



JFS Jewish Journal
Engaging Your Jewish Residents



Shavuot

Shavuot:

Giving of the Torah

Shavuot

Seven weeks after Passover, we celebrate the festival of Shavuot (pronounced Shah-voo-oat & sometimes pronounced as Shah-voo-us). On Shavuot we celebrate the giving of the Torah to the Jewish people at Mount Sinai. Historically, Shavuot also marked the spring harvest, so it is a time of both abundance and joy in the Jewish calendar. **Shavuot will begin at sundown on Sunday, June 1 and end at sundown Tuesday, June 3.**

JFS is Here & This is How We Help

Jewish Family Services (JFS) enriches lives and strengthens the community by providing compassionate support and resources to individuals and families from all backgrounds. Guided by Jewish values, JFS specializes in supporting older adults' safety and independence, assisting families with resources and guidance, providing private transportation to appointments, offering expert counseling and care management, and more. You can learn more about JFS and our chaplaincy program on *page 5*.

Saying Farewell to Rabbi Ami

In the coming months, Jewish Family Services will be transitioning to a new community chaplain. We are deeply grateful to Rabbi Amiel Monson for the countless relationships he has built throughout the region. He has taken a position out of state at a synagogue. He will be missed! Learn how you can send him well wishes on *page 2*.



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How to Celebrate Shavuot with Your Residents

Starting on the second night of Passover, Jews count 49 nights until Shavuot—this is called the *Omer*. Once tied to the grain harvest, it now marks a time of spiritual preparation for receiving the Torah.

While Shavuot is a very meaningful holiday, it is not as widely celebrated as some other Jewish holidays. Given the themes of spring and harvest, decorating with florals and bright colors is a great way to get in the holiday spirit. Typical celebration involves staying up late and studying biblical texts, especially the [Book of Ruth, summarized here](#). We also read about the Ten Commandments and celebrate Moses receiving the tablets from G-d at Mount Sinai.

Serve Dairy



Dairy is a feature of Shavuot because it symbolizes the “land flowing with milk and honey” (Exodus 3:8). *Kugel* (a sweet noodle casserole made with eggs, sour cream and cottage cheese), *blintzes*, and cheesecake are delicious meals that remind us of the joy and comfort provided by the Torah.

Offer Shavuot Crafts



To prepare for Shavuot celebrations, try some easy, fun crafts that will bring spring into any space! DIY projects like these [popsicle stick flowers](#) or these [cupcake liner bouquets](#) can be made with common household objects and are sure to brighten rooms and moods alike.

Hebrew ...	It is pronounced ...	It means ...
<i>Shavuot</i>	Shah-voo-oat / shah-voo-us	Weeks/the Harvest Festival
<i>Chag Sameach</i>	Hahg sah-may-ach	Happy holiday!
<i>Har Sinai</i>	Har Sea-nye	Mount Sinai
<i>Sefirat HaOmer</i>	Se-Fear-aht Ha Oh-mare	<i>Counting of the Omer</i>

Send Well Wishes to Rabbi Ami

Before Rabbi Ami moves onto his next chapter, we would like to send him well wishes! We’re collecting messages from the facilities, activities directors, and residents to create a special collage send-off. If you’d like to contribute, please send your message/s to info@jfsneny.org by June 6.

Coming Soon:

As we look ahead, we’d love to hear from you and get feedback on your needs for a Jewish Community Chaplain at your facility/organization as well the on the utility of the JFS Jewish Journal. Watch for an email in the coming weeks that includes a quick 3-minute survey here. Thank you!

Bubbe's Corner

You can always count on Bubbe (Yiddish for “grandmother”) for her wisdom, stories and traditions. Be sure to ask your residents about how they celebrated Shavuot. Did they make *blintzes*, eat cheesecake, make paper flowers?



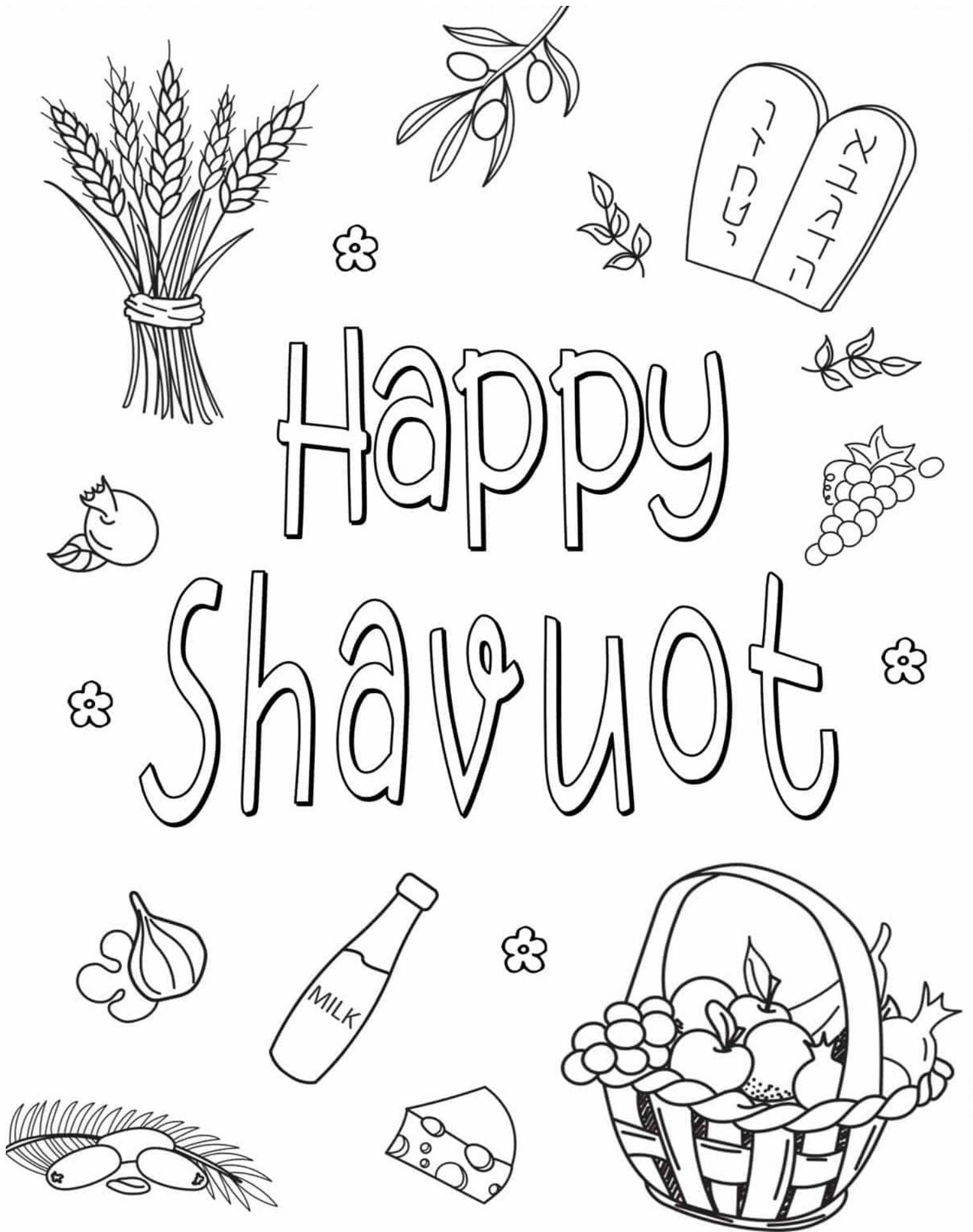
Shavuot has five recognized names! Shavuot, Day of First Fruits, the Harvest Festival, *Atzeret*, and the Time of the Giving of the Torah.

In some sects of Judaism, teenagers in religious schools have confirmation ceremonies around Shavuot because it's near the end of the school year.

Shavuot literally translates to “weeks” since it marks the seven weeks that have elapsed during the *Omer*.

In Israel, many *kibbutz* (commune) communities throw colorful harvest festival celebrations called *Bikkurim*.

During the *Omer*, Jewish weddings are prohibited. Therefore, Shavuot is often a very popular time to get married.



Jewish Holidays Calendar 2025*

Holiday	Date
Shavuot (2 days)	Sunday, June 1* – Tuesday, June 3, 2025
Rosh Hashanah (2 days)	Monday, Sept. 22* – Wednesday, Sept. 24, 2025
Yom Kippur (1 day)	Wednesday, Oct. 1* – Thursday, Oct. 2, 2025
Sukkot (7 days)	Monday, Oct. 6* – Monday, Oct. 13, 2025
Shmini Atzeret (1 day) & Simchat Torah (1 day)	Monday, Oct. 13* – Wednesday, Oct. 15, 2025
Hanukkah (8 days)	Sunday, Dec. 14* – Monday, Dec. 22, 2025
Tu B'Shvat	Sunday, Feb. 1* – Monday, Feb. 2, 2026
Purim	Monday, March 2* - Tuesday, March 3, 2026
Passover (8 days)	Wednesday, April 1* - Thursday, April 9, 2026

*** All holidays begin at sundown**

About JFS

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

Our mission is to enrich the lives of individuals and families from all backgrounds and strengthen 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
- Offering private transportation to medical appointments and synagogue services
- 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.

If you have enjoyed a visit with Rabbi Ami this year, please consider a gift to JFS.

Online: jfsneny.org/donations

Call: (518) 516-1102

Thank you!



Connect with Us!

518-482-8856

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