

INSIDE

YAD SARAH
SPRING 2021

**KEEPING
ISRAEL
STRONG**



**FRIENDS OF
YAD SARAH**

[FriendsOfYadSarah.org](https://www.FriendsOfYadSarah.org)

INSIDE

YAD SARAH

SPRING 2021



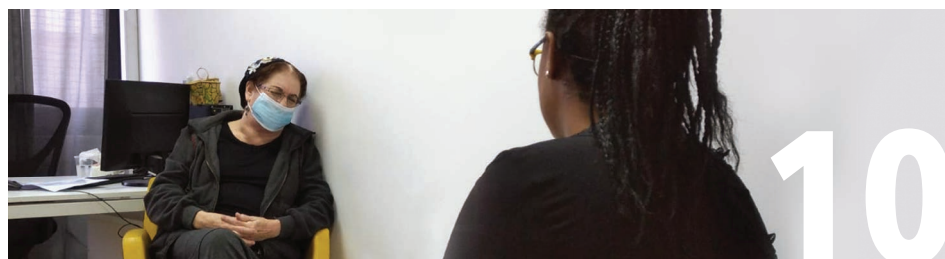
Branching Out

We spoke with some of our volunteers across Israel to learn more about their work.



Extending Our Services

When this unprecedented pandemic struck, Yad Sarah responded with new and expanded services for those in need.



Providing Safe Spaces

We spoke with Haim Bernstein and Dr. Shlomit Lehman about our Family Center in Sderot and empowering survivors of domestic violence.

Yad Sarah's impact is wide-ranging, from providing basic and vital health supplies to those living in the periphery to helping elderly and disabled people access medical care. This rating is confirmation that Friends of Yad Sarah supports those services with purpose, trust, and integrity, and demonstrates strong financial health and commitment to accountability and transparency.



Bringing help and hope to the people of Israel.

EXECUTIVE DIRECTOR'S LETTER

FROM ADELE GOLDBERG



Dear Friends,

One of the reasons I'm so proud to lead Friends of Yad Sarah is the organization's commitment to all people of Israel, including those often overlooked in the periphery.

Away from large cities like Jerusalem and Tel Aviv, services can be scarce and more difficult to access. Yad Sarah helps protect and save lives with equipment and concrete assistance, and our branches and dedicated volunteers in remote areas may be the first line of defense when health care services are inaccessible. Socially, too, we provide connection and support to people struggling with isolation and loneliness.

So come take a tour with us in this issue of INSIDE YAD SARAH. We'll visit towns like Yerucham, Sderot, and even Beer Sheba. We'll talk to directors and volunteers of our branches and domestic violence center. We will

be with the people of Israel in spirit, even if we still can't physically travel there.

Israel continues to lead the world in so many ways, including its recent vaccine rollout. But its people still need our help as the pandemic continues. Thank you for supporting us in this critical and noble work – from the most populous areas to the furthest reaches of our beloved Israel.

My heartfelt wishes for cure and recovery for all of us around the world, and that our collective coronavirus nightmare is soon a thing of the past.

Adele Goldberg



Visit [FriendsOfYadSarah.org/Planned-Giving](https://www.FriendsOfYadSarah.org/Planned-Giving) to learn about a wide range of options for including Yad Sarah in your will or trust and about establishing a Friends of Yad Sarah Charitable Gift Annuity.

BRANCHING OUT

During times of crisis, such as the current global pandemic, Yad Sarah volunteers are more important than ever. One of every two people in Israel has been personally helped by Yad Sarah or knows someone who has. Serving more than 750,000 people annually, the organization's 120 branches rely on deeply devoted volunteers led by an incredible team of volunteer branch managers. We asked volunteers and managers from across Israel to share what it's like making a difference in the lives of so many people every day.



LEVI FISHMAN
Haifa

When I was discharged from the army, I decided that I wanted to dedicate myself to helping those in need. I searched for an organization where I could volunteer but was unable to find a perfect match. Then, a friend suggested I check out Yad Sarah. I'm glad my friend gave me the suggestion because I have joined a community that has become like family.

For 14 years, I have volunteered at Yad Sarah's Haifa branch in the transportation division, and I enjoy how much I'm able to help others in my role. I manage the drivers, receiving calls from the hotline and coordinating rides for those who called. It's a very collaborative process, and I work with a great team of drivers.

I really love volunteering at Yad Sarah; it challenges me to see how much I can give.



YEHIEL ZINGER
Bnei Brak

I am a retiree in Bnei Brak and for three years I have been the manager of Yad Sarah's branch here. The work picked up quickly; there's so many people that Yad Sarah helps and so much the organization does!

Recently, I received a call late at night from a person who urgently needed an oxygen generator. I immediately got dressed and went to the branch to get one for him. If we don't help these people in emergency situations, no one will. We've been able to respond to increased demand for oxygen generators during the pandemic effectively and efficiently, holding up our mission of serving all people in need across Israel.



NACHMAN STIERMAN
Modiin

I'm 68 years old, and since my retirement, I've been volunteering at Yad Sarah's Modiin branch as an equipment repairman.

At the beginning of each month, I like to bring in homemade sandwiches with all kinds of toppings and spreads for my fellow volunteers. It's a nice boost to morale, and I get to give back to the organization that gives so much to my community.

I had an intense career for nearly fifty years, but I've still always made time to volunteer. When I help other people and see them smile, it's an uplifting moment, reminding me of the power of giving and kindness.



ZOHAR MARGI
Kfar Saba

I live in Tel Aviv and travel to Kfar Saba to volunteer at the Yad Sarah branch. I am a psychotherapist, and every week I meet with Yad Sarah clients who can't afford services privately. In these encounters, patients pour their hearts out to me, and I provide them with the emotional support they need.

My parents taught me about the importance of caring for other people. So even when the work is tough, I feel a sense of purpose.

I love it when a patient leaves our meeting with a smile. Most people who come in are awfully sad and depressed, but when they're able to leave with the power to continue – that makes it all worth it.

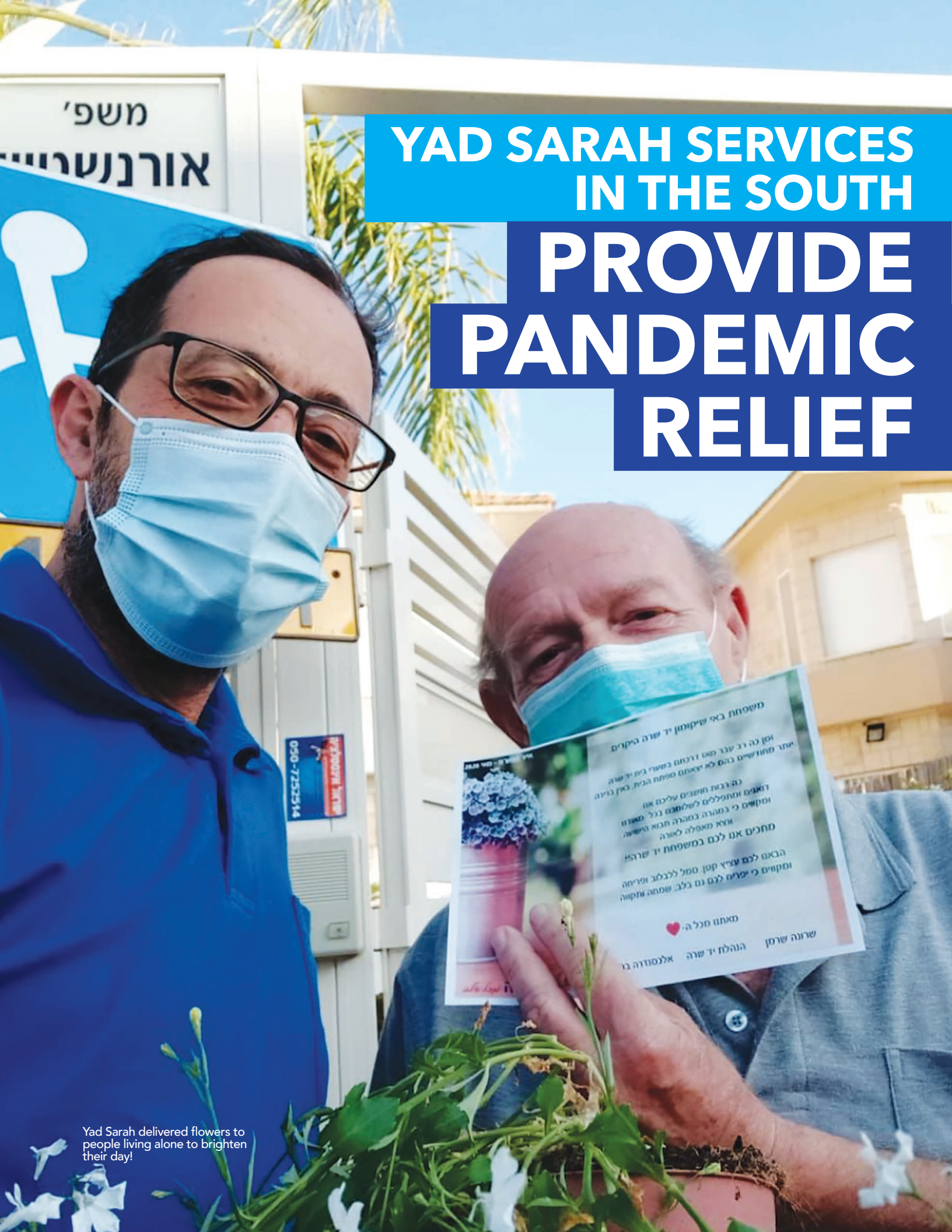


AVI BEN ZAKEN
Yerucham

I've lived in Yerucham since I was five years old, when I made Aliyah with my parents from Casablanca. Upon retiring 13 years ago, I studied to become a tour guide. Then, the pandemic hit, and tourists stopped visiting Israel. When I heard of Yad Sarah, I thought it would be another great opportunity to give back to my hometown.

I've taken on the role of on-call volunteer. When anyone needs equipment, they can call me, day or night, and I'll go to the branch and deliver the equipment to them. Recently, we almost had no oxygen tanks left at the branch. In three days, we had lent out five! That's how Yad Sarah helps our communities. Imagine if we didn't have our branch here in Yerucham. The next closest branch is in Dimona, 15 kilometers away. That's already a difficult journey for those who can't drive—and those are the people who need Yad Sarah!

What got me started with Yad Sarah, five years ago, was a request on our town listserv to help move a wheelchair from one house to another. I asked the man why they were moving the wheelchair, and he explained that he had borrowed it from Yad Sarah and now it needed to be returned. That led me to the home of our branch managers, Leah and Gilad Palmer. At the time, they hosted the branch in their 1-bedroom apartment! I was amazed by their commitment to helping others. I decided that if Leah and Gilad could do that, then I could too. 🇮🇱



YAD SARAH SERVICES IN THE SOUTH PROVIDE PANDEMIC RELIEF

Yad Sarah delivered flowers to people living alone to brighten their day!

Tacked to the front door of the Beer Sheba branch of Yad Sarah is a phone number. Call it and you'll reach branch manager Michael Benson, who is on standby 24/7 to assist anyone in need.

Michael picked up the phone one night to hear a distressed man on the other end trying to find an oxygen generator for his father, who was battling cancer and COVID-19 and had just depleted his oxygen supply. This wasn't like a request for a walker or wheelchair—it couldn't wait until the next morning when the branch would re-open.

But the son couldn't pick up the oxygen generator from Yad Sarah because he was in quarantine.

While Michael was unable to go to the branch that evening, he was certain he could find someone who could. He called one of his volunteers and, sure enough, although she was already in her pajamas, she got dressed immediately and went to the branch.

The son and his family were shocked by how quickly Yad Sarah was able to respond to their request. However, this isn't a rare occurrence for the organization. Michael says they respond to similar requests two to three times per week.

The Beer Sheba branch that Michael manages is located in southern Israel, a region that reaches from Rehovot in the center of Israel to the country's



Requests for oxygen have increased during the pandemic.

southern tip, Eilat. In this area alone, Yad Sarah helps approximately 350,000 people a year at their 18 branches across the region.

Before the pandemic, Yad Sarah's regional centers lent an average of 15 oxygen generators per month. Now, that number has risen to more than 50 a month. The increased demands and after-hour calls are only some of the new challenges that Yad Sarah has faced during the pandemic.

Aside from the threat of physical illness and infirmity, loneliness and isolation have also become



Younger volunteers have stepped up to help as older volunteers have had to stay home.



Our committed volunteers continue to help the people of Israel during these difficult times.

serious issues across Israel, issues exacerbated by the pandemic – especially among the elderly. This can prove fatal, especially when visitation is restricted by lockdowns, precautionary quarantining, or contraction of the virus itself. During 2020, more than 121 people in Israel died alone in their homes.

To relieve isolation, the Beer Sheba branch recently established a program of “virtual homebound outreach,” connecting more than 500 residents who live alone and have no family in the area to Yad Sarah. Volunteers call each individual at least once a week to check in and chat, alleviating the adverse effects of loneliness.

Volunteers call each individual at least once a week to check in and chat

To help save lives during these unprecedented times, Yad Sarah expanded its Emergency Alarm Center to include a free personal alarm device that connects injured, frail, or homebound individuals to the Center with the push of a button. As of today, Yad Sarah has provided more than 20,000

people with devices, while the Emergency Alarm Center receives more than 22,500 calls annually.

One elderly resident called Yad Sarah explaining that she needed the COVID-19 vaccine but was hesitant because she was worried about suffering the side-effects alone with no friends or family nearby to help if she became ill. When the volunteer discovered she didn't have the personal alarm device, he helped her to get one, noting that if she experienced any complications after the vaccination, her Yad Sarah family would be just a phone call away. Within 24 hours, Yad Sarah set the woman up with a personal alarm device and soon after she was vaccinated!

Yad Sarah's volunteer activities also extend to some practical matters that have a direct impact on quality of life. Despite the pandemic, the volunteers in Beer Sheba have stepped up to provide minor home repairs and a food delivery service.

From hastily replacing an elderly woman's broken TV – her only form of entertainment during the pandemic – to delivering groceries to a man with an empty fridge, it's unmistakable that these two services are indispensable.



A volunteer delivers food to someone who is homebound.

Time and time again, Yad Sarah volunteers have been called upon to help protect and sustain the lives of people in their communities, carrying out the organization's vital mission.

From all corners of the country, Yad Sarah will continue to help safeguard the lives of the people of Israel and improve them in every possible way in this new year and for years to come. 🇮🇱

VACCINATION INITIATIVE FOR HOLOCAUST SURVIVORS

Israel's COVID-19 vaccination rollout is the highest per capita in the world. Yet nearly 30,000* of the country's Holocaust survivors are still unvaccinated, because of physical disabilities and travel limitations. To address this terrible situation, Yad Sarah acted quickly, getting in touch with individuals to find out what mobility equipment they needed, and offering accessible vans for transportation to vaccination appointments.

Our goal is to help all 30,000 survivors receive a vaccination, leaving no one behind. This population deserves, perhaps more than any other, to return to their normal routines, to embrace their children and grandchildren, and to live without fear.

Our goal is to help all 30,000 survivors receive a vaccination, leaving no one behind.

As Yad Sarah's CEO, Moshe Cohen, says: "They have suffered enough. It is our responsibility to act as part of our commitment to bring help and hope to all people of Israel." 🇮🇱

*As of mid-February.

A Yad Sarah driver brings a Holocaust survivor to her COVID-19 vaccination appointment. (top)

Yad Sarah aims to help 30,000 Holocaust survivors get COVID-19 vaccinations. (bottom)



YAD SARAH PROVIDES LIFE-CHANGING COUNSELING TO FAMILIES STRUGGLING WITH DOMESTIC VIOLENCE



Five therapists at the Family Center in Sderot handle more than 50 cases.

We've never had such a great holiday together," a relieved couple expressed following therapy sessions at Yad Sarah's Family Center in Sderot. Despite a history of abuse in their relationship, the Center's therapists successfully aided in helping them to reconcile their marriage. Thanks to Yad Sarah, they said they can "feel the beginning of a friendship [forming]."

It was a bright spot for a community in Israel's periphery that knows trauma all too well. Haim Bernstein, who has a Master's degree in Social Work and is the Manager of the Family Center in Sderot, explains that the trauma he witnesses at the center in this city in the western Negev is threefold: the threat of rockets, domestic violence, and now COVID-19. "Wherever these people are, they are surrounded by a violent environment. So, we want to at least provide them with a place that's safe," said Haim.

“ We want to at least provide them with a place that's safe. ”

"In Sderot, life is not easy," said Dr. Shlomit Lehman, Director of Yad Sarah's Family Centers. "You can wake up in the morning to realize that you won't have the day that you planned. In the middle of a therapy appointment, you can hear the siren [that alerts people of rocket attacks]," she explained.

Despite the daily traumas the people of Sderot endure, Yad Sarah's tenacious efforts have been met with much success – the organization has been able to break the cycle of abuse in many homes.

The satellite Family Center location in Sderot is the only treatment facility for domestic violence in southern Israel. Start-up funds for the center were generously provided by the Rosenbojm-Komor

Foundation. Our volunteers handle more than 50 cases at any given time, assisting people who are self-referred or referred by the Ministry of Social Services. In the past year, the Family Center in Sderot has helped over 120 men, women, and children. In the future, an initiative funded by The Slomo and Cindy Silvian Foundation and matched by two private donors in the United States, will enable the organization to expand its therapeutic interventions to children and other witnesses of domestic violence.

In one household, the father of six children violently targeted his wife for years. After bearing witness for so long, the children became conditioned to believe that this is normal behavior. Soon enough, one of the sons began mimicking his father's abusive behavior towards his mother. Yad Sarah stepped in and was able to break the vicious cycle – the son began therapy sessions at the Family Center and now understands that the treatment of his mother was unacceptable.

In another instance where Yad Sarah was successful in halting the cycle of abuse, a young man was



Dr. Shlomit Lehman, Director of Yad Sarah's Family Centers.

referred to the organization for rehabilitation because he was hitting his sister. When Haim saw his new patient's ambivalence to therapy, he decided to rephrase it in terms that would resonate with him. "This is a choice," explained Haim, "between letting your anger and stress control you, and being free to make your own decisions."

"Don't you want the freedom to choose?" Haim asked. Turns out the young man did – after just one year of therapy sessions with Haim, he held himself accountable for his wrongdoings. The young man even profusely thanked Haim for his guidance.

“Yad Sarah has also formed several support groups to help ease the process of assisting and healing.”

Yad Sarah has also formed several support groups to help ease the process of assisting and healing. One such support group is a women's empowerment group for survivors of



Haim Bernstein, Manager of Yad Sarah's Sderot Family Center.

domestic violence. Although the meetings launched only a few months ago, the profoundly positive impact is already tangible.

When this group of women join together, they become united through their similarities, feeling validated, inspired, and comforted after being isolated for so long. The women can also provide explicit advice to each other that therapists cannot. A group participant can say, "I left, and it was hard. I did it, though, and you can too." Hearing those words can be life-changing for other women in the room. These words are powerful encouragement that can pave the way to a safer and happier future for those still trapped in abusive relationships.

Haim continues to be impressed with the progress they make with many of their clients. One patient, a Turkish woman, was particularly memorable. She married an Israeli, moved to Israel, and had a baby. Then the abuse began.

After her husband's incessant abuse and stalking, she divorced him. However, she found herself in a completely new world with no family, no job, and no knowledge of the language or culture. She couldn't leave the country because her son's father still lived in Israel. One year after the divorce, she came to Yad Sarah for help.

A Center therapist was able to teach her that she has the right to move on and that she can choose to learn the language, open a bank account, and try to apply her expertise as psychologist to a job in Israel. She is a free person who can develop new relationships.

Now, she's rediscovering the impressive young woman she always was. In fact, Haim said, "It won't be long until she opens her wings and flies on. When she lets herself fly, she will fly very high." 🦋



The satellite Family Center location in Sderot.

ALL ABOUT YAD SARAH

Yad Sarah, Israel's largest volunteer-staffed organization, provides a vital array of compassionate health and home services for people of all ages. Yad Sarah's low cost services are delivered by more than 7,000 volunteers in 120 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 more than 360,000 items to be loaned out at no cost to the borrowers.

Guidance and Exhibition Centers: Equipment and daily living tools available to help people live independently.

Equipment Maintenance Workshops: Hundreds of devoted volunteers in mechanical and electromechanical workshops repair medical equipment in between loans.

Mobile Geriatric Dental Clinic: A full range of specialized care for the homebound and frail elderly.

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 and homebound, 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 the morale of people isolated at home.

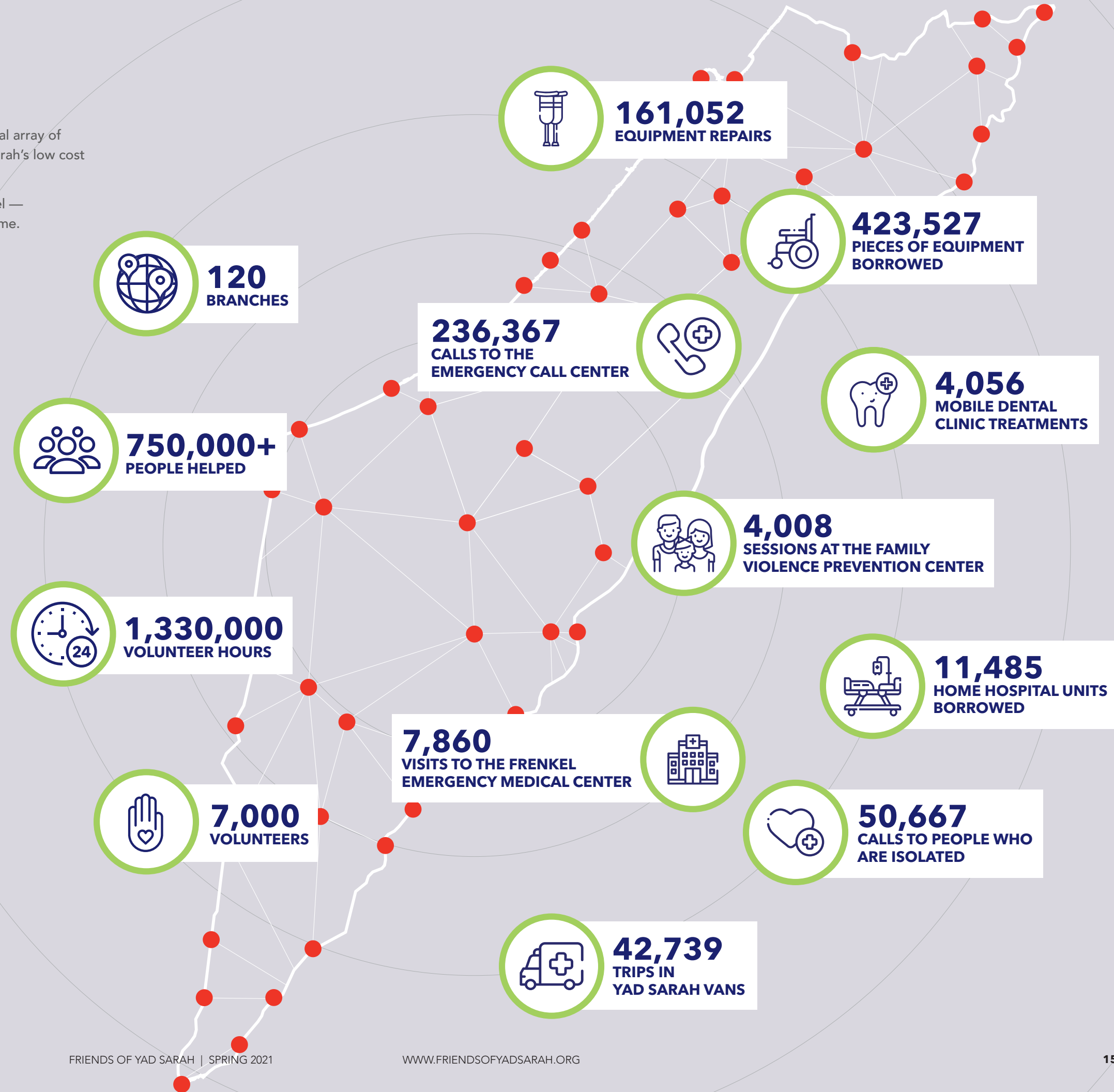
The Family Center: The Jerusalem center and Sderot branch offer treatment and prevention of domestic violence, specializing in situations unique to the Orthodox and Ultra-orthodox religious communities.

Transportation Services: Wheelchair-accessible rides to work, school, medical appointments, and social occasions.

Community Pharmacy: Under a head pharmacist, we collect donations of unused medicines and dispense them to those in need for free.

The Frenkel Emergency Medical Center: The emergency room has a professional team of medical specialists that provide prompt and compassionate service.

Home Hospitalization Service: Lending equipment to create a hospital room at home to allow recuperation among family, avoiding the discomforts and dangers of long-term hospital stays.



INTEREST RATES ARE NEAR ZERO. HIGH, FIXED-RATE GIFT ANNUITY INCOME IS MOSTLY TAX-FREE.

Providing for **Yad Sarah** is providing for Israel. Improving the lives of more than 750,000 people in Israel in the past year, **Yad Sarah** represents what is best about Israel and its people.



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A YAD SARAH GIFT ANNUITY — GET INCOME FOR LIFE, MUCH OF WHICH IS TAX-FREE, AND A CHARITABLE DEDUCTION.

A **Yad Sarah** Gift Annuity pays a high, fixed-rate, lifetime income for one or two individuals. May we calculate the annuity rate, tax deduction and **tax-free** income portion for you? For many individuals, a gift annuity is an especially valuable retirement planning vehicle.

A SAMPLE OF YAD SARAH'S HIGH GIFT ANNUITY RATES

Age	Rate	Tax Free*
70	6.5	83.4%
75	7.1	84.4%
80	8.0	85.4%
85	9.5	88.0%
90	11.3	88.9%

*A final calculation of the tax-free portion will be made for the month of the gift, based on IRS rules.

TAX LAW CHANGES AND NEW INHERITED IRA RULES

New tax laws allow for charitable deductions even if you don't itemize and for larger tax savings if you do. These provisions will continue at least through 2021. For families planning to leave IRAs to their children, the "stretch" provision that allowed heirs to take distributions based upon life expectancy factors has been eliminated in favor of a limitation of ten years after receipt. This will increase the tax burden on heirs and entitle them to the full amount of the IRA perhaps sooner than you planned. **There are solutions to this.** Let us show you how to take advantage of the tax laws now in place and how to plan for inherited IRAs to work around the 10-year withdrawal requirement.

A GIFT THAT IS CHERISHED FOREVER: PROVIDING FOR ISRAEL AFTER YOUR LIFETIME

Leaving a bequest in your will or trust for Yad Sarah provides much-needed funds for the important work of Yad Sarah in Israel. You might also consider including Friends of Yad Sarah as a beneficiary of your IRA or of your life insurance policy. Your after-lifetime gift may be designated for Yad Sarah programs in Israel that are dear to you, or entrusted to Yad Sarah for use where most needed to help Israel's most vulnerable people.



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.

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