



The Chaplaincy Services of Jewish Federation of Northeastern New York

The Golub Center
184 Washington Avenue Ext
Albany NY 12203-5306



Jewish Federation
OF NORTHEASTERN NEW YORK

The Chaplaincy Services of Jewish Federation of Northeastern New York

Jewish Life Newsletter

The Chaplaincy Services are made possible through a grant from Jewish Federation of NENY in cooperation with the Capital District Board of Rabbis and Jewish Family Services of NENY.

Volume XX No. 4

April 2016 / Nissan 5776

Passover: The Holiday of Redemption: Fri. April 22 (evening) –Sat. April 30

When

Passover begins at sundown on Friday, April 22, 2016. It lasts for eight days (Reform and Israeli Jews observe the first seven), ending at sunset on Saturday, April 30. With its theme of freedom, Passover is one of the most popular holidays on the Jewish calendar. *Special foods are central to this holiday.*

What

The holiday of Passover marks the redemption of the Jewish people from Egyptian slavery. During the *Passover Seder*, (the festive home service at the beginning of Passover), we read that in every generation each of us must view ourselves as having personally left Egypt.

It is at the Seder that we retell the story of our people. In essence, we relive the experience of slavery, and going from enslavement to freedom.

We read about lives made bitter by slavery, about the ten plagues that befell the Egyptians, and about how these plagues led to the Exodus. Then we praise God for the miracle of freedom.

How

Throughout the week, we eat special foods that remind us that our ancestors left Egypt without time to bake bread.

Your residents will probably miss family Seders, and want to reminisce about unique customs, games, foods, and special times that may only partially be replicated.



Passover Matzah

Prohibited on Passover

Here are some foods that are prohibited on Passover without proper certification:

- Beer
- Bread
- Cakes
- Cereal
- Cookies
- Corn
- Crackers
- Ketchup
- Margarine
- Pastas
- Peas
- Rice
- Salad Dressings
- Soda
- Vinegar

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Upcoming Jewish Holidays 2016-2017

HOLIDAY	DATE
Passover (8 days)	Fri. night April 22–Sat. April 30
Shavuot (2 days)	Sat. night June 11–Mon. June 13
Rosh Hashanah (2 days)	Sun. night Oct. 2–Tues. Oct. 4
Yom Kippur	Tues. night Oct. 11–Wed. Oct. 12
Sukkot (7 days)	Sun. night Oct. 16–Sun. Oct. 23
Shmini Atzeret	Sun. night Oct. 23–Mon. Oct. 24
Simhat Torah	Mon. night Oct. 24–Tues. Oct. 25
Hanukkah (8 days)	Sat. night Dec. 24–Sun. Jan. 1
Tu B'Shevat	Fri. night Feb. 10–Sat. Feb. 11
Purim	Sat. night March 12–Sun. March 13

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184 Washington Avenue Ext
Albany NY 12203-5306

Phone: 518.783.7800, ext. 228
Fax: 518.783.1557
Email:
bmagidson@jewishfedny.org

Rabbi Beverly W. Magidson
Director

Janie E. Garnett, M.S.
Assistant Director

Rabbi Zoe B. Zak
Outreach Chaplain

Robert R. Kovach
President and CEO,
Jewish Federation of NENY

Helping your Resident Celebrate Passover

One year, while making Passover visits, a rabbi visited a nursing home resident who made a sad statement about the holiday and her life in the home. The resident was eating lunch, and was served a (non-Passover) dessert. She looked at the rabbi and said, "I used to be a Jew, but now I'm a goy (an outsider)."

Passover is one of the most celebrated Jewish holidays. For a person accustomed to eating the special Passover foods and refraining from prohibited ones, eating everyday food at Passover is jarring. It may give a person

the sense that he or she is no longer a part of the Jewish community. There are many things nursing and adult home staff can do for, and with, their Jewish residents at Passover to help maintain their connection to the Jewish community.

Because so much of the Passover celebration involves special foods, providing these foods is an important part of connecting your residents with their faith community.



Symbolic foods on Plate

Passover Seder Foods—What do they Mean?

The foods we eat during the Seder service reflect the themes of redemption and freedom. We eat **matzah** – the poor bread, the bread of affliction – and we remember our ancestors leaving so quickly that there was not time for their bread to rise. The **charoset**, (hah-RO-set) a sweet mixture of apples, nuts, cinnamon and wine (or dates, figs, raisins, and wine) resembles the mortar used to hold bricks together as the slaves built mighty cities. The **maror**, (mah-ROR) or bitter herb, has the taste of the bitterness of slavery, and the **salt water** reminds us of the tears shed by the slaves. The **karpas**,

usually a green vegetable, is a symbol of the return of spring and life. Life is also symbolized by the **roasted egg**, which is not eaten. In addition, the egg reminds us of the festival offering brought to the ancient Temple in Jerusalem.

We also remember the cost of our freedom at the Seder. While we drink **four cups of wine or grape juice**, which represent God’s promises to us, we also recall the ten plagues. In doing this, we remove ten drops of wine from our cups, diminishing our joy as we remember that others had to die for our freedom.

Go to the store, buy a jar of Gefilte Fish from the kosher food section.

Serve it with a dollop of ground horseradish.

It’s a protein that is easy to serve, easy to digest, and it’s a taste of special times with family.



What is Kosher-and not Kosher- for Passover?

What food is NOT kosher for Passover?

1. All leavened food where flour and water have been mixed together and left standing for longer than 18 minutes before baking (e.g. bread and pasta).
- 2, Food made from fermented grain (e.g. grain vinegar).
- 3, Jews from Eastern Europe avoid leguminous vegetables, rice and corn.

For more information about what may and may not be eaten on Passover, contact the **Vaad HaKashrut of the Capital District at (518) 489-1530**. The Vaad prepares a guide to Passover food every year. If you wish to buy Passover food, you can find the basics at most area supermarkets. The most complete selection can be found at **Price Chopper, 1892 Central Ave. Colonie**. You can also order complete Kosher for Passover

meals from there. You can buy soups, entrees, side dishes, complete seder meals for 6, and just seder plate items. For an order form contact **John Piccolo at Kosher224 @pricechopper.com**. (or 518-456-9314—then push 8 and 2.) Orders **MUST be in by Fri. April 15**. You may also be able to order them from your local food supplier. You must specify that you want **kosher for Passover** meals.

What DO You Serve on Passover?

- Eggs
 - Salad (no pea pods)
 - Vegetables other than leguminous ones
 - Potatoes
 - Fruit
 - Cottage cheese
 - Meat and fish without breading
 - Matzah or Egg Matzah spread with margarine, (and sprinkled with garlic salt or cinnamon-sugar), apple butter, jam, farmer’s cheese, or charoset.
 - Gefilte fish with horseradish
 - Passover macaroons
 - Passover borsht with sour cream
- Recipes from: www.koshercooking.com/Recipes/Passover/index.html
http://www.jewishfood-list.com/recipes/pesach/&klp_main_index.html

Passover Music and Other Resources

Music has always been an important part of a Passover Seder. Many parts are sung together, and there are traditional songs at the end as well. Of course, melodies varied in different parts of the world, and families have their own traditions. The familiar words, and some of the well-known melodies, will enrich your residents’ celebrations. You can find tapes, CDs, and sheet music in a number of places. I would recommend **Paul Zim’s Passover Seder Sing-a-Long**, which is available at Amazon.com . A very good **Elie Wiesel** video of a



seder is also available at Amazon.com. Some of the local synagogue gift shops have tapes and DVDs. Perhaps the best local selection is at **Hadar, Temple Israel’s gift shop** (open limited hours, as is any synagogue gift shop, so call them at **438-7858** before you take a trip). Temple Israel is in Albany, next to St. Peter’s Hospital. **Agudat Achim**, a synagogue in Niskayuna, has also produced an excellent kosher cookbook with Passover recipes. (Call them at **393-9211**.)

Reminiscing about Passover

Passover is a lonely time for Jewish residents in care facilities. This is especially true for people who know that they will never be home for Seder again. Passover is the quintessential home holiday. Almost every Jew had some type of feast, and many had a Seder.

The loneliness is real, and no one can change it. What we can do is help give them the support of memory. As you talk to your residents, ask them to tell you about Seder when they were children or younger adults. Who led the Seder? Who asked the Four

Questions? (Usually asked by the youngest). What were their favorite foods? How did they help? Then be an active listener.

We are sometimes afraid that those whom we visit will contrast that Seder with their present situation. Although this may often be the case, we must remember that they know their situations best. However, they will derive pleasure from reliving a good memory and by having an appreciative audience who understands the meaning of the story and the Jewish messages.

There are some YouTube videos available. However, many of them bring in Christian theology, which is inappropriate and will be unwelcome at a Jewish Seder. Here are 2 recommendations:

<https://www.youtube.com/watch?v=rG8G4OmPh04>

<https://www.youtube.com/watch?v=2GTr-o-MehA>

AVOID anything with “Yeshua,” “Messianic,” and “Ministries,” along with any mention of Jesus or Christ. If you have questions, contact Rabbi Bev.

Chaplaincy Seders & Matzah

Rabbi Magidson, Chaplain Janie E. Garnett, and Rabbi Zoe B. Zak, and our volunteers, will be leading model Seders in as many facilities as possible during Passover and the weeks before.

You may also have family members who are able to do this themselves with some help. We have simplified, large-print Haggadahs (books with the Seder service) for you to use if this is the case.

Contact Rabbi Magidson: 783-7800, or bmagidson@jewishfedny.org

She will be happy to arrange these for you.

WE WILL ONCE AGAIN BE DELIVERING A BOX OF EGG MATZAH FOR EVERY JEWISH RESIDENT. PLEASE FOLLOW THE DIRECTIONS CONTAINED IN THE LETTER THAT COMES WITH THE MATZAH.

The first and last 2 days of Passover are special

Holy Days

(First and seventh for

Reform Jews, who observe a 7-day holiday)

Special prayers are said in synagogue and nice meals are eaten. On the last day the Yizkor Memorial Prayer is recited.