

Elah 2012

Yearly report 2012

Elah has continued to develop a large range of activities in 2012 to reach its objective of giving tailored psycho-social support to each individual and community in need, and to contribute to a better society.

Almost 5000 people received direct help through one of our projects and thousands more were helped indirectly through volunteers we trained. Almost 40,000 hours of services were received by our target populations.



Chairman's statement

Soon I will be able to look back at my first year as chairman of Elah. My term of office started with getting to know two new worlds which were hitherto unfamiliar to me: the non-profit world in general and of Elah and the Dutch community in Israel in particular, and it ended with many hands-on tasks and pursuits. At the beginning of 2013 we parted from my predecessor, Gideon Peiper and launched the "Elah for Everyone" fund during his farewell ceremony.

It is my intent to organize such an event each year with the aim to bring Elah to the attention of the public. The organization has developed tremendously in the last few years but the awareness of our work among the public has apparently not equally increased. One of the tasks of the board or maybe even its main task is to provide the financial sources needed for the stability of the organization, in order to make sure that Elah can continue the blessed work. The organization employs about 40 dedicated professionals (word of their dedication reaches me not only from within the organization but also from outside) who form the heart of our activities. We must provide them with the means that will allow them to do their work in peace of mind. In the past year we have been able to help thousands of people, and made their lives a little better. We have taken care of the Dutch community in Israel, but also of many other communities and individuals in need. That is our aim.

I would like to take this opportunity to thank the board of directors, whose members have voluntarily committed themselves to their task with determination and dedication. I also thank Yaela Cohen and Bennie Leezer who manage the organization in an extraordinary manner and of course an extra warm thanks to our staff and volunteers.

Yahel Shachar



**Elah – center for psycho-social support
of former Dutch residents and their families**
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Registered Association in Israel 580040947

Social Projects for the General Public

In 2012, more than 3,200 people took part in activities organized by Elah. They received 15,295 hours of service.

Project NOA – aid centers for relatives of homicide victims

Since July 2012 Elah coordinates the operation of five centers that have been established to provide psychological and legal aid to the relatives of people who have died through homicide. Because of the exceptional issues these families often have to face, the Israeli Ministry of Welfare has initiated, supervises, and finances these aid centers that provide the specific kind of aid needed. The Association of Families of Homicide Victims has contributed to advancing this project. In the five centers (in Tel Aviv, Beer Sheba, Jerusalem, Haifa en Kfar Kana) we have assisted about 170 families in 2012.

Cooperation with the Israeli National Security Institute

Upon request of the Israeli National Security Institute, Elah has established and supervised on a national pilot project which aims to facilitate support groups for people who take care of a disabled elderly family member at home. In the groups the care takers receive information from professionals on the infrastructure of the available care services; they meet with fellow care takers, and learn how to deal with exhaustion and negative feelings. The aim of the project is to strengthen care takers so that the disabled elderly can stay at home and institutional care will not have to be provided for them by the state. In 2011 Elah established 6 groups, in 2012 another 21 groups were added.

Inter-generational writing groups

Encouraging and strengthening inter-generational relationships has always been one of Elah's priorities. Since Israeli society is coping with increasing rates of violence against the elderly, we have given priority to our inter-generational writing and drama groups the past few years. In 2012 we facilitated 14 inter-generational groups in which elderly Holocaust survivors and high school students met in order to perform writing exercises, read their stories to the group and discuss them. In each meeting a subject relevant to all ages is deliberated, such as first love, family, friendship, dreams and ambitions. This way the young learn about the past and about old age, while the elderly get an opportunity to take a look into the world of the young. In the process close relations grow between the generations. At the end of the group a booklet with stories from the participants is published (in Hebrew).



Inter-generational drama groups

Elah's drama therapist has facilitated two inter-generational drama groups in 2012. During 15 meetings the participants learnt about the basics of theatre performance, wrote a play based on the life-story of the elderly survivors and staged the play for friends and family.

Discussion groups for Holocaust survivors

In 2012 Elah facilitated 26 discussion groups for the elderly and Holocaust survivors. In these groups participants are encouraged to share memories and deliberate on personal matters in a range of creative ways such as with the help of photo albums, songs, recipes etc.

Lectures for Holocaust survivors

In 2012 Elah staff members gave 110 lectures and workshops in different clubs and homes for Holocaust survivors around the country, on subjects such as dreams, humor, stress, grand- parenthood in modern times, and the significance of secrets in our lives.

Volunteer training

Elah is often requested to train volunteers of other aid organizations for projects to the benefit of Holocaust survivors. This year, Elah gave workshops to volunteers of Matan Tel Aviv, Bank Hapoalim, kibbutz Magen and the Center for Holocaust Survivors in Haifa. In total, Elah trained 2,636 volunteers of other organizations who received more than 4,607 hours of training and supervision.

"La'ad" and "Ledorot"

In 2012 Elah continued to participate in the La'ad project, an initiative that operates volunteers who visit Holocaust survivors nation-wide to check if they make optimal use of the rights and facilities they are entitled to. If the survivor wishes to do so, the volunteer will also record his or her life story as part of the "Ledorot" ("For the Generations") project. Elah screens the volunteers to check their suitability for these tasks and prepares them for the interaction with the survivors.

The project is financed by the Ministry of Senior Citizens and coordinated by the Jewish Agency. In 2012 Elah's therapists gave 113 workshops different cities in Israel, training a total of 2,260 volunteers.

Training professionals and operating projects for other organizations

because of Elah's expertise in the field of care for Holocaust survivors and the elderly we are often asked to train and supervise professionals of municipalities and other organizations who work with this target group. In addition Elah is asked to present her work at professional conferences. In 2012 Elah trained 54 professionals from the National Insurance Institute, the Municipality of Jerusalem and the Aviv organization.

Trainees

In 2012 a student of social work from Holland and two students of gerontology from the University of Haifa have completed their internship at Elah. They were intensively supervised by Elah therapists.



Why therapy?

People turn to Elah with a variety of problems: anxieties and phobia, depressions, relational problems, insomnia, difficulties with adaptation or multi-cultural family issues. The therapist helps the client to understand problems, process painful feelings and address difficult situations with the aim to improve the quality of life and improve participation in society. The therapy can be short or long term, individual, with a partner or with other family members; it can take place in one of Elah's clinics or at the client's home.

To secure the quality of our therapeutic services Elah's therapists receive individual and group supervision and participate in extension courses.

Therapy for Holocaust survivors and the elderly

Elah is specialized in the treatment of Holocaust survivors and since 2011 the organization has been an official supplier of the Ministry of Finance for treating Holocaust survivors who are acknowledged according to the Ministry's criteria. Most of these survivors are disabled and receive treatment at home.

Therapy for children and parental guidance

Children and adolescents can experience difficulties at school, at home, with friends or with themselves. Young children, who cannot yet express their emotions, are treated by means of play. Adolescents are helped by speaking with a therapist and other methods suited to their age. Parents of children in treatment receive parental guidance.

Therapy for refugees

The past few years Elah has cooperated with aid organizations for refugees, who refer asylum seekers to Elah for short-term treatment. Elah continues to do so at a small scale, but will expand if relevant funding will be obtained.

Therapy

In 2012, Elah treated 630 clients, who received 10,863 hours of therapy. 42% are first generation Holocaust survivors, while 25% belong to the second generation. The remaining 33% are partners and grandchildren of survivors, and the general public.

Mentoring

Our mentors guide people who need help in daily life; they stimulate the personal development of the clients, give practical assistance and help to acquire social skills.

Psychiatric consult

Elah employs a psychiatrist who advises on medication for psychological problems and to whom clients can be referred.

Group therapy

Through the years Elah has developed different kinds of group therapies. Some groups are the traditional discussion groups, while others use cultural media to bring personal experiences up for deliberation. In 2012, 17 therapy groups met on a regular basis: 3 discussion groups for second generation Holocaust survivors, 5 writing groups, 3 film groups, a group for child survivors, 3 groups in homes for Dutch elderly, and a biblio-therapy group. In all the big cities one-time discussion meetings with a specific theme were held, the so called "Open House".

Social Projects for the Dutch Community

In 2012, more than 830 people with a Dutch background participated in community activities and they received 13,401 hours of services. The aim of our community work is the integration of the individual in society. Elah's community work is carried out for a large part by volunteers, who receive professional supervision from social workers.



Social-cultural groups

In all parts of the country our social workers facilitate social groups for people with a similar age and cultural background. Group members meet on a regular basis to chat, eat and drink, sing together, listen to lectures, go on trips, and celebrate holidays. The meetings give the participants the opportunity to build social contacts. In 2012, eight groups were active.

Volunteer work

Elah is assisted by 118 volunteers. They fulfill social, organizational and practical tasks for the organization and the community. Some visit the old and the sick (friendly visiting) and provide personal help with shopping, taking them to the doctor or to group meetings, fixing things around the house, but mainly to keep them company. Other volunteers assist with the organization of social-cultural groups and activities.

All volunteers receive individual and group supervision. This means they attend lectures about all aspects of their volunteer work and discuss personal experiences in their work with the supervising social worker.

In 2012 Elah's volunteers gave 4205 hours of friendly visiting services to Holocaust survivors and more than 2600 hours to the organization of group activities. They received about 400 hours of training and supervision.

Yearly Holocaust Remembrance Day ceremonies

For most Holocaust survivors the yearly Holocaust Remembrance Day is a difficult day. As an organization that was established by and for Holocaust survivors, it is imperative for Elah to do everything possible to make this day significant for survivors and their families and to give them the utmost support.

This is why our professional staff has created well thought-through ceremonies, each year with a different theme, one of which is held in Herzliya in the center of Israel, and one in Haifa the north.

At the entrance there is an exhibition with the same theme as the ceremony, with exhibits that the participants themselves have sent in upon our request.

During the ceremony, six people who have been chosen and interviewed in advance, tell their story of the Holocaust (again in relation to the day's theme) and light a memorial candle. The younger generation (grandchildren or great-grandchildren) lights "the candle of hope". As many of the participants are of Dutch origin, the ceremony is in both Hebrew and Dutch, with simultaneous translation on a screen. People are given the opportunity to read out loud the names of their murdered loved ones. After lunch, a documentary movie is shown around the theme of the day. Those who want can join discussion groups with therapists to speak about feelings and thoughts that came up during the day. In 2012 survivors told about their reasons for sharing their Holocaust experiences with the public. A documentary about the Holocaust experiences of the famous Dutch historian Lou de Jong was shown. About 380 people participated in the ceremonies.



Publications

- In 2012 Elah published a monthly, digital newsletter in Dutch and Hebrew: Elah Infocus. The newsletter offers its readers news about the organization and information on subjects of psychology and (mental) health.
- We were able to publish the yearly Elah calendar 2011/12 with the help of advertisers.
- Elah therapists have published several articles on the subject of psycho-social aid in professional and popular magazines and one therapist participated in the television program "Family 10" on the Israeli channel 10.
- In May 2012 we published the booklet "Looking forward to Wednesday" (in Dutch and Hebrew). The book presents stories from the lives of the residents of the Beth Bart home for the elderly in Jerusalem, all aged over 80, who participate in a weekly social meeting called "The Coffee Morning". They tell about their youth, their experiences in World War II, their immigration to Israel, about strict fathers, great love stories, important objects in their lives and their wishes for the future.

Special events

- At the two-yearly conference of the Israel Gerontological Society, Elah received a prestigious award for her extraordinary efforts for the elderly in Israel, the professional aid as well as the efforts undertaken in the frame of Holocaust documentation.
- In March 2012 Henk Nijk, one of the establishers of Elah, retired from his task as member of the board. From the warm speeches at his farewell party it was once again clear that the inspiration, the leadership and support he contributed during his 33 year tenure have enormously contributed to the development of Elah into a large and stable organization.
- In June, at the General Assembly, we parted from our chairman Gidi Peiper. His task has been taken over by Yahel Shachar. We thank Gidi for his commitment to Elah and other Dutch organizations during the past thirteen years. For his volunteer work with the Dutch community in Israel he was awarded "Knight in the Order of Oranje Nassau" by the Dutch queen.
- In August the main office of Elah was refurbished and a larger conference room was created for group activities.



Staff at 31.12.2012

5 clinical psychologists, a clinical criminologist, a drama therapist, a group counselor, a community worker, 20 social workers, a psychiatrist, a humanist, and 5 administrative workers.

Elah – center for psycho-social support of former Dutch citizens and their relatives (r.a.)

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Registration number: 58004094

Board members at 31.12.2012

Yahel Shachar, Chair
Amos van Raalte, Treasurer
Mary Ben Sinai, Secretary
Sarit Sandomirsky-Tromp, Vice chair
Margalit Shacham, Member
Dr. Uzi Shai, Member
Ruth Rosenthal, Member

Audit committee

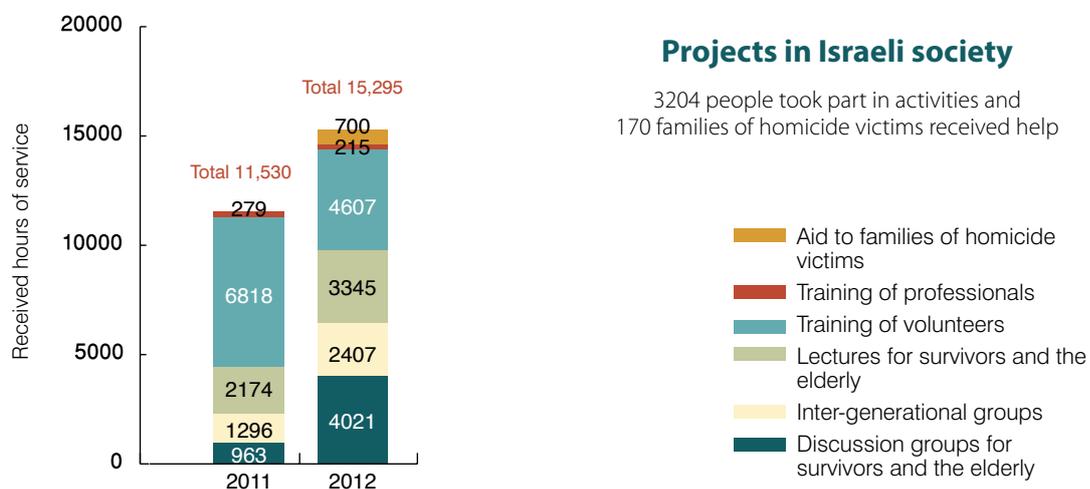
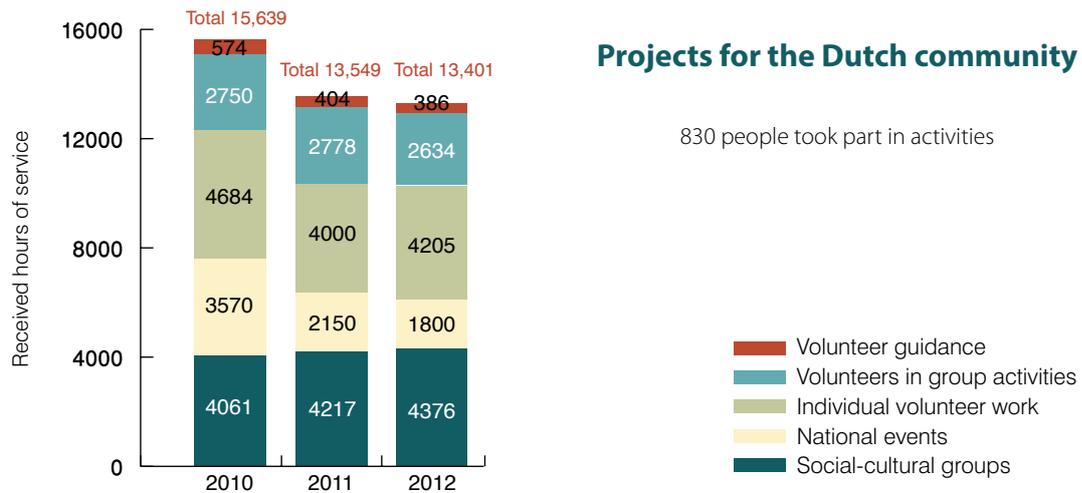
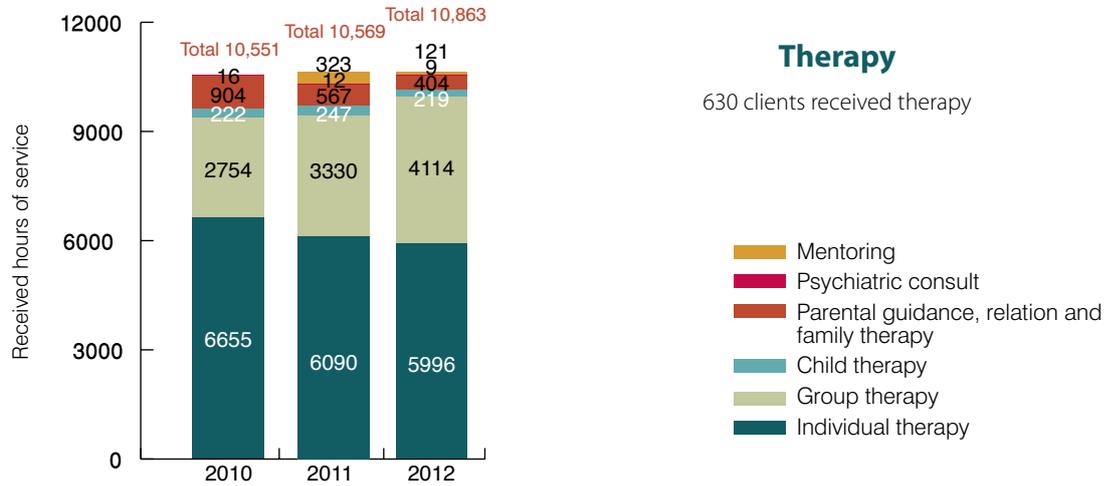
Itzik Lahav, Member
Leo Slijper, Member

Management

Yaela Cohen, Professional manager
Bennie Leezer, Financial-organizational manager

Finances in 2012 in New Israeli Shekel

Operational turnover	5,631,264
Net income after financing	(15,440)
Total costs activities	(5,803,03)
Net result	(187,215)



About Elah

Elah – the Center for Psycho-Social Support in Israel offers custom-made psycho-social support to every person and every community in need, in order to encourage personal development, mental welfare and social integration.

Elah was established in 1979 to relieve the psychological hardship of Dutch Holocaust survivors and their families in Israel. It was the first organization to recognize the survivors' urgent need for mental help and it was a pioneer in providing it.

Over the past 34 years Elah has broadened its field of operation and now our doors are open to every person in Israel who is in need of psycho-social support without discrimination of age, gender, background or religion.

A wide range of services are offered such as psychological treatment, psychiatric advice, social and inter-generational group meetings, and volunteer work while taking in account the cultural, historical and lingual background of the participants. This allows clients to choose the most suitable activity or number of activities for their personal needs at any given time. We provide our services at subsidized rates and without waiting lists in our clinics in Tel Aviv, Jerusalem, Haifa, Beer Sheba and Kfar Kana, as well as in homes for the elderly, day-care centers and clubs all over the country. For people with mobility problems we provide services at home.

Elah's staff includes professional, highly trained psychologists, social workers, community workers, group facilitators, a criminologist, a drama therapist, a humanist, and a psychiatrist. All staff receives professional supervision.

The organization is helped by volunteers who take a significant part in its daily operation, and who receive training and supervision from Elah's professional staff.

Elah is specialized in the development and execution of social projects for other organizations and governmental bodies, and trains and supervises their volunteers and professionals who provide psycho-social services to Holocaust survivors, the elderly, immigrants, and other special groups.

Elah is managed with transparency, accountability and integrity, always taking the wishes of its target population in consideration.

The organization receives the yearly quality seal of approval of the Israeli Corporations Authority of the Ministry of Justice.

Elah continues to develop new models of psycho-social support in accordance with the ever changing needs of the diverse Israeli population in order to make in its unique way for a better society.

We thank our donors for supporting our work

- Stichting Collectieve Marorgelden Israel
- Dutch Ministry of Health, Welfare and Sports
- Hashava – The Holocaust Restitution Company of Israel
- Israeli Ministry of Welfare - Estate Committee
- Israeli Ministry of Finance
- Israeli Ministry of Senior Citizens

- Israeli Ministry of Health
- Stichting Joods Algemeen Steunfonds
- Carel Abas Stichting
- And other donors from Holland and Israel

We also thank our 118 volunteers for their efforts to make the lives of so many people a little better.



Help Elah, support our projects

Elah is a non-profit organization. The continuation of our services depends on donations from individuals or philanthropic organizations. Donations can be made out to our account in Israel, our account in the Netherlands, or in the USA via the P.E.F Israel Endowment Funds.

For more information about our projects please contact our financial manager Bennie Leezer at +972-52-3589919 or at +972-3-6910921

For donations in Israel

Bank Igud, branch nr. 063. Account no. 078696/47
Elah – center for psycho-social support

For tax free donations in Europe

ABN-AMRO bank, Account .no. 55.05.09.615
Stichting Elah Nederland

For tax free donations in the U.S.A.

Contributions of at least \$25 may be sent (and must be made payable) to P.E.F. Israel Endowment Funds, Inc., 317 Madison Avenue, Suite 607, New York, NY 10017 with a recommendation that it be used for Elah-center for psycho-social support, Registered Association in Israel no. 58-0040947