



Holy Land Christian Ecumenical Foundation
مؤسسة الأراضي المقدسة المسيحية المسكونية

PROGRESS REPORT SEPTEMBER 2016

BIRZEIT SENIOR CITIZEN CENTER (BSCC)



"You shall rise up before the gray headed and honor the aged "

Leviticus 19:32

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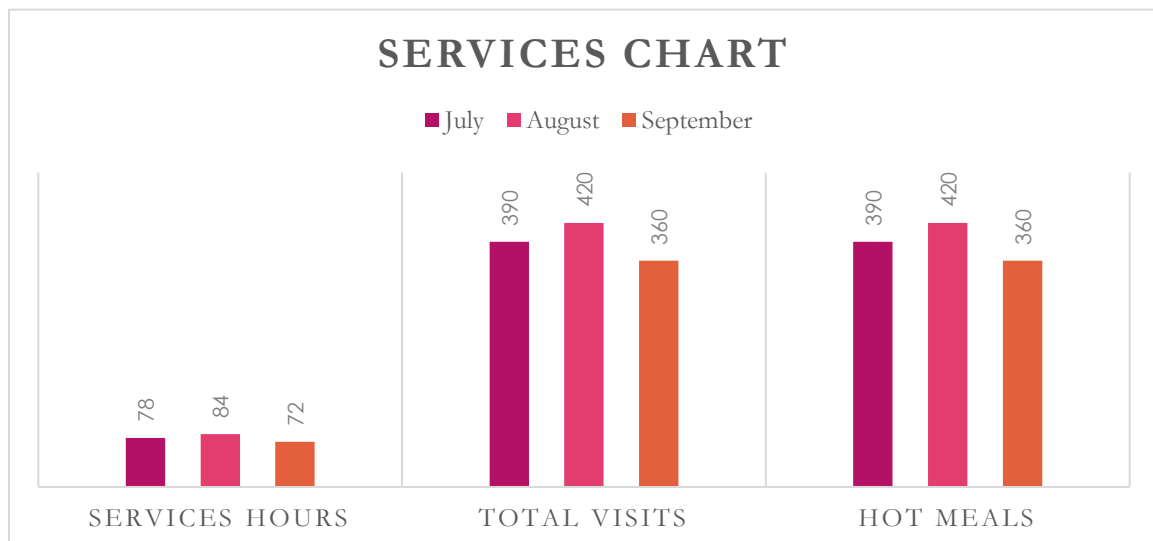
Monthly Overview

Birzeit Senior Citizen Center is open 3 days a week (Monday, Wednesday, and Saturday), from 8:00 am to 2:00 pm, offering services to the elderly (BSCC members) on 12 days in September. The center organizes social, educational, and spiritual activities, offers health and transportation services, and provides recreational activities for local senior citizens. These activities and services **fulfill** the HCEF vision and the mission of the center by providing a safe place for the elderly to come together in community, to know they are honored, taken care of and not forgotten.

The following statistics offer a glimpse of some of the center's activities in September 2016 as compared to previous months:

BSCC Statistics for September

Days of Operation	12	Social Events	8
Hours of Operation	72	Visits from Medical Professionals & Health Activities	12
Total BSCC Member Visits	360	Educational & Cultural Activities	37
Hot Meals Served	360	Entertainment & Sports Activities	58
Spiritual Events and Activities	25	Field Trips	0
Craft Workshops (Cooking + Knitting)	22	Number of Employee Work Days Generated	48

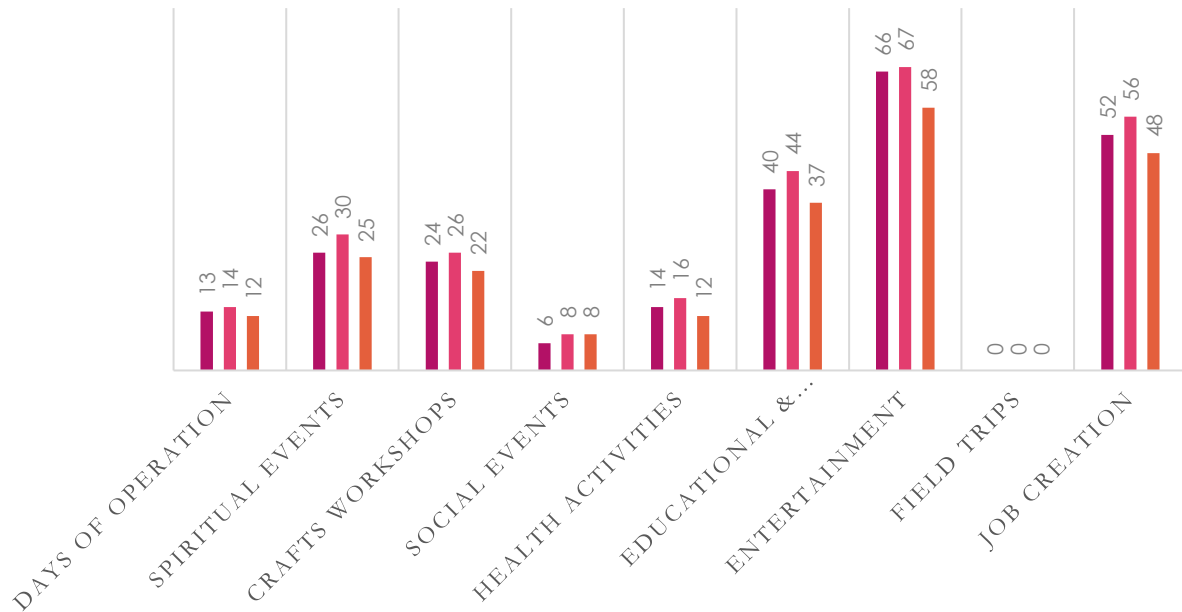




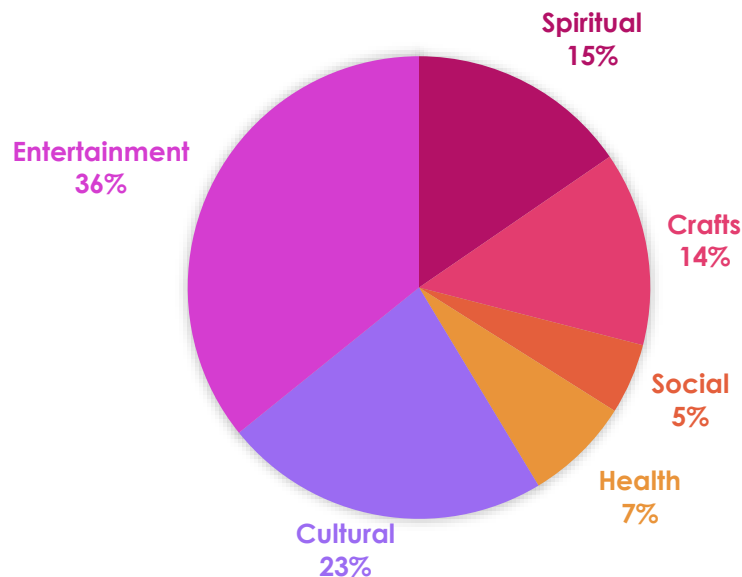
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PERFORMANCE CHART

■ July ■ August ■ September



ACTIVITIES





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Services

1. Transportation Services

The Center provides free transportation services for BSCC members to and from the facility and to and from church on Sundays when coordinated. The Center also provides transportation for any urgent needs that arise. Due to the lack of good local public transportation, its high expenses, the lack of income for the elderly, and their health & physical incapability, we –as BSCC- try to offer them the service of transportation in order to help fulfill their basic needs, while also helping them to come out of their closed environment (their homes) and participate actively in our center's events and activities.

In **September**, we have offered more than 65 Transportations services to the elderly.

2. Nutritious Meals

Most of the elderly in Birzeit cannot afford the high price of food, and because of their physical condition, it is difficult for them to even cook. Additionally, most of them live alone, making their situation even more difficult. Moreover, the elders generally lack governmental support of needs, especially the basic food basket. Therefore,

- ❖ With the support of the World Food Program (WFD), the Palestinian Ministry of Social Development, and other local organizations, the BSCC provided hot meals for every day that the Center was open, amounting to **360 hot meals** for the month of **September**.
- ❖ **Snacks** such as tea, coffee, milk, biscuits and fruit were also provided to BSCC members each morning that the Center operated, amounting to more than **360** meals.

At BSCC we design a suitable food program on a monthly basis for the elderly, in which we take into consideration their health status (diabetes, high blood pressure, etc....) and provide them with the main nutritional ingredients such as protein, carbohydrates, fibers, minerals, vitamins, etc., needed to maintain a healthy system and balanced diet.

Due to the high number of elders in Birzeit and their healthy food insufficiency, there is an urgent need to provide them with hot meals on daily basis to their doorsteps. **BSCC needs the support of the good Samaritans in order to expand its services especially those, which is considered as basic needs for the elders such as food, medical care and transportation.**





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3. Daily Activities

BSCC members took part in daily games such as bingo, card games, dominoes, crosswords, and trivial competitions, all of which provide healthy mental stimulation. They also continued working on personal projects, such as knitting and embroidery, and took part in spiritual activities, such as praying and devotionals. We introduced all the games to the elderly as multipurpose games in order to help them maintain good mental health while also enjoying entertaining activities. The most important aspect that we consider is the amount of engagement and involvement of the elders. We try to engage our elders in the community and among each others to always play a role and maintain social healthy connection.



Programs & Activities

1. Spiritual Events: BSCC provided 3 main spiritual activities:

- ❖ **Daily bible study** in which elders read and discuss the Bible, extracting lessons for their daily lives. This spiritual activity is also considered as a relief activity, because elders try to discuss their own problem, help and give support to each other.
- ❖ **Daily Rosary** in which all the elders devote the day's Rosary for a cause or person such as peace, or an end to starvation and diseases, as well as for friends, family or anyone in need of prayer.
- ❖ **On Saturday, September 3rd 2016**, Fr. Louis Hazboun offered Holy Communion to BSCC members and led a group prayer session. During his visits, Fr. Louis related parish news and invited BSCC elders to participate in upcoming parish and community events.





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2. Community

As a part of BSCC's effort to encourage Birzeit's elderly to engage in their community, BSCC arranges monthly visits from local organizations, societies and local community members to meet with elders and discuss issues in the community. These exchanges enhance community relationships and give BSCC elders a sense of belonging and importance.

In addition to visits from the community, elders also pay visits to their homebound friends, to whom they minister. Community building among BSCC elders and beyond creates a sense of purpose that is mutually beneficial to the elders and the Birzeit community at large.

A monthly activity that aims to strengthen the community relationships is the Monthly Birthday, where we hold a joint birthday party in the center for all the members who have a birthday in the same month, and we bring their children, grandchildren, friends, and whomever would like to join the celebration. This creates a very exciting activity and is an exceptional source of motivation for the elderly in their life.



3. Crafts

BSCC's craft program provides a safe and comfortable environment for the Birzeit elderly to pursue and enhance their creative spirit. Through the craft program, members engage in activities such as knitting, preparing traditional Palestinian dishes, and painting. These artistic outlets allow them to express their thoughts and emotions, providing an important and therapeutic activity. Oftentimes, their projects depict important memories, reflect spiritual ideas, and help them cope with the passing of friends.

During July, BSCC participated in 3 traditional dish-cooking activities.





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4. Health

BSCC has been cooperating with various health institutions, to provide the elderly with periodical health check-ups and medical tests, with Birzeit University Nursing School and Ibn Sinai Nursing School serving as the two main institutions, which offer monthly health programs for the elderly.

On a daily basis, we have a special program that offers our elderly important medical information essential for them to survive and maintain good health and a balanced diet.

BSCC is urged to take serious action in the direction of providing medical treatment and medicine support not only to BSCC members, but to all the elders at Birzeit as they suffer severe lack of medical care. Thus, we encourage organizations, individuals and all whom in concern to support all aged incapable needy people in the holy land. At this point we look forward to establishing a new program aiming at following up and advocating the elders' psychologically. Thus we urge you to donate in order to support our efforts and attempts to achieve this program for the benefit of the holy land elders in due course.

5. Cultural & Educational

BSCC offers a variety of activities aiming at increasing the awareness of the elderly in many directions. This includes lectures, workshops, cultural trips and visits. In addition to many games of increasing intelligence and providing mental health.

In May, BSCC has launched a program of documenting all the traditional and cultural sayings of the elders, including quotes, traditional songs, etc...

BSCC is looking to establishing a new program of cultivating the elders about basic aspects of computer.

HCEF urges all donors to stand with them and support its programs and activities of BSCC, in order to help in continuing providing its services and activities.

BSCC Members continue to play their role in preserving the Palestinian culture and heritage, and its message of peace, love, and faith. BSCC help the elders to play their role actively and achieve it.



6. Volunteers

BSCC has established a volunteering team from Birzeit community, to deliver its message in society with cooperation of the local community, and to promote the culture of volunteering to younger generations. We welcome all locals and internationals who are interested in volunteering and helping us to apply and join our volunteering team at BSCC.



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September 2016 Main Events & Activities

BBQ Party at BSCC

BSCC organized a BBQ party for its members with the help of BSCC Volunteering team on Saturday 17th of September 2016.

BSCC members enjoyed this party as each and every one participated and contributed in his own way. Some of them did the barbeque as they master this profession. Some of them enjoyed singing and dancing all traditional songs. Others were eager to add the sense of humor to the atmosphere.



A Community Breakfast for BSCC Members

BSCC organized a community breakfast for the elderly with the help of the BSCC Volunteering team. The purpose of this breakfast is to sit on one table, breaking the routine of the regular lunch which the BSCC offers daily, to discuss news around Birzeit and hear some of the exceptional life stories of the elders.

The Monthly Birthday Party

BSCC organizes a monthly birthday party. This activity gives the elders the opportunity to celebrate together, show their love and dear feelings for their fellow friends at the center. It also leaves a positive feeling in their hearts for remembering their day and appreciating their contribution in life.



BSCC Members visiting their fellow friends

BSCC members had a visit for one of their fellow members at home, to check on her. This event is essential since it gives the elders the sense of belonging and activities to their social life, breaking their daily routine and loneliness. It is one of the most popular activities to increase their engagement and interaction with the outer society and stay tuned.



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Conclusion

In September 2016, the Birzeit Senior Citizen Center had the privilege of serving 30 senior citizens in Birzeit, providing them with access to important services including transportation, leisure activities, nutritious meals, spiritual and physical care, medical education, and other opportunities including community building, events and job opportunities. From the beginning up until the end of the month, the BSCC operated for **12 working days**. We provided more than **72 hours** of service and **360 meals**. BSCC continues to increase the beneficiaries in addition to programs, quantitatively and qualitatively. Through various spiritual, educational and recreational programs, the BSCC has provided its senior citizens with necessary resources while also connecting the elderly with the surrounding community, particularly with the younger generation. BSCC is also trying to expand its cooperation with various local institutes and organizations in order to provide a wider variety of programs and activities that fit the elders and satisfy their needs. BSCC is dedicated and committed to providing a place for elderly citizens of Birzeit to come together in a community, and to give them a sense of belonging. To learn how you can support the incredible mission of this center, please visit: <http://bit.ly/2epjYBB>

