



Jewish Family Services
of Collier County



SeniorBridge™
Managing Complex Chronic Care™

Jewish Customs and Culture: Understanding and Addressing Cultural Barriers to Care



Beth Wolff
Jewish Family Services



Rona Bartelstone, LCSW
SeniorBridge

2

Cultural Competency in Healthcare: Why Do We Care?




- Building relationship requires respect, trust and acceptance of lifestyle, values and preferences
- Discovering perceptions and needs
- Understanding routines and rituals
- Eliciting expectations




Starting "Where the Client Is" involves knowing the importance of their faith and traditions on their lives.

3

Judiasm



- Monotheistic Religion
 - Belief in One G-d
 - Over 4000 years old
- 4 Movements of Judiasm
 - Orthodox
 - Conservative
 - Reform
 - Reconstruction



4

Sabbath

SeniorBridge
Assisting Seniors to Choose Life Well
 Seminar Series

“the most important holiday”

- Also called “Shabat”
- Reoccurs every Friday
- Begins at sundown Fridays
- Ends sundown Saturdays



Challah, candles and wine



The sabbath table

5

Keeping Kosher


SeniorBridge
Assisting Seniors to Choose Life Well
 Seminar Series

- Separation of milk and meat products
- How an animal is killed for consumption
- How food is prepared
- Different dishes are used for each
- Some food is never kosher:
 - Shellfish
 - Any pork product
 - Birds of prey

Kosher Food:

- Certain cuts of beef (from the front quarters)
- Chicken
- Fowl
- Fish with Fins & Scales

Symbols used by food manufacturers to show a food is Kosher



6

Rosh Hashanah (Jewish New Year)

SeniorBridge
Assisting Seniors to Choose Life Well
 Seminar Series

- One of the High Holy Days
- Means Head of the Year
- Occurs around September/October
- Celebrated at Home and at Temple



Round Challah (with raisins)



Apples and Honey

7

Yom Kippur (Day of Atonement)

- The most solemn day of the Jewish Year
- A Day of introspection
 - Day is spent in Temple
- At end of day, the Shofar is blown and a festive, usually dairy-based meal is eaten



Hanukkah or Chanukah

- Falls in late November or December
- Commemorates the use of a small amount of oil that lasted for 8 days instead of one



Passover

- Celebrated in the spring
- Celebrates the spring harvest and the Jews' deliverance from slavery to freedom
- Jews eat unleavened bread (Matzah) to celebrate the exodus of the Jews from Egypt



Jewish Holidays

SeniorBridge
Raising Capable Children Care™
Seminar Series

- Rosh Hashana
- Yom Kippur
- Sukkot
- Chanukkah
- Passover
- Purim
- Simchat torah
- Shavuot



Round Challah (with raisins)



Apples and Honey



A Modern Sukkah






11

Death & Dying

SeniorBridge
Raising Capable Children Care™
Seminar Series

- Jews bury their dead as soon as possible
- Jews do not embalm
- Funeral is followed by a period of mourning-SHIVA (could be anything from 1-7 days)
- A prayer service is led at the house of mourning

12

Additional Symbols of Judaism

SeniorBridge
Raising Capable Children Care™
Seminar Series



Mezuzah



A Torah



Tzedakah Box



Hamantash



Tallit or Tallis



Matzah Ball Soup

13

Bridging Cultures in Caregiving

- Home is sacred – sanctuary, private, personal, intimate
- Independence is a hallmark of adulthood in Western culture
- Engagement is continuous and is a partnership
- Language and tasks can be building blocks or barriers.



14

Tips for Working with Paid Caregivers

- Educate, educate, educate
- Create realistic expectations
- Explain rationale for what, why & how things are done – help them relate to their own experiences
- Encourage questions
- What is challenging for the caregiver?
- Model positive communication skills
- Inclusion in the team



15

Tips for Working with Paid Caregivers

- Teach common word usage
- Share traditions/recipes/observances
- Define when to reach out to the professional
- Immediate attention to concerns/problems
- Encourage feedback
- Support healthy boundaries
- Write it down!



16

Professionals' Use of Self

- Continually check in to see how relationships are fairing
- Active listening for language, emotion and body language
- Accommodate strengths & needs, when possible
- Validate emotions & support healthy boundaries
- Create atmosphere of mutual acceptance
- Promote growth



17

Final Thoughts

- Honor the individuality of the client & the caregiver
- Encourage respectful exploration of lifestyle and expectations
- Encourage growth
- Create an atmosphere of hope
- Collaborative partnerships elevate the sense of control and mastery for both the client and the caregiver within the context of their own experiences.



18

Questions?

Please contact us at
webinars@SeniorBridge.com

19

Thank you.

Register for our upcoming events at
SeniorBridge.com/Seminar
