

Twenty years since the Sbarro Bombing, and Twenty years of service for OneFamily. OneFamily has become the largest, longest standing, most unique organization for rehabilitating Israel's victims of terror, soldiers and civilians.

The OneFamily Hike in October has proven to be a remarkable connection between donors and victims promoting healing. "I felt so rejuvenated after this hike. I returned home feeling much stronger and more able. OneFamily has supported me from the day of the terror attack, when Mindee met me at the hospital. I am so blessed that this organization exists. Judy Felber, mother of injured soldier Netanel.

Is there any way to quantify what Judy experienced? No, but this is the essence of our specialty. Steve Bloomberg (injured and bereaved) wrote a letter to OneFamily saying, "[OneFamily has created a safe space] where I can have deep conversations with fellow terror victims; Where I experience the sadness of the terror together with the happiness of being able live in a positive manner; Where I can enjoy the company of our international friends, who are now like an extended family."



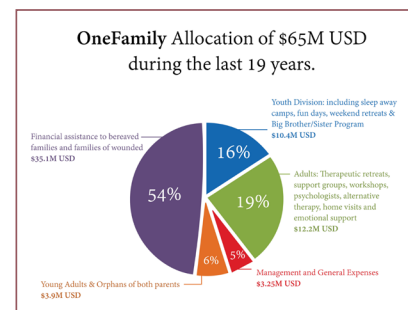
The hike is JUST ONE of our programs designed for healing, connection and empowerment. OneFamily hosts retreats for orphans, young adults, bereaved spouses and families, as well as therapeutic sleep away programs for children three times per year. Chanukah Camp 2021 will be filled with exhilarating physical challenges, exciting activities, and time to bond and heal with each other, guided by grief and trauma specialists. We create a safe space for sharing, healing, supporting each other, and having a great time! Your support allows us to provide these services, with love, like family.

Consider creating a lifetime or legacy gift today, and ensure the continuity of care for bereaved victims, orphans and the injured. Anyone donating \$15,000 or more of appreciated stock to our year end campaign will receive a beautifully framed piece of art with a touching story behind it (while supplies last). We can help you turn your charitable contribution into a deeply meaningful and impactful gift. Together, let's rehabilitate terror victims with the best therapy, education and training; Let's make them stronger than they were before. Stand with Israel's victims of terror today by donating generously. Thank you!



Sincerely,

Marc Belzberg  
 Chairman





Receive this beautiful piece of art when you donate \$15k or more in stock.

## OUR YOUNGEST VICTIMS

**Being struck by terror during formative years has dire, long term consequences on the future of victims.** OneFamily's Youth Division exists to fulfill the critical need for calculated, consistent support and monitoring, of children, teens and young adults devastated by terrorism in Israel. The psychological trauma associated with surviving a terror attack and/or losing a first-degree family member, cannot be sustainably soothed by other family members who are dealing with their own distress. Many victims exhibit extreme difficulty sleeping, eating, learning, concentrating, are disinterested in being social, and agitate easily. OneFamily programming ensures the well-being of approximately 180 children (6-18), 350 youth (18-24), and 600 young adults (24+).



Therapeutic Summer Camp Program

**The Support Services OneFamily provides young terror survivors is fundamental and indispensable.** Without consistent treatment, assessment and monitoring, the likelihood that PTSD will drive these individuals into “at risk” categories of vulnerability is very high – and in most cases, irreversible.

All OneFamily Children, Youth, and Young Adult Division Programming combines the following core elements to ensure full therapeutic effectiveness:



Therapeutic Exercise

**Fun and leisure activities:** The aim of these activities is for the victims to be happy, find release, and prepare the groundwork for deeper therapeutic activities. (Hikes, jeep tours, amusement parks, swimming, etc.)

**Semi-therapeutic activities and non-verbal therapy workshops:** The aim of these activities is to create social and therapeutic depth in indirect ways, in order to deepen relationships, process significant emotional issues subconsciously, and empower young victims to share their internal worlds through experiences. (ODT activities, cooking, movement workshops, hydrotherapy, drama therapy, and touch workshops.)

**Verbal and frontal therapy activities:** The aim of these activities is to develop direct dialogue on issues of loss and bereavement, memory, longing, pain, and difficulties dealing with family and friends as a result of their bereavement or trauma. These activities are led by grief and trauma specialists and therapists.

**Change their trajectory by donating generously today!**



## MASSACRE SURVIVOR FINDS LOVE

You may remember the Fogel Family Massacre in Itamar ten years ago. Ruth and Udi Fogel were stabbed to death in their sleep, along with three of their children, Yoav (11), Elad (4) and Hadas (3 months old). One Family has been supporting the surviving family members ever since, and we are delighted to share good news! Tamar (who was twelve at that time) is the oldest daughter, and she was at a school event on that horrible night, returning to find the gruesome scene. Two of her younger brothers, Roi and Yishai, survived the attack by hiding.



Shir, Yishai, Roi and Tamar.

Roi's counselor from the OneFamily Youth Department, Shir, has made weekly house visits and phone calls to support him over the years. Shir spent lots of time with the family and counseled them through the rollercoaster of their grief and trauma. Like a storybook ending, Shir and Tamar fell in love, and were married this summer. At the wedding, Roi told the Belzbergs how much light OneFamily has brought into their lives. We were able to sponsor the wedding through the Stanley Hechtman z'l Simcha Fund. We wish the new couple all the happiness in the world!

## SPECIAL BAR MITZVAH PROJECT FOR ORPHAN

Thirteen years ago, four American sisters all gave birth to a son during the same summer. They had been dreaming of a joint bar mitzvah in Israel ever since the four boys were born, but alas, Covid regulations made that impossible. Two of the sisters had made aliya since then, but some of the family members left in the US weren't allowed to enter Israel. So, Rachel Angel (who was stuck in the US) called OneFamily because she wanted to add meaning to her son's bar mitzvah. When she heard that Yishai Fogel was having his bar mitzvah the same summer, she instantly knew what she wanted to do.



Yishai Fogel, with Raymond, Joey and Daniel.

She called her three sisters, Aurit, Sari and Michal (who were all in Israel), and they decided on a joint project in place of their joint celebration. Four bar mitzvah cousins and their entire extended family enthusiastically joined forces to sponsor a very special bar mitzvah for Yishai, who was deprived of so many of his family members on that occasion. Yishai said, "It's very meaningful that four strangers wanted to help me celebrate, and I will never forget them." The project went above and beyond to further sponsor a series of woodworking classes which Yishai loves, because it's an activity that he can do with his older siblings. OneFamily invited the three cousins in Israel to meet Yishai for lunch and a woodworking class at our center in Jerusalem. So, Aurit and Sari took three of the four bar mitzvah boys

over, please





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(cousins- Joey, Raymond and Daniel) to meet Yishai. The boys talked and worked, and had a great time together. Joey said, "It was fun to meet and get to know Yishai. It felt really good to be a part of a big mitzvah of helping someone in a meaningful way." Daniel agreed, and added, "It was a very special day and we had a great time!" Raymond appreciated getting out and doing something for someone else. "He's a really nice kid, and we had fun hanging out with him. Plus, he's really good at woodworking!" David (Rachel's son in the US) is "Happy and grateful that this project had such a good impact on someone's life." The love was felt by all. Kol Hakavod, boys!



Fogel family and Bar Mitzvah cousins at OneFamily, Jerusalem.



Dvir Bar Chai- injured soldier, Dr. Iris Greenwald, Nili Bar Chai, bonding on The OneFamily Hike.

## THE ONEFAMILY HIKE IN ISRAEL

"Travelling to Israel for the OneFamily Hike (every October) has been a life-changing experience. I was able to walk with victims of terror and their families and hear their stories, learning how OneFamily has changed their lives by building hope and fostering resilience. Seeing firsthand how my donations have positively affected the lives of these amazing people makes my commitment to the organization unquestionable. I have met incredible people and forged strong, lasting friendships. Sign me up for next year!"

