

In Judaism, Rosh Hashanah and Yom Kippur are considered the *High Holidays*. These holidays fall on different dates every year in accordance with the Jewish Soli-lunar calendar, meaning that Hebrew months begin on the new moon. Rosh Hashanah (this year, Friday, Sept. 15 to Sunday, Sept. 17) is the Jewish New Year. Jews attend services and welcome the new year with sweet food and festivities. Yom Kippur (this year, Thursday, Sept. 24 to Friday, Sept. 25) is known as the Day of Atonement. This day is usually honored by fasting (for those it is medically appropriate) and seeking forgiveness for last year's sins. As a reminder, all Jewish holidays start and end at sunset as it is said that God created night before day.

## 6 Ways to Prepare for the High Holidays

### 1) Make a Holiday Shopping List

With the High Holidays coming up, don't be the last one looking for a round challah (traditional braided bread)! Also, a round challah is used to symbolize the circular nature of the year and apples are dipped in honey. To the right are just a few items you may consider buying for your residents.

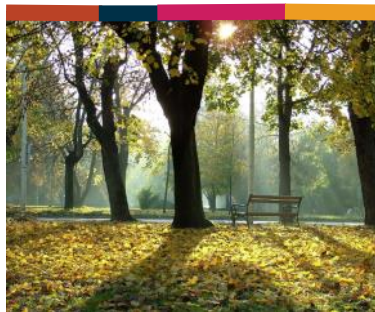
When it is time to celebrate, feel free to offer a greeting of "*chag sameach*" or Happy New Year!

- ◇ Apples
- ◇ Honey
- ◇ Round Challah
- ◇ Pomegranate
- ◇ Honey Cake
- ◇ Brisket

### 2) Schedule Services

The month preceding the High Holidays is called *Elul*. It begins with a ceremonial forgiveness service where congregations gather to recite special prayers preceding Rosh Hashanah and Yom Kippur. This long period of reflection allows Jews to say traditional prayers. This holiday season, please contact Rabbi Ami for information on in-person and virtual high holiday services at (518) 516-1116 or [amonson@jfsnyny.org](mailto:amonson@jfsnyny.org).

### 3) Practice Meditations



The month of *Elul* (preceding Rosh Hashanah and Yom Kippur) is meant as a time of introspection. The month is spent contemplating the year end and the renewing and repenting needed in preparation for the coming year. The goal is to have a better sense of self — shortcomings and mistakes, seeking forgiveness where possible, and g forgiveness as well.

Please contact JFS Community Chaplain, Rabbi Ami Monson for spiritual guidance: 518-516-1116 or [amonson@jfsnyny.org](mailto:amonson@jfsnyny.org).

## 4) Commemorate Departed Loved Ones

Around the High Holidays, it is customary for Jews to visit the gravesites of their loved ones. This practice can also be done by adding a new plant to your garden or simply taking time to celebrate the lives of those who remain in their memory. Please reach out if JFS can be of assistance.

## 5) Listen to the Sounds of the Shofar

A *shofar* is a ram's horn that is played like a trumpet. The crying sounds remind listeners to be introspective and repent any sins from the previous year. Traditionally, the shofar is sounded every day during the month of *Elul* (except on Shabbat). Whether listening to the shofar or other tunes for the High Holidays, familiar melodies can bring memories and excitement for the future.



## 6) Reach Out to Others

This time is often used to connect. Whether scheduling a Zoom call or exchanging letters, rekindling a relationship can bring joy and fulfillment to residents' lives. Support your Jewish residents by offering to facilitate connections if they are not able.

## Bubbe's Corner

You can always count on Bubbe (Yiddish for "grandmother") for her wisdom and stories. Today Bubbe Sarah shares some fun stories about preparing for the High Holidays. Whether your residents are a Bubbe or have a Bubbe figure in their life, spend time learning about holiday preparations that are both traditional and new.

Every year for the High Holidays, my family would add money to our tzedakah box and pick a charity we want to donate to. **Please consider JFS.** We can only provide services like chaplaincy support through the generosity of our community.

Back when I lived on the Upper East Side, I remember hearing my neighbor blow his shofar everyday of Elul.



When I was a girl, I loved picking apples and setting them aside for the yummy recipes I made with my Bubbe.

With the new year coming up, I think I'll give my friends Maureen and Barbara a call.

# Here's How JFS Can Help



## Transportation with Project 5

JFS staff and volunteers provide private transportation to medical appointments, errands and synagogue services. There is a small fee for this service, but some synagogues underwrite rides. Please inquire.

## 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](mailto:info@jfsneny.org)

# Jewish Holidays Calendar 2023-2024

HOLIDAY	DATE
Rosh Hashanah (2 days)	Friday, Sept. 15* – Sunday Sept. 17, 2023
Yom Kippur (1 day)	Sunday, Sept. 24* – Monday, Sept. 25, 2023
Sukkot (7 days)	Friday, Sept. 29* – Friday, Oct. 6, 2023
Shemini Atzeret (1 day) & Simchat Torah (1 day)	Saturday, Oct. 6* – Sunday, Oct. 8, 2023
Hanukkah (8 days)	Thursday, Dec. 7* – Friday, Dec. 15, 2023
Tu B'Shevat (1 day)	Wednesday, Jan. 24* – Thursday, Jan. 25, 2024
Purim (1 day)	Saturday, Mar. 23* – Sunday, Mar. 24, 2024
Passover (8 days)	Monday, Apr. 22* – Tuesday, Apr. 30, 2024
Shavuot (2 days)	Tuesday, Jun. 11* – Thursday, June 13 2024

\* All holidays begin at sundown

## About JFS

JFS provides a range of support, services and resources for individuals and families of all ages and backgrounds.

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 has expertise in:

- Helping older adults maintain their safety and independence.
- Providing resources and guidance to older adults and their families.
- Spiritual support and guidance.
- Counseling and care management (JFS now accepts Medicare.)

## Support Our Chaplaincy Program

JFS provides 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 Monson, are made possible through donations.**

Please consider supporting our Dr. Rela Mintz Geffen Jewish Community Chaplaincy Fund so that we can continue to offer this complimentary service:

**Online:** [jfsnny.org/donations](https://jfsnny.org/donations)

**Call:** (518) 516-1102

**Thank you!**



Connect with Us!

📞 518-482-8856

🌐 [jfsnny.org](https://jfsnny.org)

📘 JFSNENY

📷 [jfs\\_neny](https://www.instagram.com/jfs_neny)



The Theodore Strauss Endowment Fund