



In this issue...

Yatik al Afiya

By the Numbers: ANERA's Food Package Campaign

Zakat Foundation Keeps Coming Through

The pharmacy was destroyed, but the work still continues

Regular check-ups at the Spafford Clinic

This is What Hope Looks Like

Yatik al Afiya

Yatik al afiya. Spend a day in Palestine and you're bound to hear this phrase again and again. It literally means "may God give you health" and it is used as an expression of encouragement and an acknowledgment of good works.

If you see a teen studying for exams, you tell her *yatiki al afiya*.

If you encounter a construction worker laying a road, you tell him *yatik al afiya*.

If you visit a group of farmers bringing in the crops, you tell them *yatikom al afiya*.

Inherent in the use of the words *yatik al afiya* is an understanding that health and well-being are fundamental to everything in life. It could be the motto of ANERA's health work.

Promoting health and well-being

In the poorest communities of Palestine and Lebanon, many people lack access to basic health services. They face enough challenges without having to worry about clean water and treatment for simple illnesses. Most of ANERA's programs directly or indirectly impact people's health and well-being.

The ANERA newsletter is published quarterly by American Near East Refugee Aid (ANERA), a non-profit agency established in 1968 and dedicated to providing development, health, education and employment programs to Palestinian communities and impoverished families throughout the Middle East.

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COVER PHOTO: With funds from Islamic Relief, ANERA connected Rawda's Gaza home to a clean source of water. Rania Elhilou, photographer

ANERA was founded to supply emergency relief to refugees displaced in the 1967 War. Sadly, to this day we are still responding to crises that create acute needs, from the latest military assault in Gaza to the large influx of refugees in Lebanon from war-torn Syria.

Chronic conflict and poverty have left many health facilities poorly equipped to offer their communities adequate services. For 45 years ANERA has sent quality donations of medicines and health care supplies to facilities that serve impoverished families. These deliveries are made available to disadvantaged patients free of charge or for a nominal fee, which means that families, hospitals and clinics can invest whatever limited resources they have for other important needs.

In addition to the vital work of delivering medicines and relief supplies, ANERA improves the conditions in over-burdened surgical hospitals and community clinics by building new infrastructure, upgrading existing spaces, and procuring state-of-the-art health care equipment.

ANERA is also well-known throughout Palestine for linking homes and schools to potable water networks and building reliable sewage systems. Both are crucial in communities where clean water is scarce and raw sewage runs through the streets.

ANERA's education programs include awareness sessions that encourage healthy behavior. Parents of preschoolers in the West Bank and Gaza learn about how good hygiene and nutrition affects children's cognitive and physical development. Teenaged refugees in Lebanon learn about basic health and hygiene and how to protect themselves from substance abuse and other risky behaviors through positive actions like taking part in sports activities.

All of ANERA's work ties into health and well-being in some way. And it is because of you, our community of donors, that any of ANERA's work is possible.

So we say to you *yatikom al afya!*



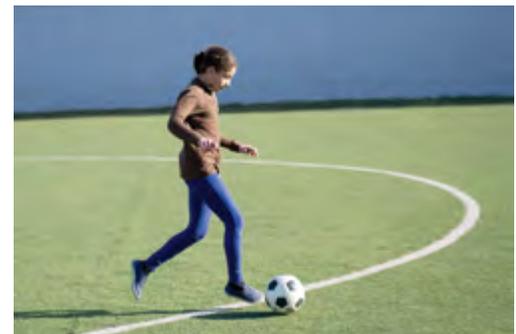
These medicines at the Hebron Charitable Clinic are all from ANERA.



In 2012, ANERA built this health clinic that serves the small West Bank village of Beit Mirsim.



At the Hekayat Preschool in Gaza, like at many others, ANERA installed sinks, water fountains and toilets.



A refugee plays soccer on a field ANERA installed in northern Lebanon near between Beddawi camp.

ANERA's 2015 Annual Dinner on October 2, 2015 will raise funds for health programs. Please join us:

anera.org/dinner

The Need

70%

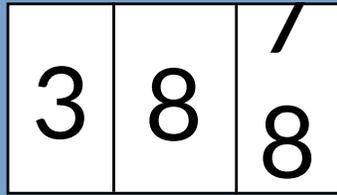
of Syrian refugees in Lebanon are **food insecure**.

50%

of a Gaza family's income is **spent on food**.



The Response



individual donors

&



contributed to the food package campaign.

Thank you!

The Result

More than

1,700



families received food packages during Ramadan



When rapid relief and health services are needed, as they so often are in the places where we work, it's good to know we can depend on our partner, the Zakat Foundation of America, to come through with vital funding.

Right now, the Foundation's contribution to our food package campaign is providing nutritious food to families in Gaza and Lebanon. Through the years, the Zakat Foundation has awarded grants to ANERA to help provide food packages to Palestinian families in need during Ramadan. Last year, the food was ready for distribution just as bombs began falling on Gaza. Thanks to our partner's support, ANERA was one of the first organizations to respond in the first days of the crisis.

The Zakat Foundation also came through with funding for urgently needed medicines at Gaza hospitals receiving critically ill and injured patients. ANERA staff estimate that this grant impacted some 1,200 people, many of whose lives depended on the the post-surgery antibiotics ANERA delivered. The Foundation provided the same support during the 2012 Gaza war.

At the October Annual Dinner, ANERA will honor the Zakat Foundation of America for improving the lives of so many Palestinian families through continued support of wellness programs.



Four-year-old Nour in Burj El Burajneh refugee camp in Lebanon unpacks the box her family received this Ramadan, June 2015.

The pharmacy was destroyed, but the work still continues ►

Dr. Sameer Abu Jayaab and Mostafa Al-Ghosein, ANERA in-kind program manager, stand in front of the rubble of what was once an outpatient pharmacy at the Society of Physically Handicapped People in Gaza. The pharmacy, and the medicines inside, were destroyed during the 2014 summer attack.

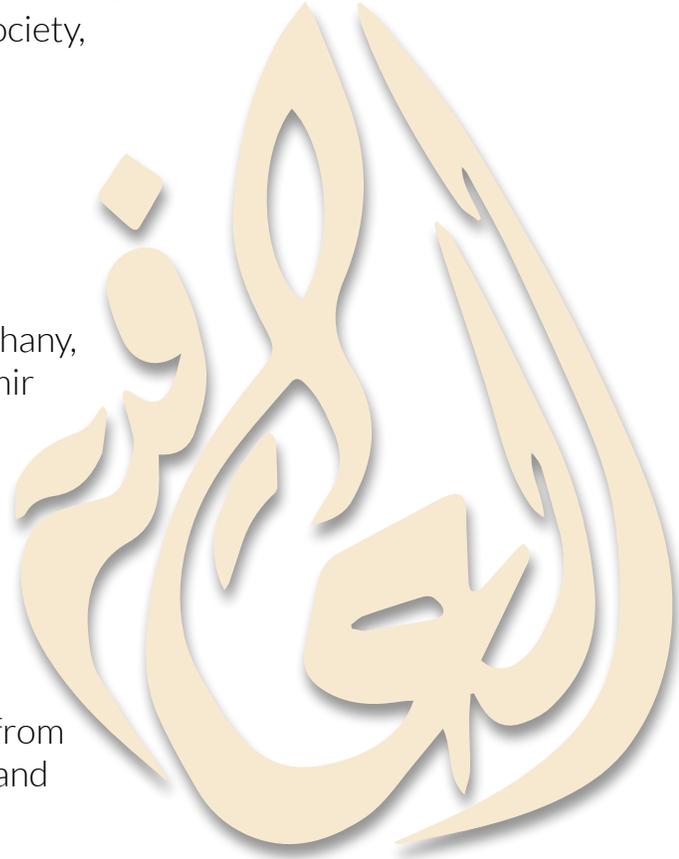
ANERA partnered with International Health Partners UK to deliver much-needed medicines to the Society, giving them the ability to function despite these losses.

Regular check-ups at the Spafford Clinic ▼

At the Spafford Center's health clinic in Bethany, Palestine, Dr. Sabbah gives two-year-old Amir a check-up.

Amir is feeling grumpy about his visit to the doctor, but a few colorful balloons from Dr. Sabbah cheer him right up.

An ANERA grant helps the clinic provide free service days for Palestinian families, particularly children and mothers, isolated from health care facilities by the separation wall and travel restrictions.





This is What Hope Looks Like

For the people of Gaza, the deprivation and suffering in the aftermath of last summer's war are unprecedented. Bombs destroyed entire districts. Health facilities, factories, bakeries, agricultural fields, water and sanitation systems all sustained serious damage. Thousands of farmers, fishermen, and factory workers lost their jobs, swelling the ranks of the poor and unemployed to over 60%. Many families lack adequate food and shelter. The Gaza power plant still only runs at partial capacity, leaving families in the dark for 16 hours a day.

The pattern of destructive war, followed by lack of adequate reconstruction, compounds the ruination of Gaza's economy and society, leaving many Palestinians without hope for a better life.

ANERA is one of the few international nonprofits visibly responding to the immense needs in Gaza and offering a little hope in a bleak landscape.

With your help, ANERA is installing and repairing water and sewage networks so that thousands of families have clean streets and a reliable source of water. You are helping us to restore farms so they again yield healthy, fresh produce and give families a good source of income. You are making it possible for us to deliver vital medicines and other needed supplies to facilities serving the poorest communities. ANERA is reaching over 1,700 families with Ramadan food packages thanks to the generosity of our community of supporters. We also have been able to invest in renovating and rebuilding preschools like Amjad Preschool in Beit Hanoun, an oasis in a sea of rubble.

This is what hope looks like.

Amjad Preschool in Beit Hanoun was destroyed last summer. In the past couple months, ANERA completely rebuilt and refurbished it.



BEFORE



AFTER



Promoting health & well-being

Funds from ANERA's Annual Dinner will support programs that promote health and well-being. To live one's life in health and wellness should not be a luxury.

Annual Dinner

Friday, October 2, 2015 | Washington DC

Questions?

Write to dinner@anera.org
or call 202-266-9713

Reservations

www.anera.org/dinner

ANERA

Improving Lives in the Middle East

Since 1968

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Yatik al Afiya

ANERA News

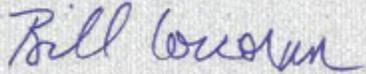
Summer 2015 | Issue 189

Dear Friend:

I want to start by thanking you for making this year's Ramadan food package distribution possible. ANERA donors have put food on the table for more than 1,700 impoverished families in Lebanon and Gaza. In Gaza, wars and a crippling blockade have put basic food items out of reach for many people. Families in Lebanon's camps also have difficulty meeting their food needs because of soaring prices and massive unemployment.

The theme of this newsletter is health and well-being. Food, well-equipped health care facilities, quality medicines, awareness of healthy practices, clean water, and reliable sanitation systems are hallmarks of ANERA's work in the communities we serve. I hope you will enjoy reading about how your support has improved the health and well-being of thousands of families.

Gratefully,


ANERA President

