



Karnei Shomron

CARING FOR PIONEERS IN THEIR GOLDEN YEARS

When Menachem Begin became Prime Minister of Israel in 1977, he openly and unapologetically championed the Jewish People's right to settle their divinely promised homeland. Karnei Shomron was the first Jewish community established in Samaria with the full support of the Begin administration. Today, the Karnei Shomron municipality, with a population of 11,000, is spread across six hills, including four large established neighborhoods and three pioneering outpost neighborhoods.

The Senior Center in Karnei Shomron caters to older community members, including Holocaust survivors and the community's original pioneers. While Karnei Shomron's population is swelling with new and younger families, the residents have not forgotten about their parents and founding members. The Karnei Shomron seniors center offers a variety of classes geared toward improving all aspects of quality of life and health for local seniors, including physical, mental, emotional, spiritual, and social programming. Unfortunately, some seniors in Karnei Shomron are too frail to attend these valuable programs. Chronic illness, limited mobility, a decline in cognition, or dementia are a few reasons these seniors remain at home, isolated from social interaction and activities.

Karnei Shomron would like to pay more attention to home-bound seniors, providing them with the enrichment so desperately needed for their mental and physical health. Each home-bound senior would receive a kit filled with games for memory and mental stimulation, art supplies, and fitness accessories, such as a ball, dumbbells, and flexibility bands. Specially-trained local volunteers would make weekly home visits to work on arts-and-craft projects, games, and mobility exercises with these seniors and their caretakers. The volunteer would then direct each caretaker on how to continue these activities throughout the week, providing much-needed cognitive and physical stimulation on an ongoing basis. Karnei Shomron needs your help with the costs of the kits and the salary of a program coordinator, a position so vital for training and supervising the volunteers as well as coordinating the progress of each senior resident. Unfortunately, there is no funding available for this position from any other source.

Karnei Shomron needs your help to provide for its most vulnerable citizens—the original pioneers now in their golden years who are shut in or suffer from dementia. With your help, the residents of Karnei Shomron can give their parents and grandparents the warm care they deserve. Help us bless these pioneering senior citizens who have given so much of themselves to Biblical Israel!

COMMUNITY SNAPSHOT

- ☆ **Founded:** 1977
- ☆ **Location:** Samaria
- ☆ **Origin of Name:** In English, "Horns of Samaria" referring to the two hills that rise above the community
- ☆ **Biblical Significance:** The town borders the Kana River valley, the Biblical border between the territories of Ephraim and Menashe
- ☆ **Population:** 11,000



Karnei Shomron wants to provide specialized programs for their seniors suffering from dementia



You can help provide social, cognitive and physical stimulation for home-bound seniors in Karnei Shomron

KARNEI SHOMRON SENIORS PROGRAMS

PROJECT BUDGET

Program Coordinator Salary	\$5,190
10 Home Kits (\$173 each)	1,730
TOTAL FUNDS REQUIRED	\$6,920

To participate in this project: visit our website at www.cfoic.com/projects
 Or mail a check with the project name in the memo to:
 CFOIC Heartland, 7661 McLaughlin Rd, #255, Falcon, CO 80831 (US & Canada)
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