

Yad Sarah *News*

Autumn 2008
Rosh Hashanah 5769



Yad Sarah: #1 in Israel

Yad Sarah was rated the most popular helping organization in Israel in a recent survey by "Civic Leadership" – the roof organization of non-profits in the country. The public overwhelmingly voted for Yad Sarah as the best place to turn to for help. The survey also found that the Israeli public has more confidence in the non-profit sector than in the government or business sectors.

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**In the Guidance & Exhibition Center:
Cutting vegetables with one hand, guided by volunteer**



*Yad Sarah is a unique, community-based non-profit organization whose 6,000 volunteers and small paid staff, in over 100 branches all over Israel, lend medical equipment and provide a wide range of professional quality homecare support services to residents in need of temporary or permanent assistance. Aid is also extended to disabled tourists and visitors to the country. **More at www.yadsarah.org***

Who Cares for the Carers?

Who takes care of the devoted, loving but exhausted person who is caring for a sick or disabled loved one? Yad Sarah has opened a support group to help. This followed a recent practical, hands-on workshop given by a social worker, a physiotherapist and an occupational therapist at Yad Sarah House in Jerusalem for the general public of principal caregivers, in cooperation with the Clalit Health Fund. Insights, tips, and supportive information were offered along with a film, a physical exercise session and valuable lasting lessons to take home



NEED HELP AS A CARER? A link on the Yad Sarah web site (www.yadsarah.org) will lead you to a wonderful blog called Services Guide for Aged and Disabled in Israel, written by a long-time Yad Sarah volunteer. Much of it applies anywhere in the world. Read it, print it, keep it.

A Friend In Deed

For Ruth Brandt-Spitzer of Los Angeles, Yad Sarah is a natural venue for her deep commitment to Israel, its people and their welfare. From one shipment of crutches a few years ago through numerous gifts of equipment for lending, toys for the special children's play center, and more, she has proved to be a true friend of Yad Sarah. Her latest present is a brand new YadSaraVan, dedicated recently to the memory of her father, Harry Goldsher. "I want this van to mainly serve northern Israel, because I have a special feeling for the peripheral communities who have suffered so much in recent years," she said.



"For the North" - Ruth Brandt-Spitzer and the van

Only in Israel

When the volunteers at Yad Sarah's Beersheba branch looked for someone who could translate for an elderly Russian couple who had come for legal aid in the Yad Riva office there, an answer came from an unexpected direction. To their surprise, a Bedouin lawyer, Ra'ed Al-Ubreh, 32, volunteered to help. A resident of the town of Rahat, he studied law in Russia and is fluent in the language. Married and the father of two, Al-Ubreh is now a regular volunteer for Russian-speakers at the Beersheba branch.

Leader in Volunteering

Yad Sarah's and its Leir Institute for Volunteer Management are leaders in the field of volunteering in Israel. They recently spearheaded a Volunteers Day at the Knesset in honor of International Day of the Volunteer. The event included Knesset members, the Lobby for Volunteer Organizations, university experts on NGOs, the Prime Minister's Office official in charge of civilian service, and representatives of other voluntary organizations in Israel. The Leir Institute also sponsored a recent conference on "Leading Volunteers and Volunteering to Lead."

The Hub

The recently computerized dispatch and call center for all the YadSaraVans and service vehicles around the country is to be located in the new addition being built for Yad Sarah House in Jerusalem. This control hub is named

for Alter and Chana Kacyzne. Alter Kacyzne was a central literary figure and photographer in Warsaw who was clubbed to death by the Nazis. Yad Sarah's Regional Service Center in Rishon LeZion also commemorates the Kacyznes.

Rehab in the Kitchen

Preparing. Cooking. Serving, eating and clearing away. The functions required for making a meal employ a wealth of physical and mental skills. For people who lack these skills, the challenge of getting a meal on the table can provide a superbly effective and enjoyable kind of rehabilitation.

At Yad Sarah's Hildegard and Simon Rothschild Day Rehabilitation Center in Jerusalem, once a year the participants join forces to produce a dairy banquet for the Shavuot festival.

Center Director Irit Nahaloni explained the banquet's threefold objectives: "Preparation and cooking are a pleasant way to motivate activity while facilitating rehabilitation progress through motor activities. Moreover, the social aspect puts everyone in a good mood and has a positive effect because each person makes a productive contribution to a co-

operative and delicious goal.

"We divided into groups for preparing the meal, with each group responsible for different dishes," she explained. The extensive menu included quiche, stuffed baked potatoes, cheese-



cake and more

Participants in the Day Rehab Center programs cut across the spectrum of Israeli society. They have in common a disability, usually from the aftermath of a stroke, which has left them unable to continue with their previous activities.

Yad Sarah's Day Rehabilita-

tion Centers provide comprehensive rehabilitative services to hundreds of people: individual physiotherapy and occupational therapy, music, art, drama and horticultural therapy, and computer rehabilitation. "Cooking therapy" goes on all year round as well.

The aims of the Day Rehabilitation Centers are to provide a continuing social/rehabilitative environment for disabled and otherwise limited people, and to give them a bridge to the normally functioning people and world around them.

The Centers also develop new skills to replace old lost ones, and, in addition, give the family or other caregivers some precious time off.

There are Day Rehabilitation Centers in Yad Sarah branches in Jerusalem, Netanya, Kfar Saba, Ra'anana and Rishon LeZion.



Coffee and...

Patrons of the highly popular Aroma chain of espresso bars this past winter had their coffee and croissants accompanied by a video clip about Yad Sarah on the ubiquitous screen in dozens of Aroma branches all over Israel.



Schoolkids with an Agenda



Pupils from London's Jewish Free School at Yad Sarah House

Two U.K. teenagers, Hannah Nathan and Chloe Rich of the Jewish Free School in Kenton, London, devised and organized a highly successful fundraiser for Yad Sarah: a High School Musical party at Barnet and District Synagogue, New Barnet, for some 40 young pupils aged seven to 10. They raised enough to make a considerable

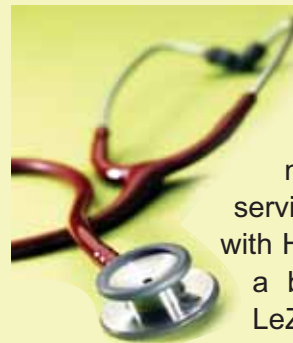
donation for games and toys for Yad Sarah's Play Center for Children with Special Needs. Hannah was one of about 85 JFS pupils who recently visited Yad Sarah House in Jerusalem, saw the Play Center and other of the organization's many services in action, and volunteered in the wheelchair-cleaning room.

World Bank Inquiries

Talks are underway between Yad Sarah and the World Bank regarding possible help in setting up Yad Sarah replicas in other countries. Meir Handelsman, director of Yad Sarah's International Cooperation Department, visited the World Bank in Washington DC recently to explore and promote this possibility. He met with the chief economist in the human development and disability team, spoke with those in charge of the subject of disabilities in four continents, and made a presentation about Yad Sarah to a professional audience. Health and



welfare officials from many countries have expressed the desire to create services modeled on Yad Sarah. Yad Sarah provides the professional know-how, but not the funding.



Knowledge is Power

Da'at, Yad Sarah's medical information service (in cooperation with Hadassah) has opened a branch in the Rishon LeZion Service Center, the first extension of this service outside of Yad Sarah House in Jerusalem. Da'at (Hebrew for Knowledge) provides answers to the public for any question regarding medical conditions, diagnoses, prognoses and treatment options. A volunteer staff of medical and information specialists gleans the information and provides it in easily understood language. The Rishon LeZion branch is staffed by local volunteers and has the advantage of proximity to scientists at the Weizmann Institute of Science in Rehovot.

Think of the future: please remember us now in your will and trusts

Four People, Four Worlds

A Real Lift

Gilah, a young divorced mom from Ashdod, came to Yad Sarah looking for help in bathing her severely retarded 16-year-old daughter, Nurit, who cannot walk, only crawl. Her back was sore from lifting the heavy teenager, whose mental development was that of a two-year-old. The volunteers in the Yad Sarah guidance and exhibition center in Jerusalem suggested a patient hoist. Gilah had not known such a thing existed. When she saw it she simply cried. No one had ever told her about it – not even in the daughter's special school. She always had to wait for the other children to help her move her daughter. Gilah borrowed a hoist, and three weeks later called to tell the volunteers how happy she was.



One Small Step...

Kobi was eight months old when he came to the Yad Sarah Play Center for Special-Needs Children and their Parents with a severe orthopedic problem. He was born lacking a muscle in his left foot. His general development was also retarded: he was unable to turn over, crawl or sit. At Yad Sarah, the mother learned how to advance the baby without burdening him with her high expectations, how to let him develop at his own pace. Just before Kobi began to walk, she was pressing him so hard to walk that he just laid down on the floor and cried. The staff then urged the mother and child to stand leaning on the wall. As he did this, Kobi suddenly looked at the "teacher" and indicated that he wanted her to clap hands. And when she did, Kobi let go of the wall and took his first steps!



Do Not Enter

In Netanya the volunteer lawyers of Yad Riva – Yad Sarah's service of legal advice for the elderly – represented Leah, an elderly widow whose son was abusive towards her. He would come into the house, demand money, and when she did not give it to him, he would go wild, break things, curse her, threaten to kill her, and more. She suspected he was involved in drugs and other criminal activities, and feared for her life. Upon the intervention of Yad Riva (free of charge) the court issued a restraining order forbidding him from entering his mother's house. Leah is now living without fear. Elder abuse is a growing problem in Israel as elsewhere, and Yad Riva has been called upon repeatedly to intervene in such cases.



Not Just a Wheelchair

Mark, a 75-year-old man from England, used to borrow a wheelchair from Yad Sarah for his twice yearly visits to Jerusalem. But since he learned about Yad Sarah's Tourist Services, he gets a lot more. The attentive therapist there determined that the Center could help him with other needs. So not only does Yad Sarah provide him with the proper wheelchair, the volunteers ascertained that he could also benefit from using a bath seat, a commode and a hand-rail for the toilet. He just lets Yad Sarah know a few days before he comes to Israel and everything is waiting for him when he arrives at his hotel. He even orders the special YadSaraVan transportation service from the airport.



Recent Visitors

Mayor of Los Angeles Antonio Villaraigosa, heading a group of city officials and support staff, toured Yad Sarah recently as guests of Jerusalem Mayor and Yad Sarah founder Uri Lupolianski. He said: "We wanted to visit not only because Mayor Lupolianski is its founder,



The two Mayors

but because Yad Sarah is just the kind of place we would be interested in replicating in the United States: driven by volunteers and enabling people without financial means to receive the equipment they need to carry on with their lives."

The Turkish State Minister for Women and Family Affairs, Mrs. Nimet Cubukcu, visited Yad Sarah with a high-level government entourage and toured the many services, expressing special interest in services for people with disabilities.



Minister Cubukcu and her entourage examine a special anti-bedsores mattress in the Guidance & Exhibition Center

Guided tours of Yad Sarah House
in Jerusalem in English
Sundays & Tuesdays at 10 a.m.
Meet at Information Desk



Yad Sarah Posters Travel

A dozen posters about Yad Sarah are traveling the globe this year, in honor of Israel's 60th anniversary. Prepared at the request of the Israel Ministry of Foreign Affairs to show "the beautiful face of Israel," the exhibit will be displayed at Israeli Embassies around the world for several weeks in each location. Each poster shows two people: a volunteer, and a person being helped. Evaline Soussan of Yad Sarah's Department of International Professional Relations, who prepared the exhibit, explained that the pictures were chosen "to reflect the personal caring that is the heart of Yad Sarah." Yad Sarah was one of only two organizations invited to participate.

Find out about Yad Sarah's Bar/Bat Mitzvah programs on www.yadsarah.org.

New Minivan for Yad Sarah

Every year over 100,000 travelers enjoy the services of the fleet of 35 YadSaraVans, each with room for up to five people in wheelchairs. Recently an innovative MiniYadSaraVan joined the fleet. The new addition, a Ford Connect with hydraulic lift, is designed to transport one disabled person along with two companions. The small vehicle is more economical and efficient than larger vans for driving individual patients to dialysis treatment or taking them home after hospital release. It is a gift from Jerusalem industrialist and long-time Yad Sarah supporter David Sporrer. He dedicated the vehicle to the memory of his parents, Serena and Moshe Sporrer, who perished in the Holocaust.



“Return to Life”

For the first time outside of France, “Return to Life!” a pictorial exhibit about the children of Buchenwald, was presented at Yad Sarah House in Jerusalem. The exhibit comprises 100 pictures and documents describing the life of 15 orphaned children in the Buchenwald Camp in Germany and what they endured in April 1945 after their liberation.

A guest at the exhibit opening recognizes herself in one of the photos

The pictures were taken from the historical archives of OSE, an enterprise set up in France to assist children during World War II and its aftermath, and which helped in the rehabilitation of the children of Buchenwald. Regarding the decision to present the exhibit at Yad Sarah, OSE President Jean Francois Guthmann said, “Yad Sarah was founded to memorialize a woman who was killed in the Holocaust—Sarah Lupolianski—and also expresses in its work the hope to continue living despite difficulties and limitations. The message of the exhibit and the goals of Yad Sarah are alike.”

Bar-Code It!

The major task of bar-coding all the equipment for loan has been completed, with some 250 different kinds of bar code labels prepared for over 180,000 items of equipment. This coding makes the work of the volunteers in Yad Sarah’s 103 branches enormously easier and more precise, with similar pieces of equipment distinguished

by the coding. The system saves time and money, prevents distressing mix-ups and streamlines



Yad Sarah’s work throughout Israel. This is part of the job of computerizing the entire lending service, sponsored by the ADA Stiftung.

New labels on, one million old labels off!

A Gift for You

New in Yad Sarah’s Rachel Eliachar Gift Shop are in-house made items including a tote bag to hang on a walker, heating bags to be put in the microwave for two minutes instead of a hot water bottle, and gift-packaged newborn baby kits with the items one needs for the first few days, like diapers, pacifiers, baby cream, soap and baby wipes. The latter item is advertised in the lending department so that people who come to borrow baby equipment can know this gift is available across the hall.



Beautiful silk scarves hand-dyed by rehab center participants, a popular Gift Shop item

From Project C.U.R.E. to Yad Sarah

As you read these words, a handful of cargo ships carrying containers of medical equipment and supplies are traveling the high seas. Sent by Project C.U.R.E. they are destined for everywhere from Afghanistan to Zimbabwe, Cambodia to Kiribati – and Yad Sarah in Israel.

The container marked “Yad Sarah/Jerusalem” contains hospital beds, walkers, crutches and miscellaneous medical equipment. In the past two years C.U.R.E. (Commission on Urgent Relief and Equipment) has dispatched close to 10 such containers to Yad Sarah. All equipment is distributed to more than 100 Yad Sarah equipment lending branches from Kiryat Shmoneh to Eilat and used by thousands of elderly, homebound and recuperating patients in Israel.

Since 1987 the organization, based in Centennial, Colorado, has delivered medical goods to 120 nations around the world from its collection centers throughout the

United States. Five containers of equipment reach destinations around the globe each week.

When Dr. James Jackson visited Brazil 21 years ago, he observed long lines of Brazilians waiting for treatment – only to discover many were turned away for lack of medical equipment and supplies. His first container of donated supplies was sent shortly thereafter. The organization Dr. Jackson created is now the largest distributor of contributed medical supplies to developing nations.

A meeting of minds between C.U.R.E. and Yad Sarah, two organizations with shared goals and values, is bringing help and relief to countless people in Israel.



Replenishing the equipment warehouses...

Thank You! To...

Mr. and Mrs. **Albert Reichmann**, of Toronto and Jerusalem, for the gift of a YadSaraVan for transportation of people in wheelchairs.... The **Wolfson Foundation** in the U.K. for donating 100 special wheelchairs for children.... Yad Sarah's **Swiss Friends** for donating badly needed patient hoists and PT blood coagulation monitors for help in home care of seriously ill people.... The **Antwerp Friends** for supplying a small van to service Yad Sarah emergency alarm systems and oxygen equipment in clients' homes.... The **Goldman Fund** in San Francisco, for a generous grant to help Yad Riva – Yad Sarah's Legal Aid to the Elderly arm – in its work against elder abuse.... **Dani** from the U.K., who sponsored several elderly patients of the Yad Sarah Geriatric Dental Clinic – now they can smile again!.... Young Cheder pupils and the Challenge Group (12-13 year olds) of London's **South Hampstead Synagogue**, who raised funds to sponsor a special child and his/her family for one year at Yad Sarah's Play Center for Children with Special Needs.... **Lifeline-4-Kids** in the U.K. for a badly-needed shipment of pulse oximeters for children.... The **Lake Shore Drive Synagogue** Shomrei Yisrael in Chicago for refurbishing Yad Sarah branches in the South - Ofakim, Rehovot and others.



Yad Sarah NEWS

Published twice a year in Jerusalem Editor: Vivian London

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COVER PHOTO:
 In the kitchen of
 the Max Gideon
 Apartment in
 Yad Sarah House
 in Jerusalem,
 a display of
 assistive devices

for everyday living. Similar model apartments are located in Yad Sarah regional service centers in Netanya (named for Erika Gideon), Rishon LeZion (named for the Gideon grandchildren) and Ra'anana (named for Dita and Paul Moravetz), and in "Hedi," the traveling exhibit.