

HADASSAH MEDICAL ORGANIZATION



UPDATE REPORT PREPARED FOR HELP JEWS HOME

SPECIAL ACTIVITY FOR ELDERLY WOMEN IN OUR COMMUNITY HEALTH PROMOTION PROGRAM

October 2011

We are very proud to update you about a special activity that took place in the framework of our Community Health Promotion Program for Elderly Women in Gonenim, kindly supported by **Help Jews Home**. This exciting activity that recently took place was a special tour.

A group of 45 women from the Gonenim neighborhood aged 60-80 recently participated in a visit to the Jerusalem Botanical Gardens. These included veteran immigrants from the Former Soviet Union, Ethiopia, and Sabras. An article in Hebrew about the tour appeared in Halir Newspaper, the local Jerusalem weekly, on Friday 19 August 2011.



The famous Botanical Gardens include plants and flora from Israel and other regions around the world. There is a special Biblical flora section which showcases the Seven Species of the Land of Israel: Olives, dates, grapes, figs, pomegranates, wheat and barley, another opportunity for the women to combine learning with pleasure.

The tour took place in the framework of our *Cognitive and Memory Preservation* group, headed by Psychologist Tammy Scharf. Activities held by this group help women to preserve and develop their cognitive skills and their memory, using various tools such as games, creative activities, and others. Scharf believes that the most important outcome of these activities is the improved self-esteem.

The visit included a tour around the Gardens on an open train, easily allowing the elderly women to enjoy all the sites – including a waterfall, sculptures, and a lake with resident swans.



As a special surprise at the end of the tour, the Caffit Restaurant served light refreshments, fruit and snacks to the women. For many of the women this too was a special event – they rarely venture out to cafes or restaurants.

For most of the women this was their first visit to the Botanical Gardens; as many said excitedly at the end of the visit – their only opportunity. Tours are generally not part of their lifestyle, and most of them cannot afford the entrance fee or transportation costs.

The event was such a success that we held a similar tour, for a smaller group of 15 women from Beit Shemesh who participate in our program.

Our Community Health Promotion Program for Elderly Women in Gonenim, Jerusalem plays such an important role in the lives of the participants, and we are all eagerly looking forward to activities in the New Year with renewed energy and enthusiasm.

As the Jewish New Year has just started, it is the ideal time to thank our dear friends in Norway at Help Jews Home. We thank you for your partnership, on our own behalf, and on behalf of the women who benefit directly from your support, their families, and the entire community.



*Report prepared by:
Tal Atzmon - Project Director,
The Community Health Promotion Program for Elderly Women in Jerusalem*