



HAVERUT

The Spirit of Creating Health Together

*"The strength of my body may be small...
but the strength of my heart is renewed."*

– Taken from the diary of Ruth Ettun at the age of 10



About Haverut

The Haverut Organization has been supporting and empowering the medical world in Israel since 2007 by providing programs and services that focus on incorporating the spirit, the arts and community. From our spiritual caregivers, healing art and music programs, to our therapeutic workshops and trainings with doctors, nurses and students, we at Haverut aim to support all those who are in the Israel health care system with the goal of enabling the medical center to become a healing center for body, mind and spirit. By Haverut being a supportive presence in many wards in multiple hospitals throughout Israel, we are able to fill a void in the Israeli medical system.



Haverut founder, Rachel Fox-Ettun is one of the leaders of the Spiritual Care profession in Israel and is a trained family therapist specializing in work with families coping with chronic illness, loss and bereavement. Rachel was inspired to create Haverut from personally experiencing what was missing from hospital care in Israel. In 1997, Rachel's daughter Ruth died from Cystic Fibrosis at the age of 11 ½. Ruth spent most of her short life in hospitals with her mother Rachel by her side. As a result of the profound journey Rachel experienced with her daughter, she began to understand how desperately these services were needed and yet how little funding and facilitators there were to do so. The Haverut Organization is a heartfelt way for Rachel to honor the memory of her child with the intention to help patients and families cope with difficult experiences by channeling both the creative and spiritual strength that resides within each of us.

Haverut means **friendship** in Hebrew and the *Rut* in Haverut is also in honor of Ruth. As the moniker exemplifies, Haverut empowers the Israeli medical community by facilitating genuine connections between caregivers, patients and the healing environment through the use of spirituality, creativity and community. It is through the help of our donors that Haverut is able to support both medical staff and patients, of all faiths who walk through the doors of the many hospitals across Israel. It is Haverut founder Rachel Fox-Ettun's belief that "From here in Israel can emerge a unique message of health- one that sees the person as a whole in body, spirit, heart and soul; one that sees society as a community that cares for all of its parts without fear".



Spirit, Creativity and Community

Haverut believes in three major components
needed to create health



Spirit

To fully treat an individual means to treat his mind, body and spirit. Spiritual Care providers are there to connect, support and guide individuals in the hospital who are struggling with the “big questions” of life. The most advanced approach in medicine today recognizes the importance of involving the patient in the decisions pertaining to his illness. Haverut’s Spiritual Caregivers are there to assist the patient through this overwhelming process. Through Haverut’s programs, trainings, staff and volunteers, we create a network of people within the medical institution who can be a resource for individuals and their families during a time of sadness and crisis. All our programs and staff share the belief that each patient is unique and we honor that by providing a multitude of tools to help everyone on their journey. Haverut’s spiritual tools include: music, breathing techniques, personal prayer, meditation, movement, a connection to source, learning, creativity and of course holy texts and religious traditions.



Creativity

The healing power of creativity is a large component of what Haverut provides to those in the medical system; doctor and patient alike. Our programs and staff provide unique creative encounters within the medical center which transforms the facility into a healing space. Through the use of the arts and a connection





with one of our staff members, a patient is reminded of his abilities, interests and inspiration. This serves as an invitation for each patient to connect to the healthy, creative and liberated part that resides within each of us. The combination of creativity and connectivity creates a relaxed environment that allows a patient to express himself and heal. We at Haverut our constantly examining ways to bring creativity into the healthcare institution. In collaboration with hospital and department heads, Haverut hosts wonderful events and creative happenings that are welcoming and uplifting to all those in the hospital; regardless of race or religion.



Community

Haverut creates the connection between medical centers and the surrounding institutions in the community. We at Haverut believe in the significant power created by the interactions between people of all walks of life. The influence a community has to help those heal in the medical center is an essential part of the process. Connecting individuals and community leaders to those who are in the hospital creates meaningful connections on both sides. For the many who are ill and alone in hospitals, the opportunity to have an authentic connection with someone can be the key to their recovery. Connecting people in the community to those in the medical center not only strengthen ties, but also strengthens the spirit of all and is reflected in a healthier Israeli society.





The Programs

Spiritual Care Program

- Certified Spiritual Caregivers providing one-on-one support to patients in the hospital, helping them find meaning to the big questions of life and guiding them on their personal journey to health.



Healing Musicians Program

- Professional musicians who have received training from Haverut in empowering and comforting patients during times of sadness and crisis. This program takes place year-round in hospitals throughout Israel. Remarkable recoveries and healing takes place thanks to this program.

Student and Patient Connect & Create Program

- A year long program where medical, nursing and art students work with patients in multiple hospitals throughout Israel. They connect with patients of all ages, gender and religions to create art together. This connection with patients helps create a healthy core, enabling a positive impact on ones wellbeing, resilience and sense of hope.



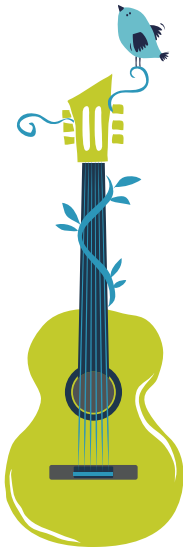
Pensioner and Patient Social Clubs

- We host games clubs and community outreach to a number of geriatric wards throughout Israel- creating a powerful connection between patient and volunteer of the same age and community.

Dress For Her Program

- A creative program that unites fashion design students and women hospitalized in the Psycho Geriatric Ward at a mental health institution. This program empowers elderly women to explore their creativity while connecting to each other and design students. With the help of the design students, each woman creates a special dress which they can wear at an upcoming holiday celebration that we host.





Prescriptions for Life Pediatric Program

This program provides each hospitalized child with a sense of connection to others while in the hospital setting as well as feeling connected once at home recuperating. The Prescriptions for Life Program includes deep involvement with nurses in each pediatric ward who introduce the program to the child patient and family. The involvement of our medical students is an essential part of this program since they are working one-on-one with each child, creating art and a safe space for the child to open up and connect. We continue to support each child on their road to recovery once discharged by providing our Prescriptions for Life booklet that was carefully curated by Haverut, medical students and hospital staff. This booklet provides each child with fun and creative tools for recovery while allowing each child to feel creative, healthy and empowered.



Haverut Yisraelit - Mechinot [Pre-Army Leadership Program]

Our Mechina program includes a year-long meaning and compassion course, volunteer work in hospitals, day seminars for Mechina staff, small group supervision, one-on-one supervision for Mechina staff members and an end of the year project initiated and executed by the Mechina students with our mentorship. Haverut has been asked to be part of the National Mechinot Program with the belief that our organization's can help influence the future leaders of Israel to be equipped to face the challenges of life in a healthy and empowered way.

Healing Workshops for Hospital Staff and Health Care Professionals

Haverut's Spiritual Caregivers lead an inspiring and unique program of workshops, courses and seminars for healthcare professionals who are searching for tools to stay healthy, positive and encouraged in the face of the many difficulties experienced in their clinical roles. This program is a lot of sharing of experiences and reflections of doctors and nurses in a supportive setting lead by our staff.

خليقة

40th – 41st Annual Conference – 2019

המרכז הרוחני והחברתי של הרפואה
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החברתית והרוחנית

2019



בריאה

החברות-הרפואה-בצלאל 2015

המרכז הרוחני והחברתי של הרפואה
החברתית והרוחנית
המרכז הרוחני והחברתי של הרפואה
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החברתית והרוחנית



Haverut Annual Conference for Healthcare Professionals

Lectures, workshops and programming with a focus on Refua Shlema and the spirit of creating health together. Our conference creates an opportunity to connect healthcare professionals in Israel who want to expand their knowledge of spiritual care and Humanistic Medicine. They return into the work force feeling inspired and rejuvenated with a better ability to help their patients and fellow staff members.



Want to Help Haverut Heal?

To Donate Online: Haverut.org.il

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To Donate in America:

Donations made to
PEF, Israel Endowment Funds, Inc.
630 Third Avenue, Suite 1501
New York, NY, 10017

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To Donate in Israel:

Leumi Bank
Branch #912
Account #23110034

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Checks may be sent to:

Rechov Bustanai 14,
Jerusalem, Israel,
932291

Donations to Haverut are tax deductible



Haverut is a registered nonprofit organization in Israel
Haverut Organization Registration #51-395-815-7



Ruth Ettun z"l

1 Heshvan 5746 – 21 Shevat 5757
October 16, 1985 – January 28, 1997



HAVERUT



The Spirit of Creating Health Together



“Haverut really gives the spiritual and creative tools needed to support the healing process”

Dr. Osnat LevZion Korach, Director of Hadassah Mt. Scopus