

MATANEL FOUNDATION

ACTIVITY REPORT

Program: Matanel Perach Zahav - Supporting Elderly with Parkinson's Disease in Southern Israel
Year: 2025

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: Matanel Perach Zahav - Supporting Elderly with Parkinson's Disease in Southern Israel

Year of activity: 2025

Name of the report's writer: Eyal Levy

Function of the report's writer: CEO

Mail: aoblev1@gmail.com

Phones: +972-545629588

Website / Facebook address of the organization: www.parkinson.org.il

Number of active participants in the program: 24 (12 PD patients and 12 volunteers)

Estimated number of impacted participants: 30 individuals - 12 PD patients and their family members (18).

Give the actual state of the program (where the program stands at the date of the activity report, no more than ten lines):

We are continuing our program this year too. All our volunteers continue visiting the PD patients. Some of our PD patients have joined the program this year.

The main achievements during the last year of activity (main achievements, number of events, number of participants, etc.):

In 2025 the Israel Parkinson Association served 12 elderly homebound PD patients in southern and central cities in Israel. 12 volunteers visited PD patients and provided support and enrichment for 1 hour/week 4 times a month for 8 months (32 hours). Specifically, your grant helped fund the transportation fees of volunteers.

The evaluation (methodology, results, comparisons with the precedent year, conclusions for the future...):

Based on the monthly surveys and feedback of our volunteers and participating PD patients in last year's program, we witnessed significant success. Results showed some increase in social connectivity, with 80% of patients identifying the weekly visits as a vital emotional anchor. Compared to the precedent year, our shift to "shared interest" matching PD patients and volunteers reduced volunteer turnover and increased our volunteers' engagement. We believe that the program is a high-impact,

low-cost intervention. To scale effectively, future strategies will focus on introducing cognitive-stimulation exercises and specialized training for volunteers to navigate advanced-stage Parkinson's symptoms.

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

This year (2026) our volunteers continue visiting elderly homebound PD patients in their homes in southern and central Israel. They continue providing support and enrichment for 1 hour/week 4 times a month for 8 months. We believe that changing our patient-volunteer assignment from a "next person on the list" to an intentional pairing process is more successful when we match volunteers and patients based on shared hobbies, backgrounds, or passions such as chess, gardening, music or other hobbies. Our goal is to turn a service appointment into a genuine social connection. By matching volunteers and patients with shared interests, volunteers are more likely to look forward to the visits as much as the patients do. This motivation makes them more likely to stay with the program for the full year. We also find that pairs with common interests are less likely to cancel sessions, more likely to engage in stimulating conversations, which provide cognitive stimulation that a generic visit cannot.

We are kindly requesting the renewed support of the Matanel Foundation in the amount of €7,500 towards transportation reimbursement and/or parking fees for volunteers in 2026. In addition to our one-on-one volunteer/PD patient program, some of our volunteers offer enrichment activities to groups of PD patients throughout the country. Therefore, in 2026 we are requesting your grant towards funding the transportation reimbursement of volunteers who provide enrichment activities to groups of PD patients as well as one-on-one program participants.

Please find attached our financial report and the list of the participants to the program (as PDF documents)

Please join photos – as JPG files – and any link or any other document connected to the program which will seem to you relevant – as PDF document.

As we are protecting the privacy of PD patients, we do not have any photos of PD patients who received one-on-one enrichment activities from volunteers. Instead of photos, please find attached short movie of our Association and activities.

Please join a 5-minute movie which presents your institution and the particular project supported by the Matanel Foundation. The movie should be accessible to the philanthropic world and to other potential donors.

Please find attached a short movie of that presents the Israel Parkinson's Association and our enrichment activities our volunteers offer to groups of PD patients. As mentioned earlier, we do not have any photo that presents our individual PD participants. The short movie is in Hebrew. In a few weeks, we will send it to you with subtitles. We apologize for the delay.

<https://www.parkinson.org.il/%D7%9B%D7%99%D7%95%D7%95%D7%A0%D7%99%D7%9D/> - The second movie on the portal.

<https://www.youtube.com/watch?v=VXlb24KAOsg&t=2s>

Testimonies of participating PD patients:

"We are here to provide listening, support, guidance, and counsel. I vividly recall my initial days following the diagnosis; the information and support I received were truly transformative."

Tal Asher Captain, Tel Aviv Catchball Team, Peer Mentor, New Patient Support Project

"Over the years, as I grew stronger and developed my own coping strategies, I felt a calling to assist others facing similar challenges. This led me to join the mentorship group, where I contribute my personal and professional experience to support new patients. This journey is equally rewarding for me; these encounters offer an opportunity for self-reflection on my own progress, enriching my world and bolstering my resilience. Furthermore, the professional guidance and support I receive as a mentor are invaluable."

Ruti Aharonov Personal Coach, Patient Advocate, and Mentor, Peer Support in the "New Patient Support" Project