

JFS Jewish Journal

Engaging Your Jewish Residents

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HIGH HOLIDAYS: The Holiest Time of the Year

Fall is an important time in the Jewish year as includes several major holidays. The first two of these "High Holidays" are called *Rosh Hashanah* (Row-sh Ha-Sha-Nah) and *Yom Kippur* (Yome Key-Poor). They are 10 days apart from each other.

Rosh Hashanah

Rosh Hashanah, which translates literally to "head of the year," is a two-day celebration of the Jewish new year. This year, **Rosh Hashanah begins at sundown on September 25 and ends the night of September 27.** Depending on their religious observance or upbringing, some Jews celebrate only the first day of Rosh Hashanah.

Yom Kippur

While Rosh Hashanah is a celebratory holiday, Yom Kippur is a very solemn one. Known as the *Day of Atonement*, it is a time to repent for one's sins and commit to making better choices in the new year. It is customary to fast for the whole day, **from sundown on October 4 to after sundown on the 5th in 2022.** It begins with a special prayer service called **Kol Nidre** (*Kohl Nee-dray*). Yom Kippur is considered the holiest day on the Jewish calendar.

The Ten Days of Repentance

The 10 days between the two holidays are a time for self reflection and collection of thoughts before the Yom Kippur fast. Residents may seem more introspective during this time.

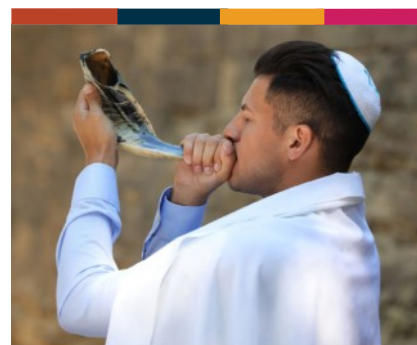
Helping Your Jewish Residents Celebrate the High Holidays

For the Jewish month of *Tishrei*, which begins on Rosh Hashanah, it is traditional to listen to the blasts of the *shofar*, a carved and ornate ram's horn that is used like a trumpet. The act of hearing the shofar on the two High Holidays is considered a great *mitzvah* (*Mitz-Vah*), or holy commandment. If you would like to arrange a shofar blowing for your residents, contact Rabbi Ami at amonson@jfsneny.org.

Rosh Hashanah is marked by saying special prayers that ask for God to write our names into

"the Book of Life" for another year. A great feast with symbolic foods is consumed on either or both nights of the holiday. There are also special sayings (*page 2*) and songs (*page 6*) that will make your residents feel at home during this season.

The most significant part of Yom Kippur is the 25-hour fast. While fasting may be very important to your residents, **it is an essential law that no one should fast if it will interfere with their health.** Arranging a symbolic fast (fasting for a few hours, not eating sweets, etc.) may help your resident feel more involved in the holiday.



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Important Terms for the High Holidays

Hebrew...	It is pronounced...	It means...	When it is said...
Chag sameach	Hag-som-ay-akh	Happy holidays!	Any holiday except for Yom Kippur
Shanah tovah	Sha-nah toe-vah	Happy New Year!	Any time during the High Holidays (see pg. 8)
Shanah tovah u'metukah	Shon-nah toe-vah ooh meh-too-kah	Have a sweet and happy new year	On Rosh Hashanah and the 10 Days
Tzom kal	Tzohm call	Have an easy fast	On Yom Kippur
G'mar chatimah tovah	g-mar ha-ti-mah toh-vah	May you be sealed in the Book of Life	Between Rosh Hashanah and Yom Kippur
L'Chaim!	Leh-high-yeem	To life!	Anytime, especially when making a toast

Traditional High Holidays Foods and What They Symbolize

Like most major Jewish holidays, there is a diverse array of foods for the High Holidays that symbolize a wish or blessing for prosperity and health in the coming new year. Since Jews come from all different parts of the world, residents may have meal traditions that are unique to their family, (see *Bubbe's Corner* on page 4 for more). Below are some of the most common traditional foods and their symbolic meanings.

APPLES AND HONEY



Sliced apples dipped in honey is the most popular Rosh Hashanah custom. This combination

represents our hopes for a sweet new year. We also prepare foods with apples and honey, like apple kugel (noodle pudding), honey cake, apple cake and applesauce.

NEW FRUIT AND POMEGRANATE



In order to celebrate the novelty of the new year, many people will try a new or seasonal fruit during the Rosh Hashanah feast, like star fruit or dragon fruit. The fruit symbolizes gratefulness for

being alive and allowing us to taste all the fruit the world has to offer. The pomegranate is a popular fruit in Judaism because their many seeds are symbolic of the 613 commandments that are written in the Torah.

ROUND CHALLAH



We eat braided challah bread all year round, but at Rosh Hashanah time, we opt for a challah that is braided into a circle rather than a loaf. This represents the cyclical nature of the year. The challah is often dipped in honey.

Sukkot and Building a Sukkah



Sukkot (*Soo-Coat*) begins on a full moon at nightfall on the 15th of the Jewish lunar month of Tishrei (*Tish-Ray*), when the moon is at its zenith (Sunday, October 9 to Sunday, October 16, 2022). Sukkot is Hebrew for “booths” or “shelters.” **What are these shelters?**

For the duration of Sukkot, we erect a *sukkah*, which is a structure that has a cover made from greenery, bamboo or something else that has been harvested from the ground.

During Sukkot, the sukkah becomes a second home. We eat all meals, study, schmooze and some even sleep in the sukkah, where only the light greenery separates us from the sky.

Every day of Sukkot (except for Shabbat), we take a bundle of greens (right) — made of a *lulav* (palm frond), three *hadasim* (myrtles), and two *aravot* (willows) — along with an *etrog* (citron). We hold them together and say: bless G-d who “sanctified us with His commandments and commanded concerning the taking of the lulav,” and wave them gently in six directions.



Right after the seven-day festival of Sukkot, comes ***Shemini Atzeret*** which means “the eighth [day] of retention.” The second day of Shemini Atzeret is called ***Simchat Torah***. On this day, Jews conclude, and begin again the annual Torah (bible) reading cycle. The event is marked with great rejoicing in which they march, sing and dance with the Torah scrolls around the reading table in the synagogue.

On Simchat Torah, it is said that “we rejoice in the Torah, and the Torah rejoices in us; the Torah, too, wants to dance, so we become the Torah's dancing feet.”

Programs and Activities for Residents During the High Holidays

CAST AWAY YOUR SINS

In Judaism, there is a ceremony called *Tashlich*, which translates to “casting off.” It takes place in the afternoon on Rosh Hashanah, but can happen at any time during the 10 Days of Repentance as well. Tashlich is performed by throwing crumbs of food, usually bread, into a body of flowing water such as a lake or pond. This symbolizes casting away our sins from the previous year and starting anew. Take your residents to a nearby pond or fountain and give them stale bread to throw.

HAVE A BREAK-FAST

Though many of your residents probably will not be able to do a full fast on Yom Kippur, breaking

the ceremonial fast with a big meal at the end of the day is still a great way to commemorate the end of the holiday. After sundown, prepare a spread with classic and easy Jewish foods like bagels, fish, egg salad, and grape juice.

LIGHT A MEMORIAL CANDLE



Yom Kippur is both a day to atone and a day to commemorate the loss

of loved ones. In Judaism, we light small candles called *Yahrtzeit* candles on sad days such as death anniversaries and solemn holidays. The candles burn for a full 24 hours. Lighting a Yahrtzeit candle on Yom Kippur will help signal to your Jewish residents that it is a solemn day. Electronic Yahrtzeit candles can be used for safety purposes, and they can be found at most local synagogue gift shops.

PLAY MUSIC

Music is always a fun and engaging way to set the tone for the holiday. See page 6 for sheet music of a popular Rosh Hashanah tune.

Bubbe's Corner

You can always count on Bubbe (Yiddish for "grandmother") for her wisdom, stories and setting you up with a nice Jewish boy or girl. Today though, Bubbe Esther will highlight different Jewish traditions from both local and world-wide Jewish communities. Whether you are a Bubbe or have a Bubbe figure in your life, spend time learning about high holiday preparations that are both traditional and new.

Every Jewish community and family has its own High Holiday traditions unique to their lives and experiences. Be sure to ask your residents about what special things their families do to celebrate, and try to make them feel as at home as possible!

Traditionally, people break the fast at the end of Yom Kippur with eggs, bagels, lox, cream cheese, fruit or white fish salad.

During Sukkot, it is customary for kids to sleep in their sukkah (temporary huts) at night.

Israeli and Persian Jews eat a variety of appetizers like leeks, spinach, and peas at their feast.

During the High Holiday meals, families use honey instead of salt to flavor their challah.



Here are Links to 2022 Streaming High Holiday Services

ALBANY

Reform

[Congregation Beth Emeth](#)

[B'nai Sholom Reform](#)

[Congregation](#)

Conservative

[Temple Israel](#)

[Congregation Ohav Shalom](#)

SCHENECTADY/NISKAYUNA

Reform

[Congregation Gates of Heaven](#)

Conservative

[Congregation Agudat Achim](#)

TROY

Reform

[Congregation Berith Shalom](#)

Conservative

[Temple Beth El of Troy](#)

SARATOGA COUNTY

Reform

[Temple Sinai](#)

Conservative

[Congregation Beth Shalom](#)

[of Clifton Park](#)

Call 518) 371-0608 for

Zoom link

[Congregation Shaara Tfilie of Saratoga Springs](#)

Call 518-584-2370 for Zoom links.

COLUMBIA & GREENE COUNTIES

Reform

[Temple Israel of Catskill](#)

Conservative

[Anshei Emeth of Hudson](#)

[illegible]

In Memory of Joseph Abell
Avinu Malkeinu
Our Father, Our King

High Holyday liturgy
English Adaptation by
Michael Isaacson

Folk Melody
Arranged by
Michael Isaacson

In two ♩ = 64

mp

A - vi - nu Mal-kei - nu _____ cha -

mp

nei - nu v' - a - nei - nu. _____ A - vi - nu mal - kei - nu cha - nei - nu va - a - nei - nu ki

ein ba - nu ma - a - sim _____ a - sei i - ma - nu _____ ts' -

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In Memory of Joseph Abell
Avinu Malkeinu
Our Father, Our King

High Holyday liturgy
English Adaptation by
Michael Isaacson

Folk Melody
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The musical score is written for a vocal line and piano accompaniment. The key signature has one sharp (F#), and the time signature is 4/4. The vocal line consists of two staves of music with lyrics underneath. The piano accompaniment consists of two staves of music. The first system of music covers the first line of the vocal staff and the first two staves of the piano accompaniment. The second system of music covers the second line of the vocal staff and the next two staves of the piano accompaniment. The lyrics are: da - kah va - che - sed _____ a - sei i - ma - nu ts' - da - kah va - che - sed v' - ho - shi - ei - nu. _____

da - kah va - che - sed _____ a - sei i - ma - nu ts' -

da - kah va - che - sed v' - ho - shi - ei - nu. _____

Here's How JFS Can Help Your Residents



Transportation with Project 5

JFS staff and volunteer provide private transportation to medical appointments, errands and synagogue services. There is a small fee for this service.

Senior Resource Network

Specialists in aging provide resources and guidance to help older adults and their families with long-term care planning, caregiver support, and a range of aging related concerns.



Kosher Home Delivered Meals

Volunteers deliver kosher meals to those who cannot cook, shop or safely prepare meals.

Counseling

Professional and compassionate therapists help people of all ages with grief & loss, life transitions, depression, aging related concerns and more.

We accept Medicare and other major insurance plans.



For more information, please contact us: 518-482-8856 | info@jfsneny.org

Jewish Holidays Calendar 2022-2023*

HOLIDAY	DATE
Rosh Hashanah (2 days)	Sunday, Sept. 25* – Tuesday Sept. 27, 2022
Yom Kippur (1 day)	Tuesday, Oct. 4* – Wednesday, Oct. 5, 2022
Sukkot (7 days)	Sunday, Oct. 9* – Sunday, Oct. 16, 2022
Shmini Atzeret (1 day) & Simchat Torah (1 day)	Sunday, Oct. 16* – Tuesday, Oct. 18, 2022
Hannukah (8 days)	Sunday, Dec. 18* - Monday, Dec. 26 2022
Tu B'Shevat (1 day)	Sunday, Feb. 5* – Monday, Feb. 6, 2023
Purim (1 day)	Monday, March 6* – Tuesday, March 7, 2023
Passover (8 days)	Wednesday, April 5*- Thursday, April 13, 2023
Shavuot (2 days)	Thursday, May 25* – Saturday, May 27, 2023

* All holidays begin at sundown

About JFS

JFS has continuously provided a range of support, services and resources for individuals and families of all ages and backgrounds since 1854.

Our mission is to enrich the lives of individuals, families, and the community by providing compassionate, collaborative human services, guided by Jewish values.

Our staff have expertise in:

- Helping older adults maintain their safety and independence
- Providing resources and guidance to older adults and their families
- Private transportation to medical appointments and synagogue services
- Counseling and case management (JFS now accepts Medicare.)

Support Our Chaplaincy Program

JFS created the Dr. Rela Mintz Geffen Jewish Community Chaplaincy Fund to enable us to provide spiritual connection and support for Jewish residents in long-term and elder care in the Capital Region.

This publication and the visits and programs offered by our Community Chaplain, Rabbi Ami, are made possible through philanthropy.

If you would like to support or sponsor this vital program, please make a contribution:

Online: jfsneny.org/donations

Call: 518-516-1102

Thank you!

Chaplaincy Services are a service of Jewish Family Services through a grant from Jewish Federation of NENY in cooperation B'nai B'rith Gideon Foundation, Daughters of Sarah Community for Seniors and Temple Israel.



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