



Moravian Church

Star Mountain Rehabilitation Center



CHRISTMAS 2009 NEWSLETTER

Star Mountain Rehabilitation Center
sends its Christmas Greetings and New Years Wishes
to All Its Friends and Supporters.....

THE DIRECTOR'S NOTE

Dear Friends,

I am writing to you today, as the new Director of Star Mountain Rehabilitation Center, Palestine, to convey to you on behalf of all staff and colleagues our best wishes for a wonderful Christmas Holiday and a safe slip into the New Year 2010.

I am writing to many of you for the first time and wish that this will lead to many more times to come. Together with my colleagues in the new Management Team, Dr. Amira Rimawi, the Program Coordinator, and Mr. Farah Odeh, the Administrator, along with each and every staff member in our different programs, as well as, each individual person with disability with whom we work, all together we are steering the Center slowly back into calm waters.

We are all optimistic that the coming year will open up new opportunities for our work and will enable us to give more to youth and children with mental disabilities.

We thank you all for your constant mental or financial support, which gives us strength and power to continue, knowing that there are people who care and have the will to help. We appreciate this enormously.

This newsletter will shed light on our current running programs at Star Mountain. Pictures of activities speak for themselves...

Enjoy your Holidays....

Ghada Naser

STAR MOUNTAIN PROGRAMS

SMRC has currently **45 employees and 65 mentally disabled students** who are daily transported to the Center and back home. In addition, **288 disabled children** are served in the villages through the community work program.

There are **five programs** running at the Center:

- The **Integrative Kindergarten** (month-old babies - 4 years)
- The **Special Education** Program (school-aged children: 4 - 14)
- The **Autism Program** (school-aged children & older youth)
- The **Vocational Training** Program (14 – 50 year old)
- The **Community Work** Program



Moravian Church

Star Mountain Rehabilitation Center



In addition to these programs, we offer **specialized services** for our students such as **occupational therapy, physiotherapy and art therapy. Speech therapy** will be offered starting January 2010.

All programs are complementary and provide unique rehabilitation, training and integration opportunities for persons with mental disabilities.

Volunteers, guests and supporters have always been a major asset to Star Mountain in providing assistance and suggesting ideas. We offer them the opportunity of **lodging in our humble guest rooms**, with a much lesser price compared to hotel prices around. Star Mountain is a nice, relaxing place to be in and to enjoy the fresh air of the mountain.

We encourage **volunteers** specialized/interested in providing assistance in any of the following fields to **approach us**: special education, physiotherapy, occupational therapy, speech therapy, music therapy, art therapy, vocational training, and the integrative kindergarten.

Following is a brief summary of each program:

The Kindergarten aims at integrating disabled children with non-disabled children. They are divided into two groups, younger and older children and guided through a planned indoor and outdoor schedule by staff and volunteers.





Moravian Church



Star Mountain Rehabilitation Center

The Special Education Program (SEP) aims at providing special education for the persons with mental disability, aged 4-14 years. Our work is based on an individual and a community-based approach for each mentally disabled child aiming at becoming able to cope with and integrate into family and community life. This is done through a variety of rehabilitation services offered to the children themselves, but also through a direct support and training relationship with the families of the disabled children. Training offered to the disabled children include: self-care, language acquisition, cognitive capacity, rehabilitation, community participation, creativity, physiotherapy, drawing, music, drama, behavioral change and physical movement skills.



The Autism Program... Star Mountain is one of the unique institutions in Palestine that deals with mentally disabled persons who also have autism. Our program aims at rehabilitating children and youth through individually set plans that takes the physical and mental capabilities of each individual into consideration. Rehabilitation areas include: self-care, cognitive skills, social skills, communication skills, behavioral change, increased focus and less hyper activity. Until now, students have been coming to the Center once a week accompanied by their mothers. However, starting January 2010, most of them will be coming on a daily basis, noting that teachers maintain constant links with the mothers, either through home visits or mothers coming



Moravian Church

Star Mountain Rehabilitation Center



to the Center. We have currently 11 autistic students.

The Vocational Training Program (VTP) offers young people with mental disability, aged 15 years and above, vocational training in a broad range: gardening and agriculture, farming of animals, handicraft and sewing work skills. The program aims at rehabilitation, education, social integration and individual promotion of the young people. Teaching and training are given to them according to their abilities in order to become self-independent citizens. It strives to create/enhance job opportunities for trainees outside SMRC after several years of training.



The Community Work Program (CWP) is based on the concept of community based rehabilitation (CBR). CBR is an internationally acknowledged strategy within community development and aims at the rehabilitation, equalization of opportunities and social integration of people with disability. It is an everyday challenge to change attitudes of the people towards persons with disability and disability issues through education, raising awareness and empowering the families and communities of disabled persons. It aims for important transformations of the society so that people with a disability are an integral and fully respected part of it. It is operated through (a) home visits to the families of the disabled persons to closely care for the disabled and train/support the family on how to deal with its disabled child, (b) community mobilization and organization regarding disability rights and issues, especially integration.





Moravian Church

Star Mountain Rehabilitation Center



RECENT ACTIVITIES AT STAR MOUNTAIN

Star Mountain witnessed several activities and events in the past few months. Such activities include: medical days, a foot checkup day, hair dressing training, participation in the national special Olympics games and acquiring gold, silver and bronze medals, bazaar days, feast parties and celebrations. Below you can see some pictures...

Students Picking Star Mountain's Olives



Al-Quds - Arab Capital of Culture Activity at Star Mountain





Moravian Church

Star Mountain Rehabilitation Center



Al-Adha Feast Party



Star Mountain at Church of the Redeemer Christmas Bazaar in Jerusalem



Church of the Redeemer Christmas Wreath-Day at Star Mountain





Moravian Church

Star Mountain Rehabilitation Center



Birgit and Anna-Lisa - Volunteers at Star Mountain's KG



Foot Check-up Day



Landscaping





Moravian Church

Star Mountain Rehabilitation Center



IF YOU OR ANYONE YOU KNOW IS INTERESTED IN SUPPORTING THE WORK OF STAR MOUNTAIN, WE KINDLY ASK YOU TO MAKE **DONATIONS** TO THE FOLLOWING **BANK ACCOUNTS**:

Arab Bank plc

Al-Bireh Branch, P.O.Box 3731, Al-Bireh Palestine

Tel: +970 2 2959581-7 Fax: +970 2 2959588

Benef. Name: Star Mountain Rehabilitation Center

Benef. Account: 9030/603900

Money transfers locally: **Swift Code: ARABPS22030**

Money transfers from the US: **CREDIT SUISSE (in Zurich), Swift CRESCHZ80A**

Money transfers from Europe: **ARAB BANK AG, Frankfurt, Swift Code: ARABDEFF**

Herrnhuter Missionshilfe

Bad Boll

EKK Stuttgart

BLZ: 52060410

Konto – Nr.: 415103

GOOD BYE TILL NEXT TIME...

BEST WISHES TO YOU!