made aliyah to Kiryat Gat in the 1950s from India and help maintain the Indian Jewish culture in Kiryat Gat.

Miri Levi met with Metuka Varnaso, who was one of the first nurses at the Tipat Chalav baby clinic in Kiryat Gat.

Elinor Asayes met with Arigto Kabada, who is part of a group of elderly Ethiopian women whom the students filmed making traditional handmade arts and crafts in order to preserve the Ethiopian Jewish traditions.

Michael Flug met with Rabbi Moshe Havlin, who is the former rabbi of the city of Kiryat Gat. Michael interviewed him on his contribution to the city, and especially focused on his volunteer work.

Avital Gabai, who participated in the project until February, unfortunately had to leave her studies because her husband got sick, and she had to go back to work to take care of her children and her husband’s health issues.

The students held a special Peak Event on June 25 to share the video with the elderly and their families. 43 people attended. In addition, at the end of the year, the students are planning on showing their finished video of the contribution of the elderly in Kiryat Gat at a special event. The ceremony, which will honor the founding members of the city, will also be attended by the mayor.

Arad

Student Sapir Dor met each week with Haim Osher. Haim, who is 74 years old, was born in Italy and grew up in Sao Paulo, Brazil. At the age of 14, Haim made aliyah to Israel with the Jewish Agency, and studied in Haredi yeshivot. He has lived in Arad since the city’s founding, raised a family, and today he lives alone. Haim loves meeting with Sapir. She helps him with all kinds of tasks in the home, bureaucracy, and taught him new things on his smartphone, like how to use the camera, and other applications. They have developed a very strong connection over the year. Sapir never thought she would enjoy their time so much, and says she could talk to him for hours about his life story, and never get tired.
Netivot

Based on the stories that the students heard from the elderly, who make up the founding generation of Netivot, the students came up with the idea to put together a book that tells the story of the city. The students reported that their meetings with the elderly were very inspiring for them. They spent time learning together and writing down their stories of aliya and founding Netivot.

Student Lipaz Dadon talked about her meetings with David Ferjon: “The sense of mutual responsibility in Netivot is one of the city’s many strengths and a source of deep pride. David Ferjon is one of the founders of the main synagogue in Netivot. Some of our meetings were held in the synagogue, and the students led a study session.” David Ferjon said of his time with Lipaz: “Our meetings were refreshing and we enjoyed studying together. It is wonderful that there is a young generation interested in learning about their roots.”

On the days between *Yom HaZikaron* (Remembrance Day) and *Yom Ha’atzmaut* (Independence Day) the students went to the *shuk* (open market) and volunteered to help any elderly they met carry their bags home before the Sabbath.

Student Neria Nimni met each week with Dina Beno, who lives alone. Dina said that she waits every week to see Neria, and always offered Neria a cup of tea with mint and cookies. They would go out together to get some fresh air, or Neria would help Dina buy her groceries in the *shuk* (open air market).

Student Karin Meyara met weekly with Yehuda Amar, and helped put together a book of stories for his family.

Kiryat Malachi

Students Sarah Levi, Hagit Yosef, and Nir Weitzman, continued in their second year of the Perach Zahav program. They met with Annette Amar, Rachel Yitzchak, Leah Yifrach, Suzanne Lachiani, and Sarah Malyoub. In addition, each week at the local Elderly Club they led 15 workshops of Jewish learning and arts and crafts.

The Elderly Club is located in a disadvantaged neighborhood in an old part of the city. Each time the students went there to visit, they witnessed the dilapidated buildings, general economic distress, and the helplessness of the elderly, many of whom do not know how to read or write. The budget of the Elderly Club is not high, and relies on donations from foundations and a small budget from the welfare authority.

The meetings with the elderly, individually and as a group, were very meaningful for both the students and the elderly participants. Last year, the students saw that the club had no working air conditioning. The students wrote to the mayor’s office and today the club is fully air conditioned. The week before Passover, the students came and painted the outside of the building, and cleaned up the courtyard.

In their meetings in individual homes, the students said they were fortunate to hear the aliya stories of the elderly, fixed things that were broken in the homes, and helped
with paying bills and other bureaucracy. The connection today between the students and the elderly is very strong. At the end of the year, Sarah and Hagit said that they will continue to visit the Elderly Club to lead Jewish learning sessions and meet with the elderly women they have been visiting over the past two years. The Director of the Elderly Club shares that Nir has volunteered to help with anything she needs. On the days that the elderly know that the students are coming to visit, everybody shows up at the club!

On June 6, the students held a Peak Event at the club. They played music, made challah together, and put make-up on the women. 30 elderly participated along with the club’s staff members, and the club was filled with laughter and joy. The mayor, whose own mother participates in the club, as well as two deputy mayors, also visited the event to wish the students and the elderly participants well.

**Bat Yam**

Student Tal Hirsch met each week with Viktor Romano, and Hadar Meshal met with Layla Algamaz. (Emily Morgenstein had to leave the program after the first semester for personal reasons. Hadar Meshal took her place).

In addition, Tal and Hadar, together with other Netu’im students, Shelly Cohen and Yossi Levi, created art workshops at the local elderly center. The students also brought high school students to volunteer in this project, matching the young people with the elderly participants. Together, they documented, painted, and illustrated the aliyah stories of 15 elderly. The students also led Jewish learning workshops together with the elderly.

This coming September, these art projects will be placed on display at either the Bat Yam Municipality or the Bat Yam Art Museum. A festive opening event will be coordinated by the students along with the Mayor’s office, and all of the elderly, youth, and their families, who participated in the project, will be invited to attend.

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

Thanks to the generous support of the Matanel Foundation, we had a 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. Next 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.