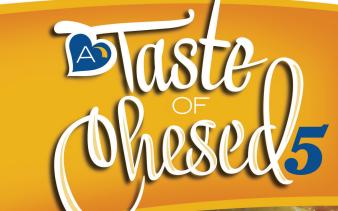


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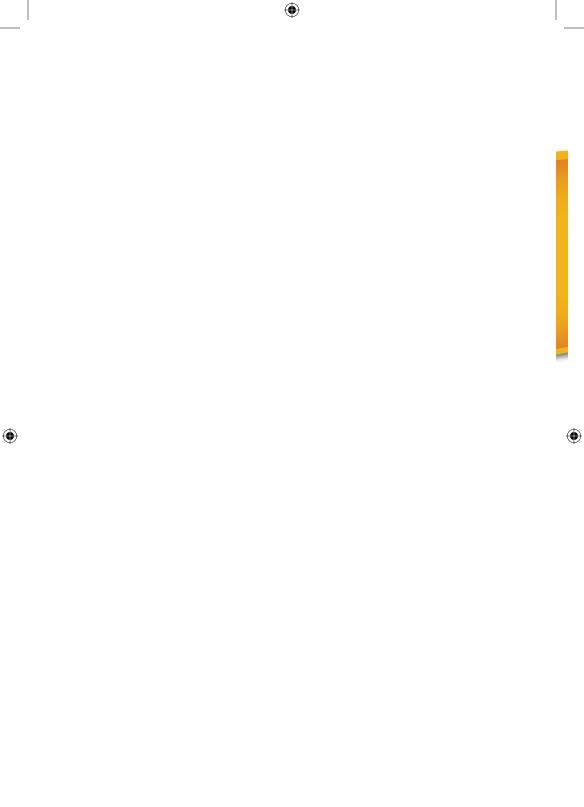
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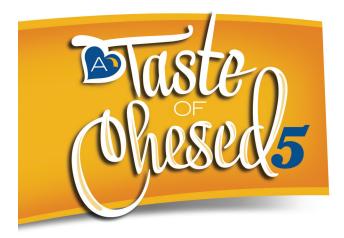
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RECIPES FROM THE FROM THE Mesonal Publications, Itd COLLECTION OF BEST-SELLING COOKBOOKS



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Is there a secret recipe for chesed?

We all know that this mitzvah is one of the foundations of our world, but do we know the best way to give a helping hand?

Do we know how to offer support to those in need?

At Chesed 24/7, we have fine-tuned and perfected the recipe for chesed.

Our wide range of services offer care and support to hospitalized patients and their families. From home-cooked meals, to transportation, to friendly visitors, Chesed 24/7 provides comfort and sustenance to those going through a medical crisis.

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On the following pages, you will find a selection of detailed recipes for delicious Yom Tov meals. We would like to thank Artscroll Mesorah Publications for sharing some of their most popular recipes.

As you enjoy these delicacies, remember those suffering in the hospital who turn to Chesed 24/7 for their Yom Tov meals, the comforts of home and assistance from those who care.

You too can be a part of this great mitzvah. Support Chesed 24/7 and support patients and their families.

Wishing you and your family a happy and healthy new year,



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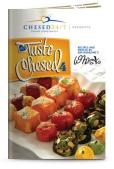
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🔜 Mandarin Chicken Salad



MEAT, YIELD: 4-6 SALAD-SIZED SERVINGS OR 8 EGGROLL WRAPPER CUP-SIZED SERVINGS

This is a winner of a salad. It is a healthy full meal in a bowl. It works well as a main dish, in a picnic basket, or on a buffet.

- 4 boneless, skinless chicken breasts
 fine sea salt
 freshly ground black pepper
 1 tablespoon olive oil
 4 tablespoons seasoned rice wine vinegar
 3 tablespoons
 roasted or toasted sesame oil
 1 tablespoon soy sauce
 1 (1102) can mandarin oranges; reserve liquid
 1 small red onion, halved, thinly sliced
 1 head romaine lettuce
 1 cup thin chow mein noodles
 black sesame seeds
 white sesame seeds
- ΟΡΤΙΟΝΑΙ

eggroll wrapper cups

- 1 Season both sides of each chicken breast with salt and pepper. Pour the olive oil into a skillet over mediumhigh heat. Add the chicken and sear 5-6 minutes per side until golden brown on both sides. Reduce heat if necessary to finish cooking the inside without burning the outside. Remove from skillet and slice on the diagonal. Set aside.
- 2 In a small bowl, whisk the vinegar, sesame oil, soy sauce, and 1/2 cup reserved mandarin orange liquid. Season with salt and pepper. Place the onions into a large bowl. Pour half the dressing over the onions and let the onions sit in the dressing for a few minutes. This will mellow their flavor and soften them just a little. Reserve remaining dressing.
- 3 Break off the leaves of romaine lettuce. Cut off the stem and stack the leaves. Cut on each side of the center rib and discard the rib. Chop the leaves into bite-sized pieces.
- 4 Add the romaine and mandarin oranges into the bowl of onions and dressing. Add the chow mein noodles.
- 5 Toss the chicken with the reserved dressing, coating each slice. Toss the dressed chicken slices with the greens. Garnish with black and white sesame seeds.

OPTIONAL EGGROLL WRAPPER CUPS:

Preheat oven to 350°F. Invert 8 oven-proof ramekins or custard cups on a cookie sheet. Spray the outside of the cups with nonstick cooking spray. Drape an eggroll wrapper over the outside of each cup. Bake for 10 minutes until golden. Allow to cool for 5 minutes; remove eggroll wrapper from cup. Store in a heavy-duty Ziploc bag at room temperature for up to two days.

THOUSANDS OF DELICIOUS HOME-COOKED MEALS ARE PACKAGED AND DELIVERED TO THE HOSPITA ON WEEKDAYS, SHABBOS AND YOM TO

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ARING CONS





I know another product on the market has already coined the phrase "Bet you can't eat just one." But even someone who could stick with a single potato chip could not stop at just one of these outstanding appetizers.

Wonton wrappers are available at most supermarkets. They are usually kept with the produce, near the Asian vegetables. The ones called for in this recipe are the smaller 3½-inch square ones. The larger wonton wrappers are really for egg rolls.

Wonton-Wrapped Chicken with Apricot Dipping Sauce

RECIPE FROM Kosher by design BY SUSIE FISHBEIN

MEAT; YIELDS 8 SERVINGS

MARINATED CHICKEN

- 3 teaspoons brown sugar
- 2 teaspoons salt
- 4 cloves garlic, minced
- 4 teaspoons dry sherry
- 2 teaspoons cornstarch
- 6 tablespoons vegetable oil
- 1 teaspoon soy sauce
- 1 pound **boneless**, skinless chicken breasts (about 3 cutlets), cut into approximately 32 (1") squares

WRAPPERS

1 (12-ounce) package wonton wrappers 2 cups peanut oil

APRICOT DIPPING SAUCE

- 12 ounces **apricot preserves** 4 teaspoons **yellow mustard** 4 tablespoons **teriyaki sauce**
- 4 tablespoons teriyaki sauce

MARINATED CHICKEN

1 In a small bowl combine the brown sugar, salt, garlic, sherry, cornstarch, vegetable oil, and soy sauce. Mix the chicken squares with the marinade; cover and refrigerate for 8 hours or overnight.

WRAPPERS

PREPARATION

- 1 Lay the wonton wrappers in a single layer. Place 1 square of the marinated chicken in the center of the wonton wrapper. Dab a small amount of marinade on each of the corners. Fold the wonton over the chicken by bringing each of the corners to the center of the square, overlapping slightly, like a squared envelope.
- 2 Heat the peanut oil in a large skillet until hot. Cook the wonton wrapped chicken for about 2 minutes per side, turning once.

APRICOT DIPPING SAUCE

1 In a small bowl, blend the apricot preserves, mustard, and teriyaki sauce. Serve 4 wontons on each plate with the dipping sauce in the center.

NOTE: Wontons may be fully prepared and frozen flat in a single layer and then put in plastic baggies for storage. To reheat, bake at 475° for 10 minutes.

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6-4-2 Salad

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MEAT; YIELDS 4-6 SERVINGS

RECIPE FROM Fresh Easy BY LEAH SCHAPIRA

This is my mother-in-law's Friday-night staple. It's impossible to forget the dressing recipe, since it's just remembering the proportions; you can make it in any amount. All you need is a spoon to whisk it together.

You can easily substitute smoked turkey or any other deli meat that you prefer.

1 head **romaine lettuce**, torn into bite-size pieces ½ cup **pomegranate seeds** 1 small **red onion**, thinly sliced 6 slices **pastrami**, thinly sliced

DRESSING

- 6 tablespoons **vinegar** 4 tablespoons **oil** 2 tablespoons **sugar**
- salt and pepper, to taste

PREPARATION

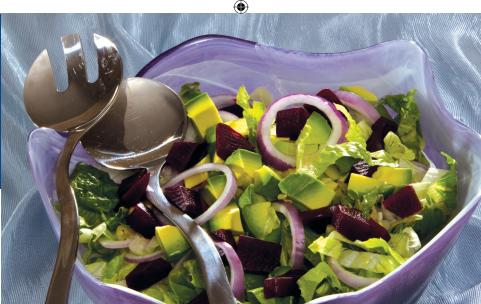
- 1 Add salad ingredients to a large serving bowl.
- 2 Whisk dressing ingredients together.
- 3 Toss with salad just before serving.

COUCHES, TABLES, CHAIRS, MEAT O DAIRY MICROWAVES, A FRIDGE, A HOT WATER URN, JEWISH BOOKS, MAGAZINES O SEFORIM.

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Beet-Lettuce Salad

PAREVE; YIELDS 6-8 SERVINGS



In my mind's eye I see my grandmother's hands stained red from peeling beets for her traditional borscht and homemade horseradish. While I must admit I don't serve either of those, this salad was a welcome walk into the past for me.

To avoid staining your hands, use disposable gloves when handling the beets.

BEETS

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3 beets, unpeeled 1 cup vinegar 1/2 cup sugar 1/2 cup water

SALAD

1 (8-ounce) bag **lettuce** 1 **red onion**, sliced into thin rings 1 **avocado**, diced

DRESSING

¹/₂ cup **vinegar** ¹/₂ cup **olive oil** ¹/₂ teaspoon **salt**

BEETS

PREPARATION

Preheat the oven to 350°F. Scrub unpeeled beets with a vegetable brush. Wrap in foil and bake for 1 hour, until soft. Combine vinegar, sugar, and water in a large container or ziplock bag. Peel whole beets and add to bag. Marinate overnight in the refrigerator.

SALAD

2 In a large bowl, combine lettuce, onion, and avocado. Remove beets from marinade and cut into cubes. Add to salad. (I don't like to toss this salad at any stage before serving, because the beets will turn everything red.)

DRESSING

3 In a small container, combine dressing ingredients. Pour over salad.



50,000 POMEGRANATES ARE PRESHLY SQUEEZED BY HAND EACH YEAR TO FILL 20,000 BOTTLES WITH ANTIOXIDANT-RICH BOOST-IN-A-BOTTLE" POMEGRANATE JUICE WHICH WE THEN DISTRIBUTE TO CANCER PATIENTS.

Wild Mushroom Velouté

MEAT, DAIRY OR PAREVE; YIELDS 8 SERVINGS



A velouté is a thickened soup, similar to a bisque. It is quick-cooking and so simple to prepare. In some markets, the wild mushrooms are packaged together. You can just buy 18-20 ounces total of the assorted packages.

I love the covered crocks pictured here. I use them often for soups and stews, but my favorite use is for serving individual portions of cholent on Shabbat.

PREPARATION

- 2 tablespoons olive oil
- 1 cup (about 4 ounces) sliced **shiitake mushroom**, stems discarded
- 2 cups (6-7 ounces) sliced **oyster mushrooms**
- 2 cups (6-7 ounces) sliced crimini mushrooms
- 2 cloves **fresh garlic**, chopped
- 1 small **onion**, cut into small dice
- 1/8 teaspoon dried thyme
- 8 tablespoons margarine or butter
- ¹/₂ cup **all-purpose flour**
- 7 cups chicken or vegetable broth, warm
- 1/8 teaspoon fine sea salt

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1/8 teaspoon freshly ground black pepper

- 1 Heat oil in medium pot over medium heat.
- 2 Add the mushrooms and sauté until tender, about 4 minutes. Add the garlic and onion.
- 3 Cook for 4-5 minutes. Sprinkle in the thyme.
- 4 Add the margarine or butter and melt. Slowly sprinkle in the flour. The mixture will form a sticky mixture called a roux. Slowly add the warm stock and simmer, uncovered, for 20 minutes to cook out the floury taste.
- 5 Season with salt and pepper.





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Pomegranate-Honey Chicken

YIELDS 8 SERVINGS

This dish shouts Rosh Hashanah on a plate! Honey and other sticky ingredients are a cinch to measure. Just coat the measuring cup or spoon with nonstick cooking spray and the honey will slide right out.

PREPARATION

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Make sure to line your pan so cleanup will be a snap.

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12 chicken parts, bone-in, with skin, legs, thighs, breasts nonstick cooking spray ½ cup silan (date syrup) or honey ¼ cup dark brown sugar ¼ cup teriyaki sauce; I like Kikkoman brand 2 tablespoons cornstarch 1 teaspoon tomato paste ½ teaspoon dried thyme 2 cloves fresh garlic, minced 1 tablespoon margarine fresh pomegranate seeds, for garnish

- 1 Use foil to line a baking dish that holds the chicken pieces snugly. Arrange the chicken in a single layer. Set aside.
- 2 Preheat oven to 400°F.
- 3 In a small pot over medium heat, whisk the silan or honey, brown sugar, pomegranate juice, teriyaki sauce, cornstarch, tomato paste, thyme, and garlic. Bring to a simmer over medium heat for a minute or two until thickened. Whisk in the margarine. Reduce heat slightly. Cook for 1 minute. Generously brush the pomegranate mixture on each piece of chicken. Drizzle additional sauce over the top of each piece.
- 4 Bake, uncovered, 45 minutes, until chicken is no longer pink at the bone. The dark meat may take a little longer, if so, remove the white meat to a platter and cook the dark until done. Brush with the sauce in the pan every 15 minutes during cooking. After 45 minutes, turn on the broiler and broil the chicken until the skin is brown and crispy; keep a close eye on it. Transfer to a platter and baste again with pan sauce. Garnish with fresh pomegranate seeds and some of the pan sauce.

CHESED HOSPITALITY ROOMS

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Balsamic French Roast MEAT; YIELDS 10-12 SERVINGS

RECIPE FROM a taste of PESACH

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This roast is fabulous! The balsamic vinegar locks in the juices, giving it a delicious flavor.

This dish pairs well with a semi-dry white wine.

PREPARATION

1 (5-pound) French roast

- 2 Tablespoons oil
- 1 onion, diced
- 2 cloves garlic, crushed

DRESSING

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- 1 cup dark brown sugar
- 1 cup ketchup
- 1 cup water
- ³/₄ cup balsamic vinegar
- 2 teaspoons apricot jam

- 1 Preheat oven to 350°F.
- 2 Combine oil and onions in a roasting pan. Place in oven; bake for 25 minutes, until onions are soft. Remove from oven.
- 3 Use an immersion blender to combine dressing ingredients in a small bowl.
- 4 Rub roast with garlic. Place in roasting pan over onions. Pour dressing over roast and cover pan tightly.
- 5 Bake for 3 hours.



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Seed-Crusted Salmon YIELDS 4 SERVINGS

PREPARATION



- 4 (4-6 oz) salmon fillets
- 3 Tablespoons honey
- 1 Tablespoons soy sauce
- 1/4 cup salted sunflower seeds
- 1/4 cup chopped pecans
- 1/4 cup raw pumpkin seeds (pepitas)
- 2 Tablespoons sesame seeds
- 1 Tablespoon poppy seeds
- 1 Tablespoon minced garlic

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- 1 Preheat oven to 350°F. Line a baking pan with parchment paper. Place fish into prepared pan.
- 2 In a small bowl, combine honey and soy sauce. Smear over tops and sides of salmon.
- 3 In a small bowl, combine sunflower seeds, pecans, pumpkin seeds, sesame seeds, poppy seeds, and garlic. Press topping onto fish. Bake for 20-25 minutes.





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SIDE DISHES

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Potato-Meat Kugel MEAT; YIELDS 20 SERVINGS

PREPARATION



I used to be a terrible potato kugel chef. My kids would not eat my kugel, so I started buying it at my local take-out. One Friday I called my sister to vent that my kids would not touch my potato kugel. She gave me this foolproof recipe. However, if your potato kugel is a favorite, by all means use it.

MEAT LAYER

- 4 Tablespoons oil
- 1 large **onion**, diced
- 1 pound ground beef
- 8 Tablespoons ketchup
- 2 teaspoons brown sugar salt, to taste

pepper, to taste

POTATO LAYER

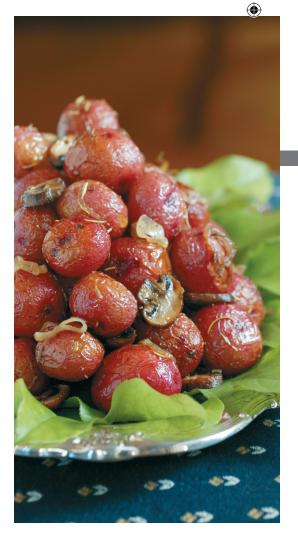
5 pounds Idaho potatoes 8 eggs 3/4 cup oil 1 heaping Tablespoon salt

- 1 Preheat oven to 375°F. Grease a 9 x 13" pan well.
- 2 Prepare meat layer: Heat oil in 10-inch skillet over medium heat. Add onion and sauté 5 minutes. Add ground beef to onions and sauté, stirring frequently and breaking up with the spoon, until meat is browned. Add ketchup, brown sugar, salt, and pepper. Mix well. Remove from heat.
- 3 Prepare potato layer: Peel potatoes and cut into chunks. Keep in cold water until ready to use. Using a food processer fitted with the S-blade, process the potatoes until they are chopped but not puréed. There may be some bigger pieces left. If your food processor doesn't hold all 5 pounds, do this step in batches. Transfer processed potatoes to a bowl; add eggs, oil, and salt. Mix well.
- 4 Pour half the potato mixture into prepared pan. Carefully spoon meat mixture over potato mixture; spread meat evenly over potatoes. Pour remaining potato mixture over the meat, spreading to cover the surface.
- 5 Bake, uncovered, for $1\frac{1}{2}$ hours or until done.

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SHABBOS IS BROUGHT TO THE CHESED HOSPITALITY ROOMS WITH HOT SHABBOS FOODS THE WARMER GIVING FAMILIES A PLACE TO EXPERIENCE A TASTE OF SHABBOS EVEN IN THE HOSPITAL.





Rosemary Potatoes with Caramelized Shallots & Mushrooms

PAREVE; YIELDS 8-10 SERVINGS

- 2 tablespoons margarine
- 5-7 shallots, sliced into rings
- 7-10 cremini mushrooms, sliced
- 1 tablespoon red wine
- 2 pounds **baby red potatoes**, as small as possible, can also be mixed with same size white skinned potatoes, unpeeled
- 3 tablespoons **olive oil**, plus extra for brushing
- 1 teaspoon dried rosemary
- 2 teaspoons garlic powder
- Kosher salt

Freshly ground black pepper

- 1 Preheat oven to 400 degrees. In a skillet, melt the margarine over medium-high heat. Add the shallots and mushrooms; sauté for 5 minutes. Add the wine and sauté for 5 minutes longer or until the shallots and mushrooms are soft and golden. Remove from heat.
- 2 Scrub the potatoes and place them in a baking pan. Brush with olive oil. Sprinkle with the rosemary, garlic powder, salt, and pepper. Toss the shallots and mushrooms into the potatoes and mix. Drizzle with the 3 tablespoons olive oil.
- 3 Roast uncovered, stirring occasionally, for 1-11/2 hours or until potatoes are soft when tested with a knife. If potatoes are larger they will take longer to cook.

OUR DEDICATED VOLUNTEERS VISIT HOSPITALIZED PATIENTS TO PROVIDE ENCOURAGEMENT & FRIENDSHIP SOMETIMES EVEN SPENDING THE NIGHT THERE, —— GIVING RESPITE TO THE FAMILY.

PREPARATION

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Caramel Apple Cake

PREPARATION

RECIPE FROM kosher by design **Cooking coach** BY SUSIE FISHBEIN

This beautiful, moist cake is stunning. With its apple slices peeking out and its wonderful caramel glaze, serve this one at High Holiday season; it will surely earn you high praise.

CARAMEL SYRUP

4 tablespoons (½ stick) **butter** or **margarine** 3⁄4 cup **light brown sugar**, packed 1⁄4 teaspoon **ground cinnamon** 1⁄2 cup **light corn syrup**

APPLE CAKE

nonstick cooking spray 2-3 Granny Smith apples, peeled 2½ cups all-purpose flour 1 teaspoon baking soda ½ teaspoon salt ¾ cup canola or vegetable oil ½ cup (1 stick) butter or margarine 1½ cups sugar 3 large eggs ½ teaspoon pure vanilla extract 2 Macintosh, Braeburn or Usersuring angles

Honeycrisp apples, peeled, grated on a box grater, using the bigger holes, to make $1\frac{1}{2}$ cups grated apple

- 1 Preheat oven to 350°F. Using nonstick cooking spray, grease the bottom and sides of a 9x13-inch glass or metal baking pan. Cut a piece of parchment paper to fit the bottom of the pan. Spray the parchment. Cut the Granny Smith apples through the belly into a total of 12 (½-inch thick) slices; you should see the star in the center of most of the apple slices. Pick out seeds if desired. Place into the pan in rows of 3, overlapping slightly if needed. Set aside.
- 2 Prepare the caramel syrup: In a medium pot, heat the 4 tablespoons butter, brown sugar, cinnamon, and corn syrup over low heat, stirring until the sugar is dissolved and the butter is melted. Remove from heat. Pour ½ cup of the syrup over the apples in the prepared baking pan. Reserve the rest in the pot.
- 3 In a medium bowl, whisk the flour, baking soda, and salt. Set aside.
- 4 In the bowl of a stand mixer fitted with the paddle attachment, cream the oil, butter, and sugar, on medium-high speed. Add the eggs one at a time, mixing after each addition. Mix in the vanilla. On low speed, beat in the flour mixture until a smooth batter forms. Using a spatula or wooden spoon, fold in the grated apples. Pour the batter evenly over the apples in the pan. Smooth with a small offset spatula. Bake for 40-45 minutes, until toothpick inserted in center comes out clean.
- 5 Allow the cake to stand for 5 minutes or until the pan is cool enough to touch. Run a knife around the edge of the pan to loosen the cake. Turn the cake out onto a very large platter. Remove and discard the parchment paper.
- 6 Allow to cool completely. Heat the remaining caramel in the pot or in the microwave. Drizzle over the cake and platter in a decorative fashion.

DOZENS OF SCHOOLS ⁽²⁾ CAMPS HAVE JOINED THE CHESED 24/7 VOLUNTEER TEAN PITCHING IN TO CREATE SPECIALIZED CARE PACKAGES, PREPARING FOOD FOR THE CHESED HOSPITALITY ROOMS

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Chocolate Mousse with Pear Chips



YIELDS 8-10 SERVINGS

Thanks to my mother-in-law for this classic family favorite.



8 eggs, separated

- 12 oz bittersweet chocolate (not baking)
- 1 tsp instant coffee granules, dissolved in 3 tablespoons boiling water
- 1/4 cup sweet red wine

PEAR CHIPS

PREPARAT

2 firm pears 1 cup sugar

- 1 In a mixer, whip the egg whites until stiff peaks form.
- 2 Over a double boiler, melt the chocolate with the coffee. Beat egg yolks with a fork and quickly add to double boiler, mixing well. Add the red wine. Remove from heat.
- 3 Fold in the egg whites until combined. Place in individual cups for serving. Refrigerate.
- 4 To prepare pear chips, preheat oven to 325°F.
- 5 Thinly slice the pears and lightly coat each side with sugar. Place the pear slices in a single layer on a baking sheet lined with parchment paper. Bake for 15-20 minutes. Turn the pears over and bake for an additional 15-20 minutes. Turn off the oven and leave the pears in the oven to cool and dry.
- 6 Before serving, garnish mousse with chocolate shavings and caramelized pear chips.



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Chesed Hospitality Rooms

The CHESED 24/7 HOSPITALITY ROOMS

consist of a room or suite of rooms equipped with a refrigerator, kosher cakes and snacks, hot water and coffee, milk, yogurt and other dairy products, prepackaged meals and soups, comfortable chairs or recliners, Jewish reading materials, CDs and other sources of inspiration, Shabbat food warmers and any other amenities a Jewish individual would require. More importantly, it offers a quiet place where family members can sit, relax, and recover their emotions in a more private setting.

CHESED HOSPITALITY ROOM LOCATIONS:

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VALLEY HOSPITAL
 CALVARY HOSPITAL

📽 Meals

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Chesed 24/7 prepares **SPECIAL HOT MEALS** for hospitalized patients and their families, delivering them to hospital rooms daily. On Yom Tov, Chesed 24/7 employs a non Jewish driver to deliver freshly prepared and specially wrapped meals to the hospitals so that patients and their families can have fresh, hot food on Yom Tov.

🛱 Transportation

Chesed 24/7 runs **TWO DAILY SHUTTLES** transporting people from Rockland County to Manhattan area hospitals for doctor's appointments, treatments, or visitation. In case these shuttles are either at inconvenient times or inconvenient locations, Chesed 24/7 also coordinates hundreds of volunteers who donate their time transporting people door to door from their homes to doctor's appointments or hospitals.



This program provides talented, caring volunteers who SING, DANCE, PERFORM SKITS, MAGIC SHOWS, and many other interesting feats to provide happiness and light in what can be a dreary hospital stay.

Catskills Division

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The Catskills division of Chesed 24/7 operates CHESED ROOMS IN CATSKILL REGIONAL MEDICAL CENTER (Harris Hospital) and ELLENVILLE REGIONAL HOSPITAL. It also provides a 24 hour advocate or liaison that can help you within Harris hospital with any issue that may arise.

Shabbos in a Box

Every Shabbos, Chesed 24/7 delivers hospitalized patients a **BOX WHICH CONTAINS ALL ITEMS NECESSARY TO PROPERLY BRING IN SHABBOS.** Included in the box is a pair of electric candlesticks which the patient can light in their hospital rooms, a challah cover, a Kiddush cup, a silk flower, a box of chocolates, and bisamim to use for Havdalah.

Boost in a Bottle – Pomegranate Juice

Chesed 24/7 distributes THOUSANDS OF BOTTLES OF PURE, FRESHLY SQUEEZED POMEGRANATE JUICE to patients who are undergoing chemotherapy treatment or other severe treatments and need to regain their energy and blood levels.

Medical Supplies

Chesed 24/7 has **MEDICAL SUPPLIES AVAILABLE FOR LOAN** to any person who requires them. Medical supplies include: wheelchairs, hospital beds, crutches, walkers, etc.

Share 24/7

Share 24/7, a division of Chesed 24/7, provides COMPREHENSIVE CARE AND ADVOCACY FOR DEVELOPMENTALLY DELAYED AND DISABLED INDIVIDUALS and their families. With a team consisting of skilled professionals, devoted staff members and selfless volunteers, Share 24/7 assists challenged individuals achieve personal satisfaction and fulfillment to the utmost of their abilities. Some of the programs run by Share 24/7 include: Habilitation Services, Residential Programs, Respite Programs, Case Management, Group Homes, Supported Employment, Vocational Training, Sunday, Weekend and Holiday Programs, Family Reimbursements, and Weekend Retreats. Recipes appearing in the booklet reprinted with permission from

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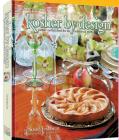
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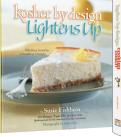
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