



Holy Land Christian Ecumenical Foundation  
مؤسسة الأراضي المقدسة المسيحية المسكونية

## OCTOBER PROGRESS 2015 - REPORT

### BIRZEIT SENIOR CITIZEN CENTER (BSCC)



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

*Leviticus 19:32*

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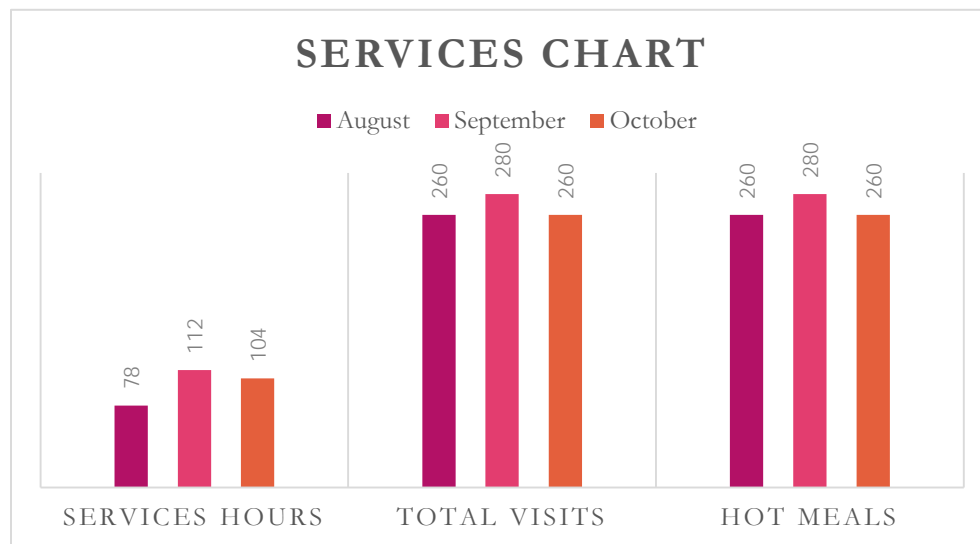
## Monthly Overview

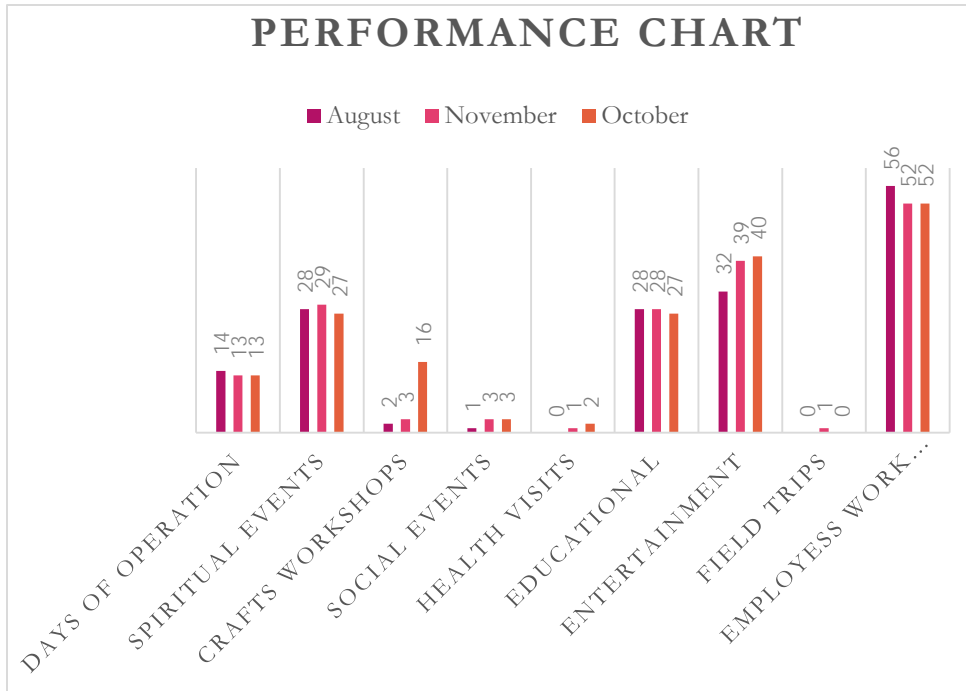
Birzeit Senior Citizen Center is open 3 days a week (Monday, Wednesday, and Saturday), from 8:00 am to 2:00 pm, offering services to the elderly (BSCC members) 13 days a month. The center organizes social, educational, and spiritual activities, offers health and transportation services, and provides entertainment to 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 and not forgotten.

The following statistics offer a glimpse of some of the center's activities in October 2015 as compared to previous months:

### BSCC Statistics for October

Days of Operation	13	Social Events	3
Hours of Operation	78	Health Visits from Medical Professionals	2
Total BSCC Member Visits	260	Educational Activities	27
Hot Meals Served	260	Entertainment Activities	40
Spiritual Events and Activities	27	Field Trips	0
Craft Workshops (Cooking + Knitting)	16	Number of Employee Work Days Generated	52





## 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. The Center also provides transportation for any urgent needs that arise.

### 2. Nutritious Meals

- ❖ With the support of the World Food Program (WFD) and other local organizations, the BSCC provided hot meals for every day that the Center was open, totaling to 260 **hot meals** for the month of **October**.
- ❖ Snacks such as tea, coffee, milk, biscuits and fruit were also provided BSCC members each morning every day that the Center operated, totaling to more than 260 snack meals.

### 3. Daily Activities

BSCC members took part in daily games such as bingo, card games, dominoes, and trivia 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.





## Programs & Activities

### 1. Spiritual Events

BSCC provided 3 main spiritual activities:

- ❖ Daily bible study
- ❖ Daily Rosary
- ❖ On Saturday, October 3<sup>rd</sup>, 2015 Fr. Louis Hazboun offered Holy Communion to BSCC members and led a group prayer session. During his visit, BSCC elders prayed together for peace in the Holy Land and took Holy Communion.

During his visits, Fr. Louis relates parish news and invites BSCC elders to participate in upcoming parish and community events.



### 2. Community

BSCC members organize a monthly social event where they visit their homebound friends. 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. Of a recent visit, BSCC elder, Mr. Fahed Hajeh, said: “when our sons and grandsons visit us in the center, they kill our loneliness and we feel we are live again and we shall contribute as we always do. We are still important and remembered.” In addition to visits from the community, elders also pay visits to their homebound friends, to whom they minister. After a recent visit, Mrs. Jamileh Aranki noted, “When we visit our brothers and sisters at their home, we feel that the unity and love of Christ is present, it is the spirit of Christianity...our neighbors are our friends, fellow colleagues, and our community.” Community building among BSCC elders and beyond creates a sense of purpose that is mutually beneficial to the elders and to the larger Birzeit community.







### 3. Crafts

BSCC's craft program provides a safe and comfortable environment for 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. Often, their projects depict important memories, reflect spiritual ideas, and help them deal with the passing of friends.





#### 4. Health

On Saturday, October 31<sup>st</sup>, 18 nursing students from Ibn-Sina College for Health Sciences visited the Center and performed health screenings for BSCC members. The visit was part of a collaboration between the Holy Land Christian Ecumenical Foundation (HCEF) and Ibn-Sina College for Health Sciences to offer quality, routine medical care to Birzeit's elderly community. During the visit, nursing students checked blood pressure, tested for diabetes, and checked the elders' weight, height and vital signs.

BSCC Members also received an influenza vaccine to protect them from seasonal illness. The vaccine that was contributed by Fr. Louis Hazboun.







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## Conclusion

In October 2015, the *Birzeit Senior Citizen Center* has had the privilege of serving **23 senior citizens in Birzeit**, providing them with access to general services including transportation, meals and spiritual & health activities, as well as other opportunities including community building activities and job opportunities. From

The first till the end of the month, the BSCC has operated for a total of **13 working days**, providing more than **78 hours of service** and **260 meals**. Through various spiritual, educational and recreational programs, the BSCC has been able to provide its senior citizens with necessary resources while also connecting the elderly with the surrounding community, particularly with the younger generation.



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