



CHESED 24/7

CARING CONSTANTLY

חסד דשיכון סקווירא

AND

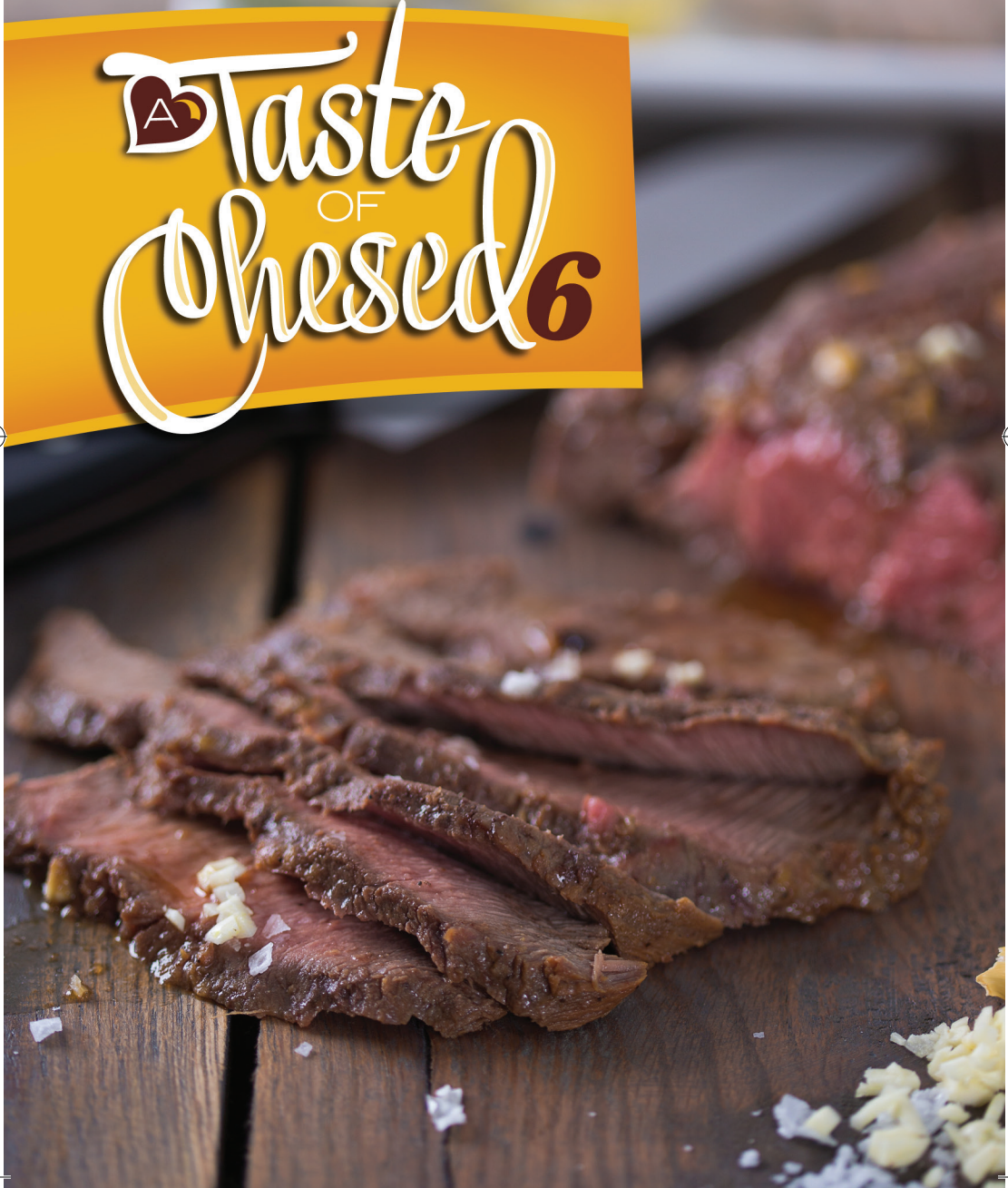


SEASONS

SHOP WITH FAMILY


PRESENT


A Taste  
OF  
CheSED 6




**Chesed 24/7** is an oasis in the hospital providing whatever support is needed. Whether it's a simple cup of coffee, a fresh hot meal, or a shoulder to lean on, Chesed 24/7 is there – *like family*.


**Chesed 24/7 has  
17 CHESED ROOMS  
located in the following hospitals:**


 Columbia University  
Medical Center  
MILSTEIN HOSPITAL  
PAVILION


 Mount Sinai Hospital


 Memorial Sloan  
Kettering

 Columbia University  
Medical Center  
BABIES' AND CHILDREN'S  
HOSPITAL


 Hospital for Special  
Surgery

 Lenox Hill Hospital


 Ellenville Hospital


 Cornell Medical Center

 Catskill Regional  
Medical Center  
(HARRIS HOSPITAL)


 Hackensack University  
Medical Center  
WOMEN'S BUILDING

 M Montefiore -  
Albert Einstein -  
Weiller Division


 Hackensack University  
Medical Center  
MAIN BUILDING

 Valley Hospital

 Good Samaritan Hospital  
(SUFFERN)

 Trinitas Hospital  
(ELIZABETH)

 Englewood Hospital  
and Medical Center

 CALVARY  
HOSPITAL Calvary Hospital

# A Taste OF Chesed 6

PRESENTED BY



חסד דשיכון סקווירא

286 North Main Street | Spring Valley, NY 10977  
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[www.chesed247.org](http://www.chesed247.org)

AND OUR PARTNER:



**SEASONS**  
SHOP WITH FAMILY

# A Taste OF Chesed 6

## 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.

On the following pages, you will find a selection of detailed recipes for delicious Yom Tov meals. We would like to thank David Gellman, Meir Pliskin, Sarah Lasry and the staff of Seasons 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,*



FOR SPONSORSHIP OPPORTUNITIES AND  
DEDICATIONS IN MEMORY OR IN HONOR OF

Please contact Noach Haller at  
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to donate online.



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**Missed  
out on  
last year's  
recipes?**

Download your **FREE** copy  
of the cookbook with  
your donation at  
[www.chesed247.org](http://www.chesed247.org)



# Beer Battered Turbot and Salad

## FISH

- 4 – 6 **Turbot** or **Cod fillets**,  
cut into 2 inch strips
- 4 **eggs**
- 1 cup **beer**
- 1½ cups **flour** mixed with **salt**, **pepper**,  
**garlic powder** and **paprika**
- Angel hair pasta** (for decoration)

## SALAD

- 1 package of **white cabbage** and  
1 package of **red cabbage**  
mixed together.
- ½ cup **slivered almonds**
- ¼ cup **sesame seeds**
- ¼ cup **oil**
- ¼ cup **sugar**
- ¼ cup **vinegar**
- ¾ tsp **salt**
- ¼ tsp **black pepper**

## DIPPING SAUCE

- ½ cup **duck sauce**
- ½ cup **barbeque sauce**
- 1 **tbsp soy sauce**

## PREPARATION

## FISH

- 1 Heat oil in frying pan.
- 2 Place angel hair pasta in oil and fry for a few minutes until golden brown, remove and set aside.
- 3 Mix eggs, beer and flour in a large bowl.
- 4 Dip fish pieces in the batter.
- 5 Fry for 4-5 min on each side until golden brown.

## SALAD

- 1 Heat the oil in a pan. Add slivered almonds and mix for a few minutes.
- 2 Sprinkle sesame seeds into the pan. Mix until browned. Turn off flame and add the rest of the ingredients.
- 3 Pour over cabbage.
- 4 Place fish on cabbage and decorate with some angel hair pasta, fried in oil until brown, and then stick pasta vertically into each piece of fish.

**CHESED  
HOSPITALITY  
ROOMS**  
*an Oasis in the Hospital*

A PLACE TO  
REST,  
RECHARGE  
AND  
REFRESH



## Grilled Vegetable Stack

1½ cups of **olive oil**

1 tsp **thyme**

1 tsp **basil**

2 tsp **minced garlic**

1 tsp **oregano**

1 tsp **kosher salt**

1 tsp **black pepper**

**Purple onion**, sliced in square shapes

**Unpeeled green squash**

(cut into circles)

**Unpeeled yellow squash**

(cut into circles)

**Whole button mushroom**

**Red pepper** (cut into a square)

### PREPARATION

- 1 Combine all of the ingredients, except for the vegetables, to create an oil mixture.
- 2 Create a tower of vegetables as follows: Green squash on the bottom, followed by purple onion, then drizzle both with oil mixture.
- 3 Then place yellow squash and mushrooms on top of the onion, drizzle again with oil mixture. Then place red pepper on top and drizzle with oil mixture.
- 4 Bake uncovered on 375°F for 20-30 minutes.

17 **CHESED  
HOSPITALITY  
ROOMS**

**24 HOURS A DAY  
7 DAYS A WEEK  
365 DAYS A YEAR**



## Roasted Vegetable Salad with Pastrami

1 **red pepper** sliced  
 1 **yellow pepper** sliced  
 1 **red onion** sliced  
 1 box **fresh mushrooms** sliced  
 1 **zucchini**, thinly sliced lengthwise  
 (tip – use a vegetable peeler)  
 1 **yellow squash**, thinly sliced lengthwise  
 1 cup **oil**  
**salt** and **pepper** to taste  
 1 bag **romaine lettuce** (optional)  
 ¼ lb **pastrami**

### DRESSING

1 cup **mayonnaise**  
 ¼ cup **water**  
 ¼ cup **sugar**  
 ½ tsp **salt**  
 ½ tsp **garlic powder**  
 ¼ tsp **pepper**

### PREPARATION

- 1 Pour oil on top of vegetables and season with salt and pepper.
- 2 Broil for 20 – 30 minutes.
- 3 Place roasted vegetables on plate (or over 1 bag of romaine lettuce.)
- 4 Add ¼ lb of pastrami, sliced into strips.
- 5 Blend dressing ingredients well and pour over salad.

# CHESED HOSPITALITY APARTMENTS

*a Home Away From Home  
for the Patient's Family*





## Chicken Barley Soup

3 quarts **water**  
 1 cup **barley**  
 2 tsp **chicken base**  
 ¼ tsp **black pepper**  
 2 cups **cubed chicken breast**  
 ¼ tsp **garlic**  
 1 cup **chopped onions**  
 1 tsp **fresh dill**, chopped  
 1 cup **carrots**, diced  
 1 cup **celery**, diced

### PREPARATION

- 1 In a large pot, add barley to water and bring to a boil.
- 2 Add remaining ingredients to the pot and lower to a medium flame.
- 3 Cover and cook for 1½ hours.

**DELICIOUS  
HOME COOKED  
MEALS**

10

**PREPARED, PACKAGED  
AND DELIVERED TO HOSPITALS  
ON WEEKDAYS, SHABBOS  
and throughout the year**



# Beef Soup

- 2 lbs **flanken**
- 1 large **onion**, diced
- 12-13 cups **water**
- 1 tbs **olive oil**
- 1 kedem **split pea soup mix** (in the box)
- 1 kedem **barley and lima beans** (in the box)
- 15-20 **baby carrots**, sliced into circles
- 1 tbs **sea salt**
- 2 sticks **celery**, sliced

## PREPARATION

- 1 In large pot, sauté onions until translucent.
- 2 Wash and dry meat. Put on top of onions. Sprinkle with salt and pepper.
- 3 Brown the meat on both sides. Add the rest of the ingredients.
- 4 Bring to a boil; skim the top layer to remove any foam.
- 5 Lower flame and cook for 3 hours.



**SHABBOS  
IN·A·BOX**

EVERYTHING  
THE PATIENT NEEDS  
TO WELCOME  
*Shabbos in the Hospital*





# Honey Mustard Chicken

1½ lbs **chicken cutlets**, cut in strips  
¼ tsp **salt**  
¼ tsp **pepper**  
4 tbsp **oil**  
2 large **onions**, diced  
1 **red pepper**, cut into strips  
½ box **mushrooms**  
¼ cup **honey**  
¼ cup **mustard**  
¼ cup **soy sauce**

PREPARATION

- 1 Season chicken strips with salt and pepper.
- 2 Heat oil in pan and sauté the onions for 10-15 minutes. Add peppers, mushrooms and chicken. Cook for another 5 minutes.
- 3 Add honey, mustard and soy sauce. Cook another 10-15 minutes stirring until the sauce reduces. Serve over orzo or rice.

VISITATION  
AND PATIENT  
LIAISON

SUPPORT  
GUIDANCE  
RESPIRE  
*every step of the way.*





## Garlic-Ginger Apricot Sauce Roast

4-5 lb. **Minute Roast**  
 1 tbsp **kosher salt**  
 1 tsp **black pepper**  
 2 tbsp **canola oil**, divided  
 4 cloves **garlic**, minced  
 2 tbsp freshly grated **ginger**  
 1 cup **apricot preserves**  
 ¼ cup **soy sauce**  
 ¼ cup **water**

### PREPARATION

- 1 Preheat oven to 500°F.
- 2 Season roast with salt and pepper and rub with 1 tablespoon of oil.
- 3 Put roast in a baking dish, fattier side up, and place in oven for 20 minutes to brown.
- 4 While roast is browning, heat a small saucepan over medium heat. Add 1 tablespoon of oil, garlic and ginger, and cook stirring constantly for 1 minute. Add apricot preserves, soy sauce and water, and whisk together. Raise heat to high and bring to a boil. Lower heat and simmer for 5 minutes.
- 5 Pour sauce over roast and cover tightly with foil. Place in oven and lower temperature to 325°. Bake for 2½ hours until fork-tender.
- 6 Allow meat to cool 30 minutes before cutting into thick slices.

**BOOST  
 IN-A-  
 BOTTLE**

50,000 FRESHLY SQUEEZED  
 ANTIOXIDANT-RICH  
 POMEGRANATES

*Giving energy to Cancer Patients*





# ■ Flanken and Red Wine Sauce

2 packages **flanken**  
 1½ cups **chicken soup**  
 1½ cups **dry wine**

**SPICE RUB**  
 1½ tbsp **black pepper**  
 2 tbsp **salt**  
 1 tbsp **sugar**  
 1 tbsp **onion powder**  
 2 tsp **mustard powder**  
 2 tsp **garlic powder**  
 2 tsp **chili powder**  
 1 tsp **cayenne pepper**

**PREPARATION**

- 1 Rub spice rub onto the meat and sear in a grill pan for 5-7 minutes on each side.
- 2 Put into 9 x 13 baking pan. Add 1½ cups of chicken soup, 1½ cups of dry red wine.
- 3 Double seal it and bake for 4 hours on 350°F.

MAIN DISHES



**LENDING  
 LIBRARY**

ENTERTAINMENT FOR  
 MEN • WOMEN • CHILDREN  
 ON ELECTRONIC TABLETS  
 AND CUSTOMIZED USBs





## Salmon Gardenniere

6 slices **salmon**  
 ½ cup **honey**  
 1 tsp **mustard**  
 ¼ cup **orange juice**  
 2 tbsp of **dill weed**, divided  
 1½ tsp **garlic powder**  
 1 small **green zucchini**  
 1 medium **red pepper**  
 ½ **yellow pepper**  
 5 **white mushrooms**

### PREPARATION

- 1 Place salmon in a pan, sprinkle with salt and pepper.
- 2 Mix honey, mustard, orange juice, garlic powder and 1 tablespoon of dill. Pour half of the sauce over fish. Marinate for 2-3 hours.
- 3 Pulse the vegetables in food processor for 10-15 seconds until shredded consistency. Add salt and pepper to taste.
- 4 Top salmon with vegetable mixture.
- 5 Bake on 400°F uncovered for about 20 minutes. Pour remaining sauce over the vegetables and sprinkle with remaining dill.
- 6 Bake another 10 minutes, depending on thickness.

**SMILE**  
 24/7

**SINGING • TALKING • JUGGLING**  
 ANYTHING TO BRING SMILES  
 TO PATIENTS' FACES



# Pastrami Fingerlings Potatoes

20 **fingerling potatoes**  
20 thin strips **pastrami**

**GLAZE**

4 tbsp **oil**  
2 tbsp **mustard**  
4 tbsp **honey**  
2 tbsp **onion soup mix**

**PREPARATION**

- 1 Boil fingerling potatoes for 6-8 minutes.
- 2 Preheat oven to 400°F. Wrap each piece of pastrami around the potatoes.
- 3 Pour glaze over potatoes.
- 4 Bake for 30 minutes or until soft.



SIDE DISHES

**CATSKILLS**  
*24/7*

**CHESED KNOWS  
NO VACATION!  
WE ARE IN THE COUNTRY  
WITH YOU TOO**







# Runny Chip Cookie

## COOKIE

- 1 stick **margarine**, softened
- ½ cup **light brown sugar**
- ½ cup **sugar**
- 1 **egg**
- 1 tsp **vanilla extract**
- 1¾ cups **flour**
- ½ tsp **salt**
- ½ tsp **baking soda**
- 1 bag **chocolate chips**
- 1 bar **parve torino chocolate**

## VANILLA ICE CREAM

- 9 **eggs**, separated
- ¾ cup **sugar**
- 1 container **whip**
- 2 tbs **coffee**, dissolved in small amount of hot water
- 1 capful **vanilla extract**

## PEANUT BUTTER FUDGE SAUCE

- ½ cup **light corn syrup**
- ¼ cup **creamy peanut butter**
- ½ cup **parve whipping cream**
- ½ cup **chocolate chips**

## PREPARATION

## COOKIE

- 1 Spray muffin tins.
- 2 Cream margarine and sugar together until fluffy. Add eggs and vanilla extract and mix well.
- 3 Add the remaining ingredients.
- 4 Put heaping teaspoon of dough on the bottom of a muffin tin, top with 1 square of torino chocolate. Cover with more dough.
- 5 Preheat oven to 350°F and bake for 15 minutes. (You can freeze before baking.)
- 6 Top with ice cream and fudge sauce.

## VANILLA ICE CREAM

- 1 Beat egg whites and slowly add ¾ cups of sugar until snowy peaks form. Put aside.
- 2 Beat whip and then mix in the egg yolks, coffee and vanilla extract.
- 3 Fold egg whites into the whip mixture. Gently mix together.
- 4 Place into pan and freeze.

## PEANUT BUTTER FUDGE SAUCE

- 1 Combine corn syrup, peanut butter and whipping cream. Microwave for 1½ minutes or bring to a boil.
- 2 Add chocolate chips and mix until chips are melted.
- 3 Serve warm over ice cream.

CHESED  
24/7

YOUR HOME  
IN THE HOSPITAL





## DESSERTS

# Apple Pecan Cobbler

15 **mixed apples** (different varieties)  
1 cup **sugar**  
1 cup **brown sugar**  
½ cup **bread crumbs**  
1 tbs **vanilla sugar**  
**Cinnamon** to taste  
1 stick **margarine**  
1½ cups **flour**  
**Honey glazed pecans**

## PREPARATION

- 1 Peel and slice apples. Add sugar, vanilla sugar and bread crumbs. Mix well and spread onto a cookie sheet.
- 2 Melt the margarine in a small pot and add flour, brown sugar, and a sprinkle of cinnamon.
- 3 Mix and spread on top of apples. On top of this mixture, place a handful of honey glazed pecans.
- 4 Bake for 1½ hours uncovered on 350°F.

**VOLUNTEER  
DREAM  
TEAM**

MAKING A  
*real* DIFFERENCE  
IN PEOPLE'S  
LIVES

## 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:

COLUMBIA UNIVERSITY MEDICAL CENTER - MILSTEIN HOSPITAL PAVILION • COLUMBIA UNIVERSITY MEDICAL CENTER - BABIES' AND CHILDREN'S HOSPITAL • LENOX HILL HOSPITAL • CORNELL MEDICAL CENTER • HACKENSACK UNIVERSITY MEDICAL CENTER - WOMEN'S BUILDING • HACKENSACK UNIVERSITY MEDICAL CENTER - MAIN BUILDING • GOOD SAMARITAN HOSPITAL (SUFFERN) • ENGLEWOOD HOSPITAL AND MEDICAL CENTER • MOUNT SINAI HOSPITAL • MEMORIAL SLOAN KETTERING • HOSPITAL FOR SPECIAL SURGERY • ELLENVILLE HOSPITAL • CATSKILL REGIONAL MEDICAL CENTER (HARRIS HOSPITAL) • MONTEFIORE - ALBERT EINSTEIN - WEILLER DIVISION • VALLEY HOSPITAL • TRINITAS HOSPITAL (ELIZABETH) • CALVARY HOSPITAL

## Meals

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.

**PARK MARKETING GROUP / PARKMG.com / 732.363.7297**

## Chesed Apartments

**THE CHESED APARTMENTS**, located near Columbia University Medical Center, give families a comfortable place to sleep while minutes away from the patient's bedside.

## 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 tablecloth, grape juice, a Kiddush cup, a silk flower, a box of Shabbos sweets, 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.

## Smile 24/7

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.

## 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, Weekend Retreats, our unique Summer Retreat and our ABA program for adults.



חסד דשיכון סקווירא

**WOULD LIKE  
TO THANK OUR**  
*devoted  
volunteers*  
**FROM THE  
FOLLOWING  
COMMUNITIES:**

- ▶ Manhattan
- ▶ Washington Heights
- ▶ Boro Park
- ▶ Crown Heights
- ▶ Far Rockaway
- ▶ Flatbush
- ▶ Williamsburg
- ▶ Monsey
- ▶ New Square
- ▶ Passaic
- ▶ Teaneck
- ▶ Woodmere
- ▶ Englewood
- ▶ Elizabeth

Whether it's packaging meals, cutting fruits and vegetables, stocking the Chesed Rooms, visiting patients or collecting food packages, our dedicated teams of Chesed volunteers help 24/7/365 and we cannot thank them enough for the difference they make.

**If you would like to join our team of volunteers,  
please contact Chesed 24/7 at  
845.354.3233 and see how you too can help.**

# CHESED 24/7

## *an Empire of Kindness*

Chesed 24/7 does everything in its power to make people's lives easier. Whether it's hospital based services, services for the special needs population, or our newest early intervention service, we provide the human touch of warmth, kindness and compassion in everything we do.



### HOSPITAL SERVICES

- ▶ Chesed Hospitality Rooms
- ▶ Hot Meals Delivered to Patients and their Families
- ▶ Hospital Liaisons
- ▶ Smile 24/7 Entertainment
- ▶ Visitation and Respite
- ▶ Shabbos in a Box
- ▶ Boost in a Bottle - Pomegranate Juice



### SERVICES FOR DEVELOPMENTALLY CHALLENGED CHILDREN & ADULTS

- ▶ Day Habilitation
- ▶ Group Homes
- ▶ Community Habilitation
- ▶ Respite
- ▶ Family Care
- ▶ Medicaid Service Coordination (MSC)
- ▶ ABA Services
- ▶ Supportive Employment



### NEW! EARLY INTERVENTION SERVICES

- ▶ Developmental Evaluations
- ▶ Speech/Language Therapies
- ▶ Feeding Therapy Services
- ▶ Vision Therapy Services
- ▶ Physical Therapy Services
- ▶ Occupational Therapy Services
- ▶ Social Work Services
- ▶ Service Coordination
- ▶ Family Support/Counseling
- ▶ Parent/Caregiver Workshops

# FROM OUR FAMILY to Yours

Wishing You A Happy,  
Healthy and Sweet New Year

שנה טובה ומתוקה



**SEASONS**

SHOP WITH FAMILY

the **SEASONS** family

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