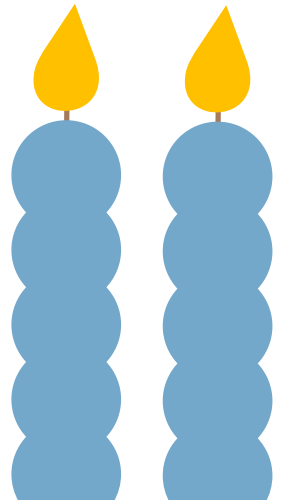




Ramah Sasson



Program Guide
November 7-9, 2025



B'ruchim HaBaim!

Welcome to the Ramah Sasson Bereavement Weekend!

We're so glad you will be joining us. There's something truly meaningful about gathering as a caring Jewish community—sharing the spirit of camp, finding comfort, and creating space to heal, reflect, and connect. Together, we'll build a weekend filled with warmth, understanding, and sprinkled with a little bit of Ramah magic.

This Program Guide is your go-to for everything you'll need during your time with us. Take some time to flip through it, and keep it close—you'll find schedules and helpful info inside.

And of course, if you need anything along the way, just reach out. We're always here for you.



Riki Wiederhorn
Director of Year-Round
Programming
203-803-7603



Emma Gelb
Assistant Director of Year-Round
Programming
339-364-1233

Top 10 Things to Know About Ramah Sasson

1

Activities & Programs:

- **Camper times:** Youth programming (preK-6th) and teen programming (7th-12th) led by awesome Ramah Sasson volunteers. A mix of classic camp fun and grief support activities.
- **Adult times:** Similar to camper times, adult times will be a mix of fun crafts and games, and more intentional grief support experiences.

2

Volunteers & Supervision: Our many amazing volunteers are here to help enhance programming and support you and your children. During family activities and meals, parents have primary responsibility for supervising their children but we are here to support you.

3

Safety and Security: We have security guards on site throughout Ramah Sasson. If you see them around, wave hello! If you have any concerns regarding security, please bring them to Riki Wiederhorn's attention. See pg.10 for more detailed information.

- **Name tags:** Please wear your name tags throughout the week and ask your children to do the same. Name tags help us learn each other's names and keep camp secure.
- **Emergencies:** Call 911 from your mobile device or any phone on campus. Be prepared to state the nature of the problem and your location (39 Bennett St, Palmer, MA 01069). Also, please notify a Ramah New England staff member of the situation.

4

Questions & Maintenance Requests: Riki and Emma will always be available during mealtimes in the Chadar Ochel (Dining Hall) to answer questions, help with maintenance issues and more. You can also call Riki at 203-803-7603 with maintenance issues between meals. Please avoid calling on Shabbat and between 9:00pm-7:30am, unless it is an emergency.

5

Shmira (Night Listening): Complimentary shmira takes place during adult evening activities. Enjoy your kid-free evenings and check out our menu of adult programming. Ramah Sasson Volunteers will be strategically placed around camp to listen for children who wake up or need something. Please note that each household will not have its own babysitter. Night listeners are there to respond to needs that arise but are not available to supervise bedtime. See pg.4 For more details.

Top 10 Things to Know About Ramah Sasson

6 Kashrut, Meals & Snacks: We are a kosher, nut-free campus. Please help us maintain our kashrut and nut-free environment. All meals, snacks and beverages are provided. Outside food is not allowed in the Chadar Ochel (Dining Hall). Here are a few important pieces of information for mealtimes:

- All meals are served buffet style. Please use a new/clean plate for each visit to the buffet or salad bar.
- While meals are open seating, we encourage you to sit with new people at each meal!
- **Food Allergies/Dietary Restrictions:** Look for a list of major food allergens on the menu posted at the front of the buffet line. All special dietary food needs will be served from the allergy table to the left of the service window.
- Lunch and dinner begin with a communal blessing. Please wait before entering the buffet line. All meals will conclude with announcements and blessings.
- **Beverages and snacks** are always available between meals in the Chadar Ochel (dining hall).

7 Shabbat & Tefillot (Prayers): Throughout the weekend, we offer Tefillah experiences for all ages. Shabbat is a very special time of the week for our community. Out of respect for this value and our community, we ask that guests refrain from using electronics in public spaces. We will provide tea lights for Shabbat candle lighting. Please do not light candles in your bunk or room! We will begin Sunday morning with a choice of family-friendly, tefillah (prayer) experiences. Everyone is encouraged to wear kippot, tallit and tefillin, if it is their practice.

8 Smoking, Illegal Substances & Firearms: As a childcare facility in the Commonwealth of Massachusetts, smoking is not permitted anywhere within the boundaries of Ramah New England. Firearms, illegal substances and related paraphernalia are not permitted on campus.

9 Vehicles: The speed limit on campus is 5mph. Please only park in the approved parking locations near your accommodation. We ask that you leave your vehicle parked for the retreat duration. Guests are not permitted to drive through campus during the weekend.

10 Wi-Fi & Phones: Cell phone signal is available throughout camp, but there is limited availability to wireless internet service. To join the Wi-Fi network, choose "YearRound". No password is required.

Shmira (Night Listening)

We are happy to provide complimentary shmira for families. During shmira hours Ramah Sasson Volunteers will be assigned to all housing locations to listen for children who wake up or assist if a special need arises. If a parent is needed, the shmira will be in touch with a Ramah New England staff person at the adult evening program or call you directly.

Shmira takes place at the following times:

- Friday, November 7 | 8:30-10:30pm
- Saturday, November 8 | 9:00-11:00pm

In/Out Signs/Shmira Cards: Your welcome bag has a hanging sign on it that says “In” on one side and “Out” on the other and a “shmira card” for each child.

Every evening, please:

- Hang your door sign to read “In” if the adults are staying in for the night and you do NOT need shmira.
- Hang your door sign to read “Out” if the adults are going out and you do need shmira.
- If you leave your bunk/room, take the provided cards and hand them to the shmira who is sitting near your porch or in your building. Make note of where they are sitting and let your kids know! When you return, be sure to check in and take the card back.

Please note:

- Families do NOT have their own individual volunteer or night listener.
- Volunteers are there to respond to needs that arise, not to supervise bedtime.

Shmira is not responsible for:

- Putting children to bed.
- Entertaining or playing with children.
- Overseeing bedtime rituals



Packing List

Clothing – Friday afternoon, Saturday, Sunday

- Underwear
- Socks
- 4 Shirts
- 2 Pairs of pants
- 2 Sweatshirts/Sweaters
- Warm Jacket
- Warm Hat (it can be very chilly in November)
- Gloves
- Pajamas
- Sneakers (recommended for sports and nature walks)
- Rain jacket, Rain Boots

Clothing – Shabbat

In general, the camp Shabbat dress code is very relaxed, but to help create a special atmosphere, we request that you not wear jeans or T-shirts for Friday night dinner.

Suggested items include:

- Button down shirt
- Polo shirt
- Sweater
- Skirt
- Dress
- Cardigan
- Khaki pants
- Dress slacks

Linens – We will provide sheets and light weight blanket and towels but please bring:

- Pillow
- Washcloth
- Warm blanket if you want something heavier (all housing is heated)
- Any special blankets that you or your children like to sleep with

Toiletries + Miscellaneous

- Soap, Shampoo, Conditioner
- Toothbrush and toothpaste
- Hairbrush, hair dryer, etc.
- Medication (both prescription and routine over the counter options)
- Kippah
- Talit and Tefilin
- Flashlight
- Books or games (we'll have plenty of games, but you can always bring your own!)
- Sports equipment, including mitts, frisbees, etc.
- Umbrella

Please do not bring any outside food (we're a nut free and kosher facility), valuable jewelry, or expensive electronics

Schedule: Friday

Friday, November 7, 2025/16 Cheshvah 5786		
TIME	ACTIVITY	LOCATION
11am - 12pm	ACTIVITY Check-In Welcome to Camp Ramah Sasson! At check in, join us for challah braiding, camp crafts and table top games! You will also have the chance to settle into your rooms.	Chadar Ochel (Dining Room) or O"CH
12pm - 12:45 pm	Lunch	Chadar Ochel (Dining Room)
	Quiet Room Open for the Day Do you or your camper need a quiet place to hang? Come enjoy playdough and puzzles in a quiet space.	Library
12:45pm - 2:15pm	Camp Ramah Sasson Community Meet and introduce yourself to the Camp Ramah Sasson community	Bitan or Chadar Ochel
2:15pm - 3:15pm	Meet your peers	
	Campers pre-K-6th grade Fun with Crafts Tag Bonanza	Moadon Amitzim
	Campers 8th-11th grade	BAG Teen Lounge
	Adults	Moadon Tzevet
3:15pm - 4:15pm	Hachanah L'Shabbat (Prepare for Shabbat) When you are dressed and ready for Shabbat, come take a photo	Outside Beit K'nesset
4:17pm	Shabbat Candle lighting Candles available outside the Beit K'nesset	Outside Beit K'nesset
4:30pm - 5:15pm	Community Building	
	PreK and K Campers	Library
	Campers 2nd-6th Grade	Moadon Amitzim
	Campers 8th- 11th grade	Teen Lounge
5:15pm	Shabbat Circle	Moadon Tzevet
5:30pm	Kabbalat Shabbat Let's welcome in Shabbat with music, song and dance	Chorsha
6:30pm	Shabbat Dinner Enjoy a Ramah style Shabbat dinner followed by shirah (singing).	Beit K'nesset
8:30pm - 10pm	Teen Time	
	Giant Jenga and late night snack	Chadar Ochel
8:30pm - 9:30pm	Adult Time	
	You each have a story to tell. Bring an object that represents you or your family's journey.	Teen Lounge
	Adult Oneg Join us for joy, happiness, snacks and beverages!	Moadon Tzevet
	Shmirah Nighttime supervision for children	Moadon Tzevet
8:30pm - 10:30pm		All housing locations

Schedule: Shabbat

Saturday, November 8, 2025/17 Cheshvan 5786		
Parashat Vayera		
TIME	ACTIVITY	LOCATION
8am - 9am	Shabbat Breakfast	Chadar Ochel
8am	Quiet Room Open for the Day	Library
Shabbat Tefillah (prayers)		
9am - 11:15am	- 9am-9:45am Ramah Style Family service for kids and adults - 9:45 Kiddush and Snack - 10am-11:15am Continuation of Tefillah (Torah and Musaf)	Bet K'nesset
Camper Time (pre-K-6th grade Campers invited)		
10am - 11:15am	Forest Exploration	Meet outside the Bet K'nesset
Shabbat Family Chugim		
11:30am - 12:30pm	Time with some special canine visitors -Eddie Vassar and "Wiggins" -Trish Kadlewicz and "Viva" -Jane Theriault and "Betsy" Quiet Room - games, playdough, books Scooter Tag Nature Walk to the Tree House (Outside the Eruv)	Moadon Amitzim Library Bet Am Gadol Meet in the OCH
12:30pm	Shabbat Lunch	Chadar Ochel
1:30pm - 2:30pm	Menucha /Rest Relax, unwind, rejuvenate	
2:30pm-3:30pm	Family Memory Walk	
	Time for reflection and space for missing loved ones	Meet Moadon Amitzim
3:30pm - 4pm	Snack/Break - Substantive snack (bread)	Chadar Ochel
Adult Learning		
4pm - 5pm	Rabbi Jill Levy - Director of Ramah Day Camp Greater DC <i>Judaism and Uncertainty - What Our Tradition Teaches About Navigating Confusing Times</i>	Moadon Tzevet
Camper Time		
4pm - 5pm	K-6th Grade - Kickball Teens - You each have a story to tell. Bring an object that represents you and your journey.	BAG Teen Lounge
5:15pm	Maariv+ Havdallah	Bitan
5:30pm-6:30pm	Seeding Mitzvot - Scavenger Hunt and Storytelling	
	Gather together the supplies you'll need for this family friendly craft and story	Begin at Chadar Ochel
6:30pm	Dinner	Chadar Ochel
Medurah (Campfire)		
7:30pm - 8:30pm	Campfire, smores, and sing along!!! All are welcome	
Teen Time		
8:30pm - 10pm	Candy Sushi Making - Come for fun, friends, and a late night snack	Teen Lounge
Adult Time - Sip and Paint		
9pm - 11pm	Come for some adult-only time and walk away with a one of a kind painting created by YOU.	Moadon Tzevet
9pm - 11:00pm	Shmirah Nighttime supervision for children	

Schedule: Sunday

Sunday, November 9, 2025/18 Cheshvan 5786

TIME	ACTIVITY	LOCATION
8am - 9am	Breakfast	Chadar Ochel
9am	Group Photo! Wear your Camp Ramah Sasson shirt and join us for the Group Photo to capture the memories of the weekend!	Meet outside the Chadar Ochel
Tefillah (prayer/mindfulness) Experiences		
9:15am	Musical Tefillah	Bet K'nesset
	Tefillah Through Art - Collage	Moadon Amitzim
	Tefillah in Nature	Nature Trails
Family Art Workshop - Create and Connect		
10am - 11:30am	<i>Facilitated by Tova Speter, LMHC</i> All are invited to participate in a fun therapeutic art session in which we'll explore colorful art materials to find connections to each other and to our own creative spirit. This session will give you space to relax and play, and everyone will go home with a piece of art to remind them of our weekend together.	Chadar Ochel
11:30pm -12pm	Wrap Up	Chadar Ochel
12:15pm	Lunch and L'Hitraot (see you soon)	Chadar Ochel



Summer Programs



**June 22-
August 7**

Ramah Day Camp Greater Boston will return next summer for the 3rd year with the very best Jewish camping experience. This well-rounded program will expose kids to sports, arts, outdoor education, and more! Your child is bound to come home happy, tired, and ready to share all about their day. Email rachels@campramahne.org to learn more about this exciting new program! **Registration for summer 2026 now open!**



**June 22-
August 7**

At the Ramah Day Camp of Greater Washington, DC, we provide children entering grades K-5 with the very best camping experience in a setting of love, friendship, wonder and discovery, and a place where Judaism is integral to daily activities. We will offer three two-week sessions and a final add-on week. Of course, we love when families take advantage of our full summer discount and enroll their child(ren) for all 7 weeks! Email dcdaycamp@campramahne.org to learn more about our 2 week sessions and full session. **Registration for summer 2026 now open!**



**June 23-
August 16**

For families who want their kids to love being Jewish, Camp Ramah is THE Jewish overnight camp! At Ramah New England, campers love being Jewish. We weave together fun and meaningful Jewish experiences with all the activities kids love — all in a welcoming, inclusive environment, where kids make life-long friends. We offer unparalleled camper care and inspiring role models. Campers have the option to come for the full summer or can take advantage of one of our 4-week sessions. We also offer a Mini-Kochavim session and a Mini-Amitzim session. Email info@campramahne.org to learn more about any of our sessions!

Registration for summer 2026 now open!

Security & Emergency Protocols

Ramah New England has developed comprehensive safety and security protocols in consultation with the Palmer Police Department and Security Experts and Consultants. Highlighted below are key elements of our protocols. We ask all guests to review this document at the beginning of your stay.

Every building has an emergency exit plan posted and is equipped with fire extinguishers. PLEASE MAKE NOTE OF EMERGENCY EXITS WHENEVER YOU ENTER A BUILDING.

Note that there is always a security officer on-site throughout the weekend.

MEDICAL EMERGENCY

A first aid kit and AED are available at the *Chadar Ochel* (Dining Room).

In the Event of a Medical Emergency:

- IMMEDIATELY DIAL 911.
- Give location, sex, and approximate age of victim and if possible, the type of emergency.
- Then alert a Ramah New England staff person of your emergency.

Stay with the injured person until help arrives. Try to calm, reassure, and stabilize the person. Never move an injured person with a suspected neck or back injury. When medical staff arrives at the scene, summarize the situation and answer questions.

FIRE

If you spot a fire:

- Leave the building and do not re-enter to remove personal property.
- IMMEDIATELY DIAL 911. Give location, and if possible, type of fire (grease, electrical, paper, etc.). Then alert a Ramah New England staff person of your emergency.
- If a phone is not accessible, sound the closest fire alarm.
- If a campus-wide fire alarm is sounded, all guests should proceed immediately to the *Machaneh Gimel* (field in between the *Bet Am Gadol* (Gym) and Alpine Tower) and remain there until the “all clear” signal has been given.
- If the fire occurs on or near *Machaneh Gimel*, all guests should proceed to the Tzad Bet field in between the B-Side Tennis Courts and Little House.

SEVERE WEATHER

Thunder and/or Lightning:

Gather your family/group and move to a safe area (large indoor facility, bunk porch or common room) until the weather has passed.

Tornado Warning:

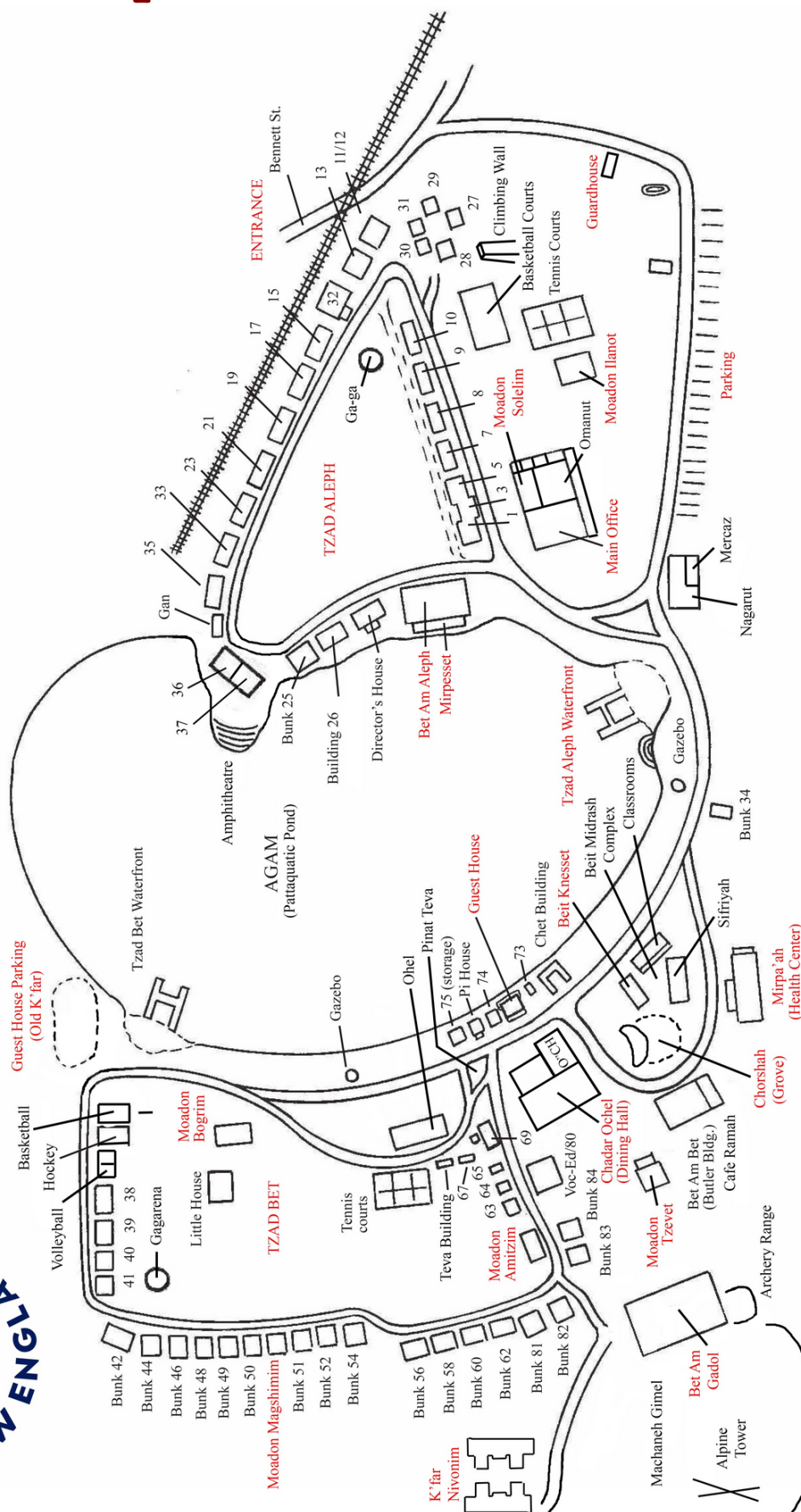
Head immediately to one of the following designated emergency locations: Library Basement, Guest House Basement, or Bunk 80 Basement. When at location, stay away from windows. Stay at designated emergency location until the “all clear” has been given.

ACTIVE SHOOTER

- First and foremost: **EVACUATE** if at all possible, leaving the area by the quickest route available. If necessary, leave the campus grounds. Leave your belongings behind.
- Call 911 as soon as it is safe to do so.
- If you are not able to evacuate, HIDE OUT in an area out of the active shooter’s view. Block entry to your hiding place. If possible, lock the door. Silence your cell phone (including vibrate mode) and remain quiet.
- TAKE ACTION only as a last resort and only when your life is in imminent danger. Attempt to incapacitate the shooter. Act with physical aggression and throw items at the active shooter.
- When law enforcement arrives, remain calm and follow the officers’ instructions. Immediately raise hands and spread fingers. Keep your hands visible at all times. Avoid quick movements toward officers whenever possible.

CAMP RAMAH NEW ENGLAND

מחנה רמה בניו אינגלינד





Thank You!

**We can't wait to see you soon!
Don't hesitate to reach out with
any questions.**

