



## Jewish Patient and Visitor Guide

Your Care. Our Commitment.

## Welcome

Welcome to Pittsburgh and UPMC. An important part of the care we provide is helping our patients and their families to become familiar with their surroundings.

Our top concern is our patients' health and well-being, but we know this may be a difficult time for their loved ones, too.

In order to help with this process we have a community of rabbis for important religious, spiritual, and emotional support for members of their congregations. The Office of Spiritual Care at UPMC Presbyterian and the Department of Pastoral Care at UPMC Shadyside work together with the rabbis of the community.

Inside this booklet you will find information about community, hospital, and religious resources. You can also find a listing of Orthodox, Conservative, Reform, Reconstructionist, and Independent synagogues in the Pittsburgh area. The Pittsburgh Jewish community wants you to feel welcomed.

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# Community Resources

Below you will find resources that are available to you in the community.

## Bikkur Cholim

Pittsburgh's Bikkur Cholim is a volunteer organization that works with generous community members to provide kosher meals, Shabbat accommodations, and other resources for patients and family members who are not from the Pittsburgh area. For more information call **412-720-3071**.

## Eruv

Call **412-421-1437** early Friday afternoon or search "Pittsburgh eruv" online for an eruv update and map.

## Mikvah

The Jewish Women's League of Pittsburgh  
1722 Denniston St. (corner of Forbes Ave. and  
Denniston St.) For appointments call **412-422-7110** or  
text **412-400-4497**. Visit **[www.pittsburghmikvah.org](http://www.pittsburghmikvah.org)**  
for more information.

## Men's Mikvah Lubavitch

Open daily Sunday through Thursday  
from 6 to 10 a.m. and all day Friday.  
1 Yeshiva Way  
For information call **412-422-7315**.

# Hospital Resources

This section lists the resources available to you while you or your loved one is in the hospital.

## Meals

Kosher meals are prepared by Creative Kosher Catering and are certified by the Vaad of Harabonim of Pittsburgh.

## Food Services

**UPMC Presbyterian:** A meal service host will personally contact you each day for your meal selections. Complete the menu selection sheet delivered by your host and a staff member of the Food and Nutrition Services will pick it up. If the host is unavailable, please contact the Diet Office at **647-8001** and press option **1** from a hospital phone for assistance.

**UPMC Montefiore:** To place an order dial **864-1800** between the hours of 6:30 a.m. and 7 p.m. Identify yourself to the In-Room Dining Liaison and place your order.

**UPMC Shadyside:** A meal service host will personally contact you each day for your meal selections. If the host is unavailable, please contact the Diet Office at **623-1659** from a hospital phone for assistance.

Guest trays are available for a charge upon request. To order guest trays at UPMC Presbyterian, UPMC Montefiore, and UPMC Shadyside dial **412-864-1800**, and select In-room Dining. The In-room Dining Liaison will take orders for all three locations. The caller should provide the patient's name and hospital (UPMC Presbyterian, UPMC Montefiore, UPMC Shadyside) to ensure that the meal will be provided at the correct site.

## Shabbat Observance

We understand that being in the hospital during Shabbat, and being unable to welcome it in the traditional way with the lighting of candles, may be of concern. Although the lighting of wax candles in any hospital is prohibited (not allowed) by the fire marshal of Pittsburgh, electric and battery-powered Shabbat candles are available to patients. Please feel free to contact the Office of Spiritual Care at UPMC Presbyterian or the Department Of Pastoral Care at UPMC Shadyside to access electric and battery-powered Shabbat candles.

The Food and Nutrition Services department of UPMC Presbyterian and UPMC Shadyside make available grape juice and challah for Shabbat and holiday observances. Please see the hospital contact numbers for Food Services on page 4.

## Eruv Chazterot

The Vaad Horabonim of Pittsburgh have given us the following Halacha instructions. Carrying on Shabbat is allowed inside of UPMC Presbyterian, UPMC Montefiore, Eye and Ear Institute, Western Psychiatric Institute and Clinic, UPMC Shadyside, and Hillman Cancer Center as long as you or your love ones are not carrying outside the building, bridges, and tunnels.

## Shabbat Cabinets

If being hospitalized was due to an emergency on a Shabbat or Jewish holy day, you and your loved ones may not have had time to bring the religious articles for the Shabbat and holy day observances. Shabbat cabinets have been installed at UPMC Presbyterian, UPMC Montefiore, and UPMC Shadyside hospitals. They contain a variety of religious articles as well as a few non-perishable kosher food items. Staff at the Information Desk at each location will help you.

## **Shabbat Cabinet Locations**

**UPMC Presbyterian:** 1<sup>st</sup> floor, in alcove of Citizens Bank ATM machine in hallway across from the main visitor elevators.

**UPMC Montefiore:** Main lobby on the 7<sup>th</sup> floor in the wheelchair storage area off to the right of the Information Desk.

**UPMC Shadyside:** 1<sup>st</sup> floor, in the wheelchair storage area off the Information Desk (Posner Tower).

## **Chapels, Meditation Areas, and Gardens**

Patients and their loved ones are invited to use the hospitals interfaith chapels and meditation areas. These peaceful settings have been set aside for prayer, meditation, reflection, and solitude.

### **UPMC Presbyterian**

- The interfaith chapel is located on the 11<sup>th</sup> floor of UPMC Presbyterian.
- The Rogal Interfaith Meditation Room is located in UPMC Montefiore in the main lobby on the 7<sup>th</sup> floor.
- The B. Blair Crawford Garden and Atrium is a quiet place for reflection and relaxation. It is located off UPMC Montefiore's main entrance. Directions to the garden are posted in UPMC Montefiore's main lobby on the 7<sup>th</sup> floor.

### **UPMC Shadyside**

- An interfaith chapel is located in Posner Tower on the 1<sup>st</sup> floor.
- The Hopwood Garden and atrium is off of the ground level of Hillman Cancer Center at UPMC Shadyside.
- The Hulme Meditation Area is a quiet place for reflection and relaxation. It is located near the Hopwood Garden and atrium on the ground level of Hillman Cancer Center.
- The Japanese Garden is located in front of the main hospital entrance (Centre Avenue) at UPMC Shadyside.

## Holidays and Festivals

Jewish holidays are celebrated at UPMC Presbyterian and UPMC Shadyside in a manner appropriate to the hospital setting.

### Rosh Hashanah

On Rosh Hashanah, the shofar is sounded for patients in their rooms.

### Sukkot

A sukkah is constructed each year at both campuses so that patients, families, and staff may enjoy the festival and eat in the sukkah if they wish. For locations contact the Office of Spiritual Care at UPMC Presbyterian or the Department of Pastoral Care at UPMC Shadyside.

### Chanukah

The Office of Spiritual Care at UPMC Presbyterian provides electric menorahs upon request.

### Purim

For Purim, arrangements are made for those who wish to hear the reading of the Book of Esther from the Megillah. The reading may take place in a patient's room.

### Passover

During Passover, a seder plate containing the symbolic foods, a copy of the Haggadah, and strictly kosher Passover meals are available. All Passover meals are prepared by Creative Kosher Catering and certified by the Vaad Harabonim of Pittsburgh.



# Local Synagogues

For times of daily minyan (worship services) call the individual synagogue.

## Orthodox

### Carnegie

Ahavath Achim Congregation  
The Carnegie Shul  
500 Chestnut St.

**412-260-7232** (for immediate assistance)

**412-279-1566** (to leave a message)

**[www.thecarnegieshul.org](http://www.thecarnegieshul.org)**

### Downtown

Beth Hamedrash Hagodol/Beth Jacob Congregation  
1230 Colwell St.

**412-471-4443**

### Fox Chapel

Fox Chapel Chabad Center for Jewish Life  
1320 Freeport Road

**412-781-1800**

Fax: **412-406-7569**

**[www.chabadfoxchapel.com](http://www.chabadfoxchapel.com)**

### Monroeville

Chabad Jewish Center of Monroeville  
2715 Mosside Blvd.

**412-372-1000**

Fax: **412-372-1000**

**[Chabad@JewishMonroeville.com](mailto:Chabad@JewishMonroeville.com)**

**[www.jewishmonroeville.com](http://www.jewishmonroeville.com)**

## **Mt. Lebanon**

Chabad of South Hills  
1701 McFarland Road

**412-344-2424**

Fax: **412-291-3424**

**rabbi@chabadsh.com**

**www.chabadsh.com**

## **Squirrel Hill**

B'nai Emunoh Chabad  
4315 Murray Ave.

**412-521-1477**

**bechabad@gmail.com**

**www.bechabad.org**

Chabad of Squirrel Hill  
6401 Forbes Ave.

**412-421-3561**

Fax: **412-422-5930**

**www.chabadpgh.com**

Kollel Jewish Learning Center  
PO Box 81036, Pittsburgh, PA 15217  
5808 Beacon St.

**412-420-0220**

Fax: **412 420-0224**

**info@kollelpgh.org**

**www.kollelpgh.org**

Lubavitch Center Synagogue  
Chabad of Western Pennsylvania  
2100 Wightman St.

**412-422-7300 x 1-211**

Fax: **412-422-5930**

**Rabbi@yeshivaschools.com**

**mail@yeshivaschools.com**

**www.yeshivaschool.com**

Congregation Poale Zedeck  
6318 Phillips Ave.

**412-421-9786**

**info@pzonline.org**

Shaare Torah Congregation  
2319 Murray Ave.

**412-421-8855**

**office@ShaareTorah.net**

**www.shaaretorah.net**

Young Israel of Pittsburgh/  
Congregation Shaare Zedeck  
5831 Bartlett St.

**412-421-0508**

**halochoscope@hotmail.com**

Young Peoples Synagogue  
6406 Forbes Ave.

**www.yps-pgh.org**

## **White Oak**

Gemilas Chesed  
1400 Summit St.

**412-678-8859**

**gemilaschesed@gmail.com**

**www.gemilaschesed.org**

## **Conservative**

### **Ambridge**

Beth Samuel Jewish Center  
810 Kennedy Ave.

**724-266-5238**

**bethsamueloffice@comcast.net**

### **Cheswick (Fox Chapel Area)**

Adat Shalom  
B'nai Israel/Beth Jacob  
368 Guys Run Road

**412-820-7000**

**www.adatshalompgh.org**

### **Mt. Lebanon**

Beth El Congregation of South Hills  
1900 Cochran Road

**412-561-1168**

**Bethel1900@juno.com**

**www.bethelcong.org**

## **Squirrel Hill**

Congregation Beth Shalom  
5915 Beacon St.

**412-421-2288**

**office@bethshalompgh.org**

**www.bethshalompgh.org**

New Light Congregation/Ohr Chadash  
1700 Beechwood Blvd.

**412-421-1017**

**info@newlightcongregation.org**

**www.newlightcongregation.org**

Tree of Life Or L'Simcha Congregation  
5898 Wilkins Ave.

**412-521-6788**

**TOLPGH@aol.com**

**www.tolols.org**

## **Washington, PA**

Beth Israel Congregation  
265 North Ave.

**724-225-7080**

**Office@bethisraelsynagogue.com**

**www.mybethisrael.com**

## **Wilkins Township**

Parkway Jewish Center (Shaar Ha-Shamayim)  
300 Princeton Drive

**412-823-4338**

**parkwayjc@verizon.net**

**www.parkwayjewishcenter.org**

## **Reform**

### **Allison Park**

Temple Ohav Shalom  
8400 Thompson Run Road

**412-369-0900**

**info@templeohavshalom.org**  
**www.templeohaveshalom.org**

## **Greensburg**

Congregation Emanu-El Israel  
222 North Main St.

**724-834-0560**

**Cei50@aol.com**  
**www.ceigreensburg.org**

## **Monroeville**

Temple David  
4415 Northern Pike

**412-372-1200**

**tdoffice@templ david.org**  
**www.templ david.org**

## **Mt. Lebanon**

Temple Emmanuel of South Hills  
1250 Bower Hill Road

**412-279-7600**

Facebook: **facebook.com/templemanuelpittsburgh**

Twitter: **@EmanuelPgh**

**www.templemanuelpgh.org**

## **Oakland**

Rodef Shalom Congregation  
4905 Fifth Ave.

**412-621-6566**

**info@rodefshalom.org**

**www.rodefshalom.org**

## **Squirrel Hill**

Temple Sinai  
5505 Forbes Ave.

**412-421-9715**

**office@templesinaipgh.org**

**www.templesinaipgh.org**

## **White Oak**

Temple B'nai Israel  
2025 Cypress Drive

**412-678-6181**

Fax: **412-672-1868**

**tbiooffice@gmail.com**

**www.tbiwhiteoak.org**

## **Reconstructionist**

### **Squirrel Hill**

Congregation Dor Hadash  
5898 Wilkins Ave.

**412-422-5158**

**Admin@dorhadash.net**

**www.dorhadash.net**

## Independent

### Squirrel Hill

Minyan Makom Ha-Lev  
(Reconstructionist, Renewal)

Meets in various locations. For more information  
call **412-260-3600**.

**makomhalev@gmail.com**

Bet Tikvah

(A welcoming LGBT centric independent minyan)

Rodef Shalom Congregation  
4905 Fifth Ave.

Meets 1<sup>st</sup> Friday every month. Call or visit the website  
for information on special events.

**412-256-8317**

**info@bettikvah.org**

**www.bettikvah.org**

## For More Information

For more patient and visitor resources available  
to you during your stay or visit, please visit

**UPMC.com/PatientsAndVisitors.**





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**UPMC Presbyterian  
Office of Spiritual Care**

200 Lothrop St.

Pittsburgh, PA 15213

**412-647-7560**

**UPMC.com/Presbyterian**

**UPMC Shadyside  
Department of Pastoral Care**

5230 Centre Ave.

Pittsburgh, PA 15232

**412-623-1691**

**UPMC.com/Shadyside**

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.