



# EVS "Check-Up"

## Sounds Kosher to Me! Or Kosher is More than a Pickle!

The Rose Blumkin Jewish Home is a "Kosher" facility. That means more than responsible food preparation. Kosher refers to a set of intricate biblical laws that detail the types of food that a Jewish person may eat and the ways in which it may be prepared. To be certified Kosher, all ingredients in every product—and the process of preparing the product—must be certified for kosher-compliance too. Kosher foods are divided into three categories: meat, dairy and pareve.

**MEAT:** All meat and fowl and their byproducts, such as bones, soup or gravy are classified as Meat. Thus includes products that contain meat or fowl derivatives such as liver pills. Items designated "Meat" must meet the following requirements to be considered kosher: Kosher meat must come from an animal that chews its cud and has split hooves. (Cows, sheep and goats are kosher; rabbits, kangaroos and fox are not). Kosher fowl are identified by a universally accepted tradition and include the domesticated species of chickens, Cornish hens, ducks, geese and turkeys. Animal and fowl must be slaughtered with precision and examined by a skilled shochet, an individual extensively trained in the rituals kosher slaughtering.

**DAIRY:** All foods derived from, or containing, milk are classified as dairy, including milk, butter, yogurt and all cheese – hard, soft and cream. Even a trace amount of dairy can cause a food to be considered dairy. Dairy products must meet the following criteria in order to be certified kosher: They must come from a kosher animal. All ingredients must be kosher and free of meat derivatives. (Conventional rennet, gelatin, etc., are of animal origin and may not be used in kosher dairy.) They must be produced, processed and packaged on kosher equipment.

**PAREVE:** Foods that are neither meat nor dairy are called pareve. Common pareve foods are eggs, fish, fruit, vegetables, grains, unprocessed juices, pasta, soft drinks, coffee and tea and many candies and snacks. Pareve presents fewer kosher complexities than meat or dairy, but certain points must be known: Foods may lose their pareve status if processed on meat or dairy equipment or when additives are used. Pure Chocolate, cookies and other snacks may not be processed with meat or meaty foods unless they are certified pareve. Certain fruits, vegetables and grains must be checked for the presence of small insects and larvae, which are not kosher. Eggs must be checked for the presence of blood spots, which are not kosher.

We have a Meat Kitchen and a Dairy Kitchen. The Pareve area is between the 2 kitchens by the steam tables. We also have 2 sets of dishes and bus tubs. Blue rimmed dishes and white bus tubs are for dairy meals. Red rimmed dishes and red bus tubs are for meat meals. If a plate, for example, that is meant for a dairy meal & comes in contact with meat, the dish will be destroyed.

Each Neighborhood has its own kitchen. These kitchens and dining rooms are Kosher. Only food prepared by our kitchen can be brought into these kitchens & dining rooms.

## Serving the Residents

Serving our Residents food is more than just putting a plate of food in front of them. It is our responsibility to make meals a dining experience. There are 3 dining rooms in the Home. The Southwest and Northwest neighborhoods each have their own dining rooms. The Southeast and Northeast neighborhoods share a large dining room.

When setting a table, refer to the diagram to the right. Most times there are 4 Residents per table. We do have open dining, that is to say the Residents can sit where they would like, but they each have their preferred spot and table mates. Some Residents have special dining ware and utensils to allow them to be more independent with feeding themselves. The necessary equipment is indicated on their menu. Some Residents require staff to assist with feeding.

Each Resident has a menu with their diet and liquids order on it. You are responsible for assisting the Resident make menu choices. Some will have requests. We need to honor those requests unless it contradicts what their diet order is. For this, ask the nurse for assistance. Helping the Resident make their menu choices gives you an opportunity to interact and get to know the Resident. They will see you as someone who is helpful and caring. Always call them by their preferred name and give them a smile. Get down to their level, don't stand over them. At times we can't resolve a problem with a Resident, perhaps we ran out of something. You need to check with the other kitchens. If they are out of the particular food also, apologize to the Resident and offer them an alternative.

Some Residents would prefer to have a tray brought to their room or to another location. These trays will be made after the dining room is served. The food will be placed on disposable tableware. Families may want to bring in food to eat with the Resident. They can take the food to one of the private dining rooms. These rooms are not Kosher. These rooms need to be reserved through the receptionist.

Who is that woman?? A Detective? An Inspector? No, it's the mashgiach. She monitors the kitchen and the food to make sure that we keep Kosher and the food brought in is certified Kosher

It is everyone's responsibility to help keep the kitchens clean. Be sure after you do a task that you clean up after yourself. If you see something on the floor, pick it up. If ice melted on the floor, mop it up. If you see a spill in a refrigerator, clean it up. If there is a piece of lettuce on the floor, pick it up & throw it away. Does a steam table have a spill on the front of it? Wipe it off. We want to be able to eat off the floors! Well, not really, that's gross!

**“THERE'S NO CRYING IN BASEBALL!  
THERE'S NO I IN TEAM!  
THERE'S NO EATING IN THE KITCHEN!”**

**There are times that the cooks or the Food Service Director need to check the flavor of a dish.**

**There are times when the cooks or the FSD want you to sample a food so you can tell the Residents what it's like.**

**At no time is there to be any other eating in the kitchen!**

***This porridge is too hot! This porridge is too cold!  
This porridge is just right!***

To prevent Foodborne illness and for the taste and quality of the food we serve to our Residents, it is important to remember that certain foods must be at certain temperatures. These foods are called "Potentially Hazardous Food" (PHF). These foods contain protein which bacteria will breakdown and cause serious health issues to people that eat it. PHF can include: fish, hamburger, eggs, milk, meat, cheese, cottage cheese and anything that contains any of these items. For example: Chocolate Cream Pie, Macaroni & Cheese, Egg or Tuna Salad, Quiche, Prime Rib, Broccoli Cheese Soup etc. Some recipes we use include Paerve ingredients which we may use in place of a milk product then it doesn't require the temping. To prevent illness, foods must be cooked, served, and held at a certain temperature. *Cooking:* poultry and stuffed meats and stuffed fish must be cooked to 165 degrees; ground meats and ground fish must reach 155 degrees, whole beef must be at 145 degrees and baked fish will be at least 145 degrees Fahrenheit. If HOT food drops below 140 degrees, it must be reheated to 165 degrees-it can't be reheated on the steam table! If COLD food temperatures rises above 41 degrees, the food must be discarded. It CANNOT be served.

**You must check with the FSD when temperatures are not in compliance!**

**Me Don't Have Enough Bubble Wrap!**

Just because you work in the kitchen, doesn't mean you don't have a responsibility to keep the Residents safe. Look at all opportunities that a Resident could be injured. Is the steam table blocking part of the hallway? Did the fosterer get left out in the neighborhood kitchen? Is that Resident supposed to be drinking his tablemate's water? Are you moving the steam cart by yourself and you can't keep it straight? Are you going to run into a Resident? Did you give the Resident the right consistency of food? Is the coffee too hot for her? Are they going to spill the soup on themselves? Throughout your day you will notice things that can hurt a Resident. Please help watch them. Intervene if you need to and be proactive in preventing injuries!

**Food Storage**

We have various locations where food is stored. There are freezers and refrigerators in both kitchens, walk in meat and dairy fridge in the Paerve area and walk in fridge and freezers down stairs. Temperatures are taken every day in the fridges & freezers. There is dry food storage in the basement also where you will find the can goods, boxes of items etc. No matter the location of food storage, food can never be on the floor and must be kept clear of fire sprinklers, sewer/waste disposal pipes and vents. Expiration dates must be checked and if something is out of date, it must be discarded. Foods kept in the neighborhood kitchens must be Kosher. Foods such as egg and tuna salad which is kept in these fridges in case a Resident wants a sandwich, is always kept in a container with a lid and is dated. It can only remain in the fridge for 3 days.

Other things to remember:

- The Residents appreciate it when you come to work.
- The ovens in the Neighborhood kitchens must remain locked.
- Hairnets must always be worn in the kitchens.
- Not everyone can have seconds.
- Wednesdays are ice cream days.
- The ice cream cart is free for Residents but staff and visitors have to pay.
- You have to follow recipes.
- Cell phones cannot be used when working.
- Bacon & Sausage are not served but vegetable bacon & sausage are great for breakfast!
- It takes all departments to take care of our Residents!

## THE HOLIDAYS, SHABBAT & DIETARY LAWS

In the Checkup Book, we discussed the Holidays, Festivals and Celebrations. commence at sunset—sunset being the beginning of the day in Jewish tradition. Some of these days require that certain dietary laws be followed.

Shabbat is the celebration of G-d's goodness. It begins every Friday at sundown and ends every Saturday at sundown. During this time "cooking" cannot occur. Food may be reheated. Every Saturday there are services in the Chapel. At the end of the service, people attending are given a special dessert and some wine or grape juice.

Passover is the holiday when Jewish people do not consume or own any bread, wheat, cake, cookies, cereal, pasta, beer or hundreds of other leavened products. A flat bread called "Matzah" is served to commemorate Passover. The Matzah is used as crackers, used to make Matzah Brie which is similar to French toast and Matzah is also made into a flour-like substance called meal which is used to make other foods that otherwise would have required flour. Kosher dietary laws are observed all year round, not just during Pesach (Passover). There are additional dietary restrictions during Pesach, and many foods that are kosher for year-round use are not "kosher for Passover." Food and drink that contain even a trace of wheat, barley, rye, oats, spelt or their derivatives, and which were not guarded from leavening or fermentation are not "Kosher on Passover". At RBJH we begin preparing for Passover in advance. Food orders changes. The kitchens and all cooking appliances and utensils are "Koshered for Passover" by pouring boiling water over them or torching them. There is a special person that comes to the facility to perform this. There are 2 different sets of dishes, meat and dairy, that will be used during Passover. The usual dishes will be stored away. The first 2 nights of Passover the Home provides a special dinner for Residents and their guests. This is called the "Seder". There are special prayers that must be said before the meal is served. There is a special plate of food called the Seder plate.

Rosh Hashanah is essentially the Jewish New Year. Observances include: a) Eating a piece of apple dipped in honey, to symbolize the desire for a sweet year, and other special foods symbolic of the new year's blessings.

Yom Kippur is the holiest day of the year for Jews. Its central theme is atonement and reconciliation. This is accomplished through prayer and complete fasting—including abstinence from all food and drink (including water) —by all healthy adults. Usually none of the Residents will fast.

Sukkot is a seven-day festival, also known as the Feast of Booths, the Feast of Tabernacles, or just Tabernacles. Sukkot commemorates the years that the Jews spent in the desert on their way to the Promised Land, and celebrates the way in which G

### Holy Challah, Batmani!

Kreplach – Jewish version of ravioli or wonton.

Matzah Ball-made from matzah meal, shaped into a ball, placed in chicken noodle soup.

Hamatachen – a triangle shaped cookie filled with fruit or poppy seeds. Made for Purim.

Challah bread-a special bread made for Shabbat dinner.

Beautiful braided, Makes great French Toast!

Gefilte Fish-a cold fish mixture usually served with horse-radish

Kugel-A delicious noodle dish-Sweet Kugel is the best!

## BEE-DO BEE-DO BEE-DO BEE-DO



## BEE-DO AND OTHER EMERGENCY PROCEDURES.

In the Check up book & test, we discuss general emergency procedures. In this section, we will discuss EVS Department specific duties for different emergencies that may occur in the Home.

**Fire:** If you find a fire in a Resident Room get the Resident out of the room, close the door, pull the alarm & tell others where the fire is. If you find a fire/smoke in other areas you need to get people out of the immediate area, pull the fire alarm & tell others where the fire is. If you hear the alarm, listen for an announcement as to the location of the fire. Everyone needs to report to the fire area to help evacuate Residents. Listen to the nurse in charge to give you directions.

**Tornado:** In a TORNADO WATCH you need to close drapes and blinds, help nursing staff get the Tornado Shelters (spas, hallways by elevators etc...) ready then continue doing your job. If a TORNADO WARNING has been announced, a Tornado has been spotted. All staff are to help move all Residents to the Tornado Shelters. If Residents are in bed, pull the privacy curtain around them and cover with a blanket. Do not try to get someone out of bed. You can alert nursing that a Resident is still in the bed. After the room is cleared or the Resident remains in the bed, close the door and put a door hanger indicating that the area is evacuated or occupied.

**Power failure:** The Home does have a back up generator that will take over should power fail.

**Loss of water:** If the facility is without running water, we do keep a supply of bottled water for drinking. We will limit toilet flushing and cleaning with water.

**Suspicious packages:** As an EVS employee, you are the first detective of the Home! You see every area of the Home, you know what is normal in a location and what shouldn't be there. If you see a package in your work area that causes you concern, notify the charge nurse or your supervisor. Do not touch suspicious packages. You may be advised to move Residents away from the package.

**Bomb Threat:** If you hear the page "Attention, Attention, there is an alert on the Campus" it means that we have received a telephone call or other notification that someone has placed a bomb in the facility. All staff are required to check throughout the facility for a bomb or suspicious package. If you locate it, DON'T TOUCH IT. Let other staff know where the Bomb is. Move the Residents away from the area.

**Angry/Agitated Visitor/Family:** The most important thing to do is to remain calm. If they begin raising their voice, you need to keep your voice neutral. Try to help them if you can. If you can't, direct them to the Nurse.

## Don't Become a Statistic!

Working in EVS should require hazard pay! No, you're not going to get any.....There are so many chances for you to get hurt. CUTS: You do not pick up broken glass with your bare hands. Glass needs to be picked up using a dust pan. If you notice a sharp edge on something like your cart, the handrail, etc. let someone know so maintenance could make it smooth. SLIPS/TRIPS/FALLS: It is so important to make sure you put up a wet floor sign before you mop the floor. Leave the sign up until the floor is dry. FALLING ITEMS: Sometimes things get stacked too high or it may just be out of your reach. Staff have had items fall on their head. We have ladders to reach items. Maybe someone taller can reach it. Maybe it shouldn't have been put away like that! Think about the next person that will need that item-could it fall on them? LIFTING: A back injury can affect you the rest of your life. Don't get distracted when you're lifting. Don't be rushed. Don't lift more than you should. Get someone to lift with you. PUSHING VS PULLING: it is easier to push an object than pull it. If you do get hurt, tell your supervisor immediately! We will need to complete an incident report. We will also investigate what happened, why it happened and how can we prevent it from happening again or to others.