A Guide for Caregivers of the Jewish Elderly

The Jewish Pavilion
ENRICHING LIVES IN ELDER COMMUNITIES

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and the Jewish Pavilion



Why does your facility need to offer Jewish Cultural Care and Support?

A large percentage of the frail Jewish elderly reside in elder care.

Rabbi Dayle Friedman teaches, *"It is fully appropriate under Jewish law to turn to in-home nursing services, a part-time arrangement, or a nursing home placement."*

Are you prepared to make Jewish residents feel at home in your facility?

If the answer is "yes", you have an opportunity for cultural outreach within the Jewish community, as well as an opportunity to maximize your clientele.



How the Jewish Pavilion Can Help:

This guide is designed to help educate caregiving staff about Jewish culture and traditions, so that they can be sensitive to the needs of their Jewish residents. Seniors who are more comfortable in their environment are happier, more fulfilled and remain more physically and mentally robust.



The Jewish Pavilion is not a home for the elderly, but a resource that provides Jewish cultural support to over fifty facilities for the elderly. The Pavilion is not a Jewish home for long-term care, but a "mobile" community center that brings holidays and programming right to the door of facilities like yours. This booklet will supply the tools and resources neces Jewish residents feel at home in your building.

The Jewish Pavilion in Orlando will bring our mobile community center right to your door with information and resources including holiday guides, websites, and recipes.

Welcoming your Jewish Resident:

Jewish residents may have special needs. Some may keep *kosher*. This involves dietary laws regarding the mixing of meat and milk products, as well as abstaining from shellfish and pork.

Many Jewish residents do not keep kosher (or they would reside in a kosher facility), but observe holidays, and would like to take part in on-site services or holiday celebrations.

Rely on this book for guidance and direction so that you can help make a "Jewish home" wherever your resident makes their home.



Jewish Cultural Care Throughout the Year

Sabbath/Shabbat:



The Jewish Sabbath is referred to as Shabbat and begins Friday at Sundown, and ends on Saturday at Sundown. This holiday occurs each week throughout the Jewish year.

All other holidays are seasonal. Shabbat is a special day that stands out from the remainder of the week, as a day of family, rest, and reflection.

How we take part in this tradition:



At the Jewish Pavilion we invite residents of all faiths to join in <u>all</u> of our programs to promote cultural understanding and awareness.

We offer a short Sabbath Service with prayers and snacks for residents. The Jewish seniors look forward to this special time, and the other residents enjoy sharing in the cultural celebrations of their friends and neighbors.



Three prayers or blessings are recited on the Sabbath Holiday.
The prayers are usually found in both Hebrew and English.

(The Hebrew is usually transliterated, or spelled out in English so everyone present can follow the prayers.)

How your home can take part in this tradition:

You will need…A pair of candles (plug-ins will do). The prayers below are recited after each step.

1. Each Shabbat attendee will receive a small glass of wine or grape juice. At many synagogues they use small "portion" cups to accommodate groups. Then, a prayer called the "Kiddush" is recited. Celebrants drink the wine or juice following the prayer.
2. Challah, a special braided egg bread, is served. The challah is usually covered with a decorative cloth, called a challah cover, until a prayer called the "Hamotzi" is said. Following the prayer the cloth is removed and a slice of bread passed to each individual.

Shabbat Blessings: Begin with blessing over the candles

Baruch ata Adonai, Eloheynu melech ha-olam.
asher kid-shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed are you, Lord our God, Sovereign of the universe who makes us holy with your commandments and commands us to kindle the Sabbath lights.

Blessings for the wine:

Baruch ata Adonai, Eloheynu melech ha-olam,
borey p'ri ha-gafen.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא
פְּרִי הַגָּפֶן.



Blessed are you, Lord our God, Sovereign of the universe for creating the fruit of the vine.

Blessings for the Challah (Hamotzi):

Baruch ata Adonai, Eloheynu melech ha-olam,
ha-motzi lehem min ha-aretz

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא
לֶחֶם מִן־הָאָרֶץ.

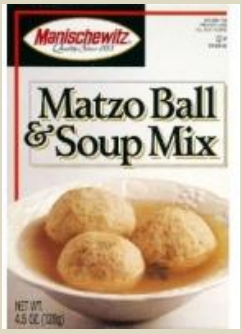
Blessed art thou, Lord our God, Sovereign of the universe for bringing forth bread from the earth.

Initially, you may find Shabbat and other Jewish holidays foreign or unfamiliar. Once you get the hang of them, you will find they are easy as sliced bread (or challah).

Your residents may have forgotten the Hebrew, but with repetition, early memories may return.



Recommended Sabbath Foods: These old familiar foods will provide comfort and a little taste of home to your residents.



The table should be set nicely with flowers and a tablecloth.

Matzo Ball Soup: Matzo ball soup will appeal to residents of all faiths. It can be made from scratch or found in a mix by Manischewitz in the "kosher" aisle. Matzo Ball Soup can also be purchased online at manischewitz.com.

Challah: Contact a local bakery or supermarket.

Kugel: Traditionally, brisket or chicken is served at a Sabbath dinner, along with the challah. Kugel, or noodle pudding, is a popular side dish.

Noodle Pudding (kugel)



12 oz. medium cooked noodles
3 eggs
1 small jar of apple sauce
4 oz. cream cheese
½ pt. sour cream

1 cup white raisins
(soften them in warm water and then drain)

½ - ¾ cup of sugar, ¼ lb. margarine

1 teaspoon lemon juice

Beat eggs, add melted margarine and sugar. Mix, then add all other ingredients and mix together. Bake in casserole dish at 350 degrees for one hour.



Appropriate Shabbat Greetings: "Good Shabbos (shob-us)!"
(Shabbos is Yiddish for the Sabbath) or "Have a nice Shabbat!"

The Jewish Calendar

Shabbat goes from Friday night at sundown through Saturday at sundown, all year long. The remainder of the Jewish holidays are seasonal and follow the Jewish or lunar calendar. The dates vary from year-to-year on the secular calendar.



The High Holiday Season

The High Holidays are in the fall, and are the most holy days of the Jewish Year. We will focus on two major ones, Rosh Hashanah and Yom Kippur.



Rosh Hashanah is the Jewish New Year, and literally means "Head of the Year." It is similar to the secular New Year of January First. Rosh Hashanah is typically a time of reflection when many Jews attend synagogue and celebrate with family and friends.

A special horn (from a ram) called a Shofar is blasted, announcing the new year. The shofar literally wakes up congregants to pay attention to the past year, and to recognize opportunities for improvement.

Yom Kippur follows Rosh Hashanah. During these 10 days between the two holidays, the Jewish people are encouraged to reflect on the past year, and to make amends for mistakes made during the year. This might involve apologizing to a friend or family member.

While Rosh Hashanah is a joyous occasion, Yom Kippur is more reflective, and literally means "Day of Atonement." Many Jews fast on Yom Kippur as part of the tradition, but this does not apply to the frail elderly.

How your home can take part in this tradition:

Jewish holidays begin in the evening, often referred to as “erev”, or the night before (think of Christmas Eve).
On the night before Rosh Hashanah and Yom Kippur, candles can be lit like on Shabbat, and prayers recited.



Candle Lighting on Erev Rosh Hashanah



After lighting candles, recite the following blessing:

Ba-ruch A-tah A-do-nai E-lo-hei-nu Me-lech Ha-o-lam, a-sher ki-d-sha-nu b’mitz-vo-tav v’tzi-va-nu l’had-lik ner shel Shab-bat v’shel Yom Tov.

Blessed are You, Lord our God, Sovereign of the Universe, Who makes us holy with Your commandments and commands us to kindle the lights of the holiday.

Candle Lighting Blessing for Yom Kippur

Ba-ruch A-tah A-do-nai E-lo-hei-nu Me-lech Ha-o-lam, a-sher ki-d-sha-nu b'mitz-vo-tav v'tzi-va-nu l'had-lik ner shel Yom ha-Kip-pu-rim.

Blessed are You, Lord our God, Sovereign of the Universe who makes us holy with Your commandments and commands us to kindle the lights of the holiday

Websites for Jewish Learning:

1) Judaism101.com
2) About Judaism.com
3) Judaism.com
4)Manischewitz.com

Recommended High Holy Day Foods:



Sliced Apples and honey (for dipping) are typically served with the meal as a reminder of a sweet New Year. Once again, challah is served, at this time it is round, some say as a representation of the circle of life.
A holiday meal, similar to Shabbat may be served. Sweet foods like honey or apple cakes are served.



Appropriate High Holiday Greetings: You can impress your Jewish residents by wishing them a "Happy New Year!"
Residents would also appreciate "New Year's" cards.

Bubbie's (Grandma's) Apple Cake



Pre-heat oven to 350 degrees.
13x9x2 ungreased pan
Cooking time: 1 hour, but watch carefully!

Beat eggs with an electric mixer on high speed.
Add sugar, and beat until pale and thickened.
Add oil, vanilla, flour, salt, baking soda & spices.
apples into ½ inch slices. Fold in apples and nuts.
Pour into pan. Bake one hour, until slightly brown.
Sprinkle with powdered sugar. Cool before slicing. Enjoy!!!

3 eggs
3/4 cups sugar
1 cup oil
1 tsp. vanilla
1/4 tsp. salt
2 cups flour
1 tsp. baking soda
3/4 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. allspice
6 medium apples cored and pared
1/2 cup walnuts
1/4 cup powdered sugar

Chanukah/Hanukkah:



You can spell "Chanukah" virtually any way it sounds. That's because "Chanukah" is a Hebrew word transliterated into English. "Chanukah" literally means "rededication", and it is one of the stories of victory from religious persecution.

The Jewish people believe that Chanukah celebrates two ancient miracles.

1. The freedom from religious persecution.
2. The ancient temple (which was "rededicated" to the Jewish people) in the land of Israel had only enough oil to burn for one night, but miraculously lit the temple for 8 days.

Chanukah is celebrated at home, and is a joyous and happy time. It requires no special service beyond the lighting of the menorah for eight nights, and the recitation of the Chanukah blessings. Plug-in menorahs are a safe alternative to candle lighting for an elder facility. With an electric menorah, the center bulb is turned first. From right to left (as Hebrew is read) one additional bulb is lit each night for eight nights, until the entire Chanukah menorah shines. Chanukah is often referred to as the "Holiday of Lights".



Chanukah foods, traditions, and prayers:



It is traditional to eat foods fried in oil on Chanukah. Latkes or potato pancakes are a traditional treat. They are made from grated potatoes, egg, onions, and a little flour. They are fried in oil and usually served with a side of apple sauce or sour cream. Latkes also come in an easy to make mix. Try manischewitz.com.

Dreidel: A dreidel is a spinning top. Legend has it that when soldiers knocked on the door of Jewish homes, Jews put away their religious studies to avoid persecution, and pretended to be playing a game of tops, instead. Two thousand years later dreidels still spin on Hanukkah. Dreidels can be found at most superstores or at Judaism.com.



Basic Chanukah Prayer:

Ba-ruch A-tah A-do-nai E-lo-hei-nu Me-lech Ha-o-lam,
a-sher ki-d-sha-nu b'mitz-vo-tav v'tzi-va-nu l'had-lik ner shel Chanukah.
Blessed are You, Lord our God, Sovereign of the Universe, who makes us holy with Your commandments and commands us to kindle the lights of Chanukah.

Chanukkah Customs & Greetings:
Greet your Jewish residents with "Happy Chanukah!"
Gift are often exchanged amongst friends and family. Chanukah cards would be appreciated by your residents. Instead of wishing all residents "Merry Christmas" try "Happy Holidays!"





Passover:

The eight day holiday of Passover takes place in the spring, and acknowledges the exodus of the Jews from Egypt, and their freedom from slavery. The holiday is celebrated with a service, called a Seder (which means order). The service is read from booklet called the Haggadah, which tells the story in a specific order.

Many Jews do not eat bread during the eight days of Passover, but eat matzah, instead (manischewitz.com). Matzah is unleavened bread (flat like a cracker) similar to what the Israelites ate as they left Egypt before their bread had time to rise.

How your home can take part in this tradition:

A Passover table needs a Seder plate, as well as a plate of matzah. Matzah should be available throughout the eight day holiday for your Jewish residents in place of bread products. (Your residents can choose whether or not they would like to "keep Passover" by abstaining from bread during the holiday.) The Seder plate is filled with items that help tell the Passover story. The items below are typically found on the Seder plate. On Passover, we discuss the contents of the plate, and the meanings behind them.
The contents on the plate may vary slightly, based on family tradition.



1. **Egg-a hardboiled egg is a reminder of the circle of life.**
2. **Greens-greens symbolize springtime.**
3. **Charoset or chopped apples (usually a mixture of chopped apples, a splash of red wine, nuts, and cinnamon)–represents the bricks and mortar from times of slavery.**
4. **Bitter herbs (such as horseradish)-as a reminder of the bitterness of slavery.**
5. **A shank bone-symbolizes the lamb that was sacrificed.**
6. **Salt water-a cup of salt water represents the tears of slavery. Celery is often dipped in the salt water.**



There is also a cup of wine on the table, as well as a plate stacked with 3 pieces of matzah. Like challah, matzah is covered with a matzah cover.



This guide is designed to help caregivers bring cultural continuity to their Jewish residents, and to help educate staff members, so that they can make their facility a "home" for all residents.



Imagine that… you are an elderly Jewish resident in a long term-care facility. You raised a Jewish family, and now you are about to enter a home for the aged that does not follow your cultural traditions.

Who will help you light the Sabbath candles and the Chanukah menorah?
Who will help you carry on the traditions of your heritage?

This guide will help *you* deliver "Jewish Cultural Care throughout the Year", enhancing the lives of your seniors and adding happiness and meaning to their years.

Life Cycle events are inevitable, wherever one resides. The Jewish Pavilion was honored to take part in a vow renewal ceremony for Ida and Joe Miller at their assisted living residence.



Sadly, loss is also a life cycle event. For information about Jewish customs on mourning and bereavement (shiva), visit http://shivaconnect.com/.

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