

## Introduction

The issue of visiting the sick to comfort was inspired by my own experience. I am recalling past years I could see the transformation of my life started from the experience of the visits I had when I was in the middle of the restoration of a hernia operation. At the age of 20 when I was operated of a hernia I could see those with whom I had fun with and went to different activities had no time even to make a call. But there was a group of people who remembered to comfort those who were going through one of the life processes of physical or emotional illness. It is here where I was comforted by this group which came to visit me; they read psalms and biblical experiences and sang. I personally was not interested at first about there themes, but listened feeling grateful for there time dedicated to me. I continued listening in order to find an opportunity to tell them not to return, but that was not the purpose of the universe. The universe wanted me to do the same with others, comfort and teach them as the creator of the universe is our strength. I continued my studies and pilgrimage in search of those things that transform life in the need to unite your physical life with the desire of your soul. Amid this peregrinate I read the story of Golda Mayer, which led me to feel that I was part of the experience she spoke. That was my experience to get where I am, trying to strengthen the living and learning how to fulfill the last wish of those who die, preparing their bodies with honor and respect that represent being children of the King of the universe and as children of the King prepare their bodies to meet their King.

## Content

In this project I conducted a survey to measure the importance of visiting the sick. This was made from 50 people, which will let see what percentage of them sees the visit of the sick as something comfortable in his life, and therefore this comfort restore your health. I have also drawn 5 of the experiences of those surveyed. At the same time reveal the positive or negative need in the experience of visiting. Support this important appointments by showing us strengthen individuals in the midst of their pain. Table of percentages obtained from these visits will appear.

## Objective

My main objective is to measure the importance of visiting the sick by the methods of surveys and interviews. Disclose the percentages of people being visited are comforted.

## Interviews

Comforting is the basis of visits to the sick. Through these visits I could see positive experiences and negative experiences. I could learn through these surveys and interviews that not everyone likes to be visited. Starting from my experience it was my opinion that the visits will favor everyone, however it is not. Let narrate some experiences:

1. A Jewish gentleman had to be detained in hospital for having lung cancer. The visit at the ward became a tremendous humor. For what reason? The reports that such a visit in the midst of his pain would not let him rest and filled him with so many questions rather than to comfort him it distressed him. Even with the passing of time he remembers.
2. A young Jewish women after her c-section would relate how the many family visits would drain her. In her pain, after being operated, she wanted to rest and not speak to anyone. In this experience I saw that it was not the visits, but that they didn't give her time to rest, because after a few days, she wanted to share.
3. This experience also has to do with an operation, but this due to a fall. The lady had to be operated on one leg. She tells how she wanted to wear light clothes and relax from her pain. With people visiting them her wardrobe would not allow her to be comfortable. From this experience I learned that before visiting we should ask when is the right time for the comfort of the person. She also gave me the idea of being a useful person for the patient support in a direct way that tells her that there is direct and indirect aid. The hint is supporting the person, helping in housework while the person is convalescing, like: cooking, washing and those duties that the patient could not perform.
4. In this experience I could see were both direct and indirect aid was involved. This is the experience of an older person who always had to be admitted to the hospital, her daughter was the biggest companion of this mother, but she also wished she be visited. This daughter spent 15 days in the hospital hoping that someone relieved her to be able to go home. She was comforted by visits but even more when someone took her place in the hospital or brought food for them, even if they didn't see the patient, helping her indirectly.
5. It is regrettable experience of a person having many people around them have to die alone. Sadness and not wanting to bother made her to withdraw into herself and not be comforted by anyone. This is another reason to comfort one who is on your side when you know they are sick. A fall made this lady suffer such severe cellulitis that when she came to see, it was too late for the person and those who could have helped could not due to lack of dialogue.

## Why is it important to comfort?

1. Because we need to recognize what our purpose in life is. According to the book "The Garden of Health" by Rabbi Arush Shalo: "The man came to this world to fulfill a mission. His life in this world is not a permanent life, but a life that begins and ends according to its rectification and a specific mission" ("Garden of Health" pag.18).
2. Why we need to develop our Emunah. Emunah is divided into three levels. ("Garden of Health" P. 25)
  - a. The first level (basic emuna) when we believe that everything that happens to us and what happens to others comes from the Creator through divine individual supervision until the infinite detail.
  - b. The second level. When we believe that the supervision of the creator is for good then everything happened to us and what we will happen is all for the good.
  - c. The third level. When we believe that everything he does is the creator with a purpose and tries to find the creator in everything that happens to us.
3. That why we should bring joy to the patient, that is to be comforted. ("Garden of Health" P. 127) It is very important that also the relatives of sick person be are aware of the importance of joy to always smile and give encouragement and rejoice in every possible way ... and in what refers healing, joy is the most important thing of all.

This questionnaire is part of the project "The Importance of visiting the sick", which is a prerequisite for the approval of Course 3, Educating, Orienting and Trading by the Gamliel's Institute, Kavod V'Nichum.

Instructions: Mark with a check mark or an X the selected answer. In question 6 type 1 or 2 or both.

1. Gender:     Male     Female

2. Age:         0-15     16-30     31-55         56 onwards

3. Jewish:     Jewish     Not Jewish

4. You, a family member or friend have gotten sick physically or emotionally?

You	Family or friend
<input type="checkbox"/> physical	<input type="checkbox"/> physical
<input type="checkbox"/> emotional	<input type="checkbox"/> emotional

5. Who visited you in your illness? Your Family or Friendship Family:

You	Family and friend
<input type="checkbox"/> family	<input type="checkbox"/> family
<input type="checkbox"/> friends	<input type="checkbox"/> friends
<input type="checkbox"/> support groups	<input type="checkbox"/> support groups
<input type="checkbox"/> no body	<input type="checkbox"/> nobody

6. Your health improved with these visits?

much                       little                       nothing

## Results of the test

Gender		Total %
Male	22	48%
Female	28	56%
<b>50 persons</b>		
Ages	Persons	Total %
0-15	0	0%
16-30	2	4%
31-55	24	48%
56 o more	24	48%
<b>50 persons</b>		

Audience	Total%	
No jew	20	40%
jew	30	60%
<b>50 persons</b>		

Sick People	Total %	
You	15	30%
Family	25	50%
both	10	20%
<b>50 persons</b>		

Visited	Total %	
You	19	38%
Family	20	40%
Both	10	20%
No Body	1	2%
<b>50 persons</b>		

Conforted	Total %	
Much	36	72%
Little	12	24%
Nothing	2	4%
<b>50 persons</b>		

## Analysis

In my theme comforting the sick I conducted a survey with 50 people composed of 48% male and 56% female. Among the ages, 4% was from ages 16-30, 48% were between the ages of 31-55 and 48% of 56 years or more. The participants were 40% not Jewish and 60% Jewish. I did a break down among the people that were sick. Those with their own experience comprised 30%, relative 50% and both 20%. Among the visits they received 38% said they were visited, to the relative 40%, to both 20% and 2% nobody visited them. In the survey the most important question was if the visits they received helped them a lot, a little or not at all. 72% said it helped them a lot, 24% said it helped little and 4% it didn't help. According to the survey results, I can see that my hypothesis was correct and that 72% indicated that the visit will benefit.

## Conclusion

After finishing the topic *Visit and Comfort* I could see that the process by which many patients go through they all end up the same, joy is the pill of restoration. That's why comforting has changes. By measuring this process I could see that most of this group of people were comforted by being visited. Concluding that my experience was a reality.

Revealing that the survey made with 50 participants, I could measure that 72% of them were comforted much, 24% were comforted little and 4% were not comforted. Allowing me to analyze the benefit that the visit has in comforting the sick.