

Israel Senior News

News and Issues affecting

Israel's Seniors

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Dear Readers,

With the fall holiday season been and gone and Chanukah still weeks away, we have now entered a quiet time. The relative "silence" of Cheshvan, though traditionally perceived as bitter, can also offer a much needed reprieve from the haste and intensity of the holidays. Though sad or lonely at times, silence can also induce rest, reflection, and clarity.

This issue of Israel Senior Life reflects the bittersweet nature of silence: sometimes "golden," and other times filled with the intensity and nostalgia that come with the passage of years. May this ritually quiet period offer the benefits of silence, without the unwanted bitterness.

Please continue sending you submissions, as Israel Senior Life is intended to reflect your views and creativity.

Tamara Fine Skversky
Editor

Silence is Golden By Patty Pomerantz Ruvel

Should we keep quiet when we see so many things in life that we disagree with?

Some examples: Mother-in-law comes over for a visit, and comments on childraising, saying "don't do this" or "I would do it differently."

Remember – Silence is Golden – don't answer back. This is the beginning of a relationship. We want to look good - in their eyes.

As the years go by – you've learned the lesson so many times – Silence is Golden.

Don't criticize children – Let them enjoy themselves – so what if they get dirty, bring home friends for lunch – Silence is Golden. Make more pizza.

In This Issue:

SILENCE IS GOLDEN

by Patty Pomerantz Ruvel

AGO

by Michael E. Stone

GRANDMA'S HOUSE

by Jill Sadowsky

UPDATE: NEW PEOPLE BEING SERVED BY SENIOR-TO-SENIOR

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Ago By Michael E. Stone

This sense of "ago" —
some years ago,
a while ago,
a long, long time ago,

this sixth sense
comes with age.

Is it true that
"Youth is wasted on the young"?

Is it true that
the body may stay young,
but the heart grows old?
You can train your body,
but your heart?

As the children grow they are now teenagers – oh such messy rooms – sha – quiet – Silence is Golden.
More years pass. Are you ready for the wedding – so much money spent. What is that popular quote? Silence is Golden.

Patty Pomerantz Ruvel has many grandchildren and has just become a great-grandmother. She made aliyah from New York at the end of 1970 and currently resides in Har Nof. She joined the English writing group of Har Nof, from which she got incentive to write a book - "Nachas." Patty is thrilled that all of her children and their families live in Israel

Grandma's House by Jill Sadowsky

Persian carpets in her living room have lost their floral pile.
Blue velvet curtains fringed and draped, have long gone out of style.
Her walnut piano stands up straight against a papered wall
A green wing chair beside the fire, displays a knitted shawl.

In the corner, a bookcase holds Shakespeare, leather bound
A huge brass pot holds the palm tree her cat sleeps curled around.
It smells of homegrown lavender, cedar musk and embers,
dried flowers in a Wedgewood bowl from fragrant past Septembers

Cabinets with glassed-in doors have china on display,
Venetian glass and Toby Jugs rest on a silver tray.
Potpourri scent wafts from bowls perched on wooden stands
Plus the glorious whiff from candy jars she passed from hand to hand.

Grandma's room, I love it so. I wish I'd told her then,
Sadly that was long ago. I can't go back again.

Jill Sadowsky is an English teacher and grandmother living in Raanana. She made Aliya in 1963 and is the author of a book in Hebrew, "Bachu L'Ma'anam" (Weep for Them). Her writing has appeared in numerous publications in English and Hebrew.

Update: New People Being Served by "Senior to Senior"

Each month, Ezrat Avot receives new requests to deliver hot meals to sick and homebound senior citizens all around Jerusalem. All suffer from severe financial distress in addition to health problems. Most receive a meager state pension, from which they have to pay for rent and medication, leaving little or no money for food.

Avraham & Eva S. are an elderly couple who live in Meah Shearim and are both homebound. Avraham recently underwent a stroke and suffers from diabetes and high blood pressure. His wife suffers from Alzheimer's disease.

Tanya and Shmuel A. are an elderly couple who live in Givat Shaul. Shmuel, the husband suffers from advanced Parkinsons and is totally

Michael E. Stone FAHA, PhD., DLitt. Serves as Gail de Nur Professor of Comparative Religion and Professor of Armenian Studies emeritus at the Hebrew University of Jerusalem. He has served on the faculty of Hebrew University since 1966, after completing studies at the University of Melbourne and Harvard University respectively. Prof. Stone has been writing poetry since turning 59, around nine years. He studies and translates medieval Armenian poetry, and has recently completed a translation of a 6,000 line medieval epic poem on Adam and Eve (Oxford University Press).

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Anglo Retirees Tutoring Schoolchildren

Project Mesila places senior volunteers in elementary schools to provide individual assistance to Israeli schoolchildren struggling in their English studies.

Available for this new school year in Jerusalem and Bet Shemesh.

[Click here to learn how you can become a Mesila volunteer.](#)

We hope that this e-zine will give you a window onto life for seniors in Israel today.
Every month we will send you the latest news, together with profiles of veteran Israelis, reviews, articles and poetry written by or about seniors.

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To submit a

homebound; Tanya is mobile but suffers from heart disease, an ulcer and vascular problems which make it difficult for her to stand for long periods. Because of her health problems, she requires a salt-free diet.

Sara & Timothy K. are an elderly Russian couple who live in Gilo. Sara has undergone 3 strokes and an operation for cancer of the stomach. Her husband Timothy underwent open heart surgery and suffers from acute asthma.

Binyamin A. is an 81 year old widower who lives on his own in Har Nof. Binyamin is a holocaust survivor from Poland who immigrated to Israel as a young boy. He is semi-mobile as a result of chronic heart disease and arthritis and is unable to cook for himself. Because of his heart condition, he needs a salt-free, low-fat diet.

Orna B. is a 75 year old widow who lives on her own in Bet Yisrael. She turned to us for help after suffering a serious fall which has left her temporarily semi-mobile.

Shoshana G. is a 71 year old lady who suffers from acute obesity, high blood pressure and advanced arthritis. She is unable to walk and requires operations on both her knees. Her husband, Issachar, is semi-mobile following open heart surgery and a series of strokes.

Ofra D. is an 86 year old widow who is totally bed-bound and requires round-the-clock assistance. Ofra is aided by an elderly son who is himself handicapped following a stroke. Both require special dietary food.

Yitzchak P. is a 65 year old widower who is almost entirely bed-bound following a serious fall. He also suffers from high blood pressure and requires a salt-free diet. Yitzchak lives with his daughter who has nine children and is financially unable to feed him.

piece, email: info@ezratavot.org

Israel Senior Life is a publication of
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Click here to visit our website at
www.ezratavot.org

We welcome comments and
submissions to info@ezratavot.org

Ezrat Avot is a non-profit organization
that provides services, resources and
education

to enable Israel's elderly to age in the
comfort and dignity of their own homes
and communities.

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