



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

happy easter

Luke 24:1-12 New American Standard Bible (NASB) The Resurrection

Luke 24: But on the first day of the week, at early dawn, they came to the tomb bringing the spices which they had prepared. ²And they found the stone rolled away from the tomb, ³but when they entered, they did not find the body of the Lord Jesus.

⁴While they were perplexed about this, behold, two men suddenly stood near them in dazzling clothing; ⁵and as the women were terrified and bowed their faces to the ground, the men said to them, "Why do you seek the living One among the dead? ⁶He is not here, but He has [a]risen. Remember how He spoke to you while He was still in Galilee, ⁷saying that the Son of Man

must be delivered into the hands of sinful men, and be crucified, and the third day rise again."

⁸And they remembered His words, ⁹and returned from the tomb and reported all these things to the eleven and to all the rest.

¹⁰Now they were Mary Magdalene and Joanna and Mary the mother of James; also the other women with them were telling these things to the apostles. ¹¹But these words appeared ¹²to them as nonsense, and they would not believe them. ¹³But Peter got up and ran to the tomb; stooping and looking in, he ¹⁴saw the linen wrappings [c]only; and he went away to his home, marveling at what had happened.

Compiled by Bill Backa



OUR MISSION

Christian Home Healthcare is a licensed personal care agency dedicated to helping individuals maintain their independence while in the comforts of their home.

OUR MISSION IS THREEFOLD

We strive to build lasting relationships with those we care for and with our caregivers.

We strive to empower those we care for and our staff members.

We strive to improve the health and well-being of those we care for—and make a positive impact in the communities where we work.

**the care you need
in the place you
call home.**



Best wishes from Christian Home Health Care for a Blessed Passover and Happy and Holy Easter to you and your family!

consumer corner

YOUR PLAN OF CARE

Your Plan of Care is an essential part of your everyday life. It provides specific details about the type of care you need, the number of hours you need along with any necessary medical equipment. The Nursing Staff at Christian Home Healthcare values your feedback during their Initial Assessments and 90 Day Visits.

Let the nurses know if anything has changed in terms of your physical, mental or spiritual status and any changes in your medication.

Together our goal is a better quality of life for you!

refer a friend

Do you have a friend or family member who requires help performing daily living activities like these?

Personal Care, Dressing, Housework, Doctor Appointments, Grocery Shopping, Meal Preparation, or Basic Home Health Needs?

NOT SURE WHO QUALIFIES?

Here is a list of qualifications for services:

- Monthly Income equal to or less than \$2030.00
- Diagnosed with a long-term disability
- At Least 18 Years of Age

If you meet the above requirements, services are Free of Charge!

Please refer anyone who is interested to **Ashlee Phillips** at Christian Home Healthcare 412-323-0203, ext. 6109

our food pantry partners

YORK COUNTY FOOD DISTRIBUTION SITES

Emmanuel Church of God in Christ 717-854-6567

825 East Princess Street
York, PA 17403
Every Tuesday 8:30am-11:00am

Northeast Neighborhood Assn. 717-845-5641

215 Chestnut Street, York, PA 17403
Every Monday 10:00am-2:00pm
Every Wednesday 10:00am-Noon

First Moravian Church 717-845-4638

41 N. Duke Street, York, PA 17401
2nd and 4th Saturday 10:00am-1:00pm

Salvation Army 717-848-2364

30 E. King Street, York, PA 17403
Every Monday-Friday 9:00am-12:00pm
Every Monday-Friday 1:00pm-3:00pm

St. Paul's Lutheran Church 717-843-8155

25 West Springettsburg Avenue
York, PA 17403
Every Tuesday 10:00am-11:30am
Emergencies as needed

The Well/West End Local Link 717-852-7345

408 West Market Street
York, PA 17401
Every Monday-Thursdays
10:30am-1:00pm

St. Matthew's Lutheran Church 717-873-3306

839 W. Market Street
York, PA 17404
Every Wednesday and Friday
10:00am-11:30am
*requirements: Call 717-881-2092
on Monday 9:00am-11:00am to
receive food.

Christ Lutheran Church/Spry 717-741-4639

2385 S. Queen Street, York, PA 17402
Every Tuesday 10:30am-11:30am
3:00pm-4:00pm
Every Thursday 10:30am-11:30pm

****For more information about York County Food Distribution Sites call 717-846-6435.****

our food pantry partners (continued)

COMMUNITY ACTION PROGRAM OF LANCASTER COUNTY FOOD DISTRIBUTION SITES

Alpha & Omega Community Center

717-394-3021

708 Wabank Street, Lancaster, PA 17603
1st and 3rd Tuesday 9:00am-10:30am
*requirements: Photo ID

Arca de Salvacion

717-291-5745

615 N. Marshall Street,
Lancaster, PA 17602
Every other Thursday 10:00am-12:00pm
*requirements: Photo ID,
Lancaster (17602 and 17603)

Assembly of Christian Churches

717-295-3975

220 W. King Street, #209
Lancaster, PA 17602
Every other Friday 9:00-11:00 am
*requirements: Photo ID

Casa de Benediccion

Lancaster Brethren of Christ

717-330-5995

1865 Fruitville Pike
Lancaster, PA 17601
Every other Friday 5:00pm-7:00pm
*requirements: Photo ID: Lancaster
(17601) and East Petersburg (17520)

Conestoga Valley Christian Community Services

717-208-3711

2420 Gehman Lane, Suite 1000
Lancaster, PA 17602
Every Wednesday 9:00am-4:00pm
Every Thursday 1:00pm-7:00pm
*requirements: Conestoga Valley School
District; Appt. only

Crispus Attucks

717-364-6604

407 Howard Avenue,
Lancaster, PA 17603
Every 2nd and 4th Wednesday
2:00pm-4:00pm

Seniors/Disabled 4:00pm-6:00pm

*requirements: Photo ID

Ebenezer Baptist Church

717-509-8413

701 Lime Street, Lancaster, PA 17602
Every other Friday 9:00am-11:00am
*requirements: Photo ID

Good News Outreach

610-273-3394

895 Red Hill Road, Narvon, PA 17555
2nd and 4th Friday 6:00pm-7:00pm
*requirements: Photo ID, Narvon Gap,
Intercourse, Gordonville Kinzers,
Paradise

Hempfield Area Food Pantry

717-898-2954

85 E. Brandt Boulevard
Landisville, PA 17538
Every Monday and Wednesday
10:00am-1:00pm
*requirements: Photo ID, Hempfield
School District residents only

His Helping Hands Food Pantry

717-354-0056

105 Earland Drive
New Holland, PA 17557
1st and 3rd Friday 6:00pm-7:00pm
*requirements: Photo ID, New Holland
area (17557), ELANCO area

Jean Polite Food Pantry

717-393-8379

512 E. Strawberry Street
Lancaster, PA 17602
Every Wednesday and Thursday
10:00am-12:00pm
*requirements: Photo ID

Lancaster County Council of Churches

717-291-2261

812 N. Queen Street
Lancaster, PA 17602
Referrals Mon-Fri 9:00am-11:00am;
2:45pm-3:45pm
Walk-in M/W/F 12:30-1:45
*requirements: Photo ID, Referrals
by case workers; Lancaster area

Manheim Central Food Pantry

717-665-2331

334 W. Gramby Street
Manheim, PA 17545
Every Monday and Thursday
11:00am-1:00pm;
3rd Thursday 6:00pm-7:00 pm
*requirements: Manheim Central
School District only

New Holland Food Pantry

717-354-3776

221 E. Main Street
New Holland, PA 17557
Call Monday 9:00am-12:00pm;
P/U -Wednesday 3:00pm-6:00pm
*requirements: Photo ID;
Elanco School District residents only
Referrals: ESSN 717.354.3776

Our Mother of Perpetual Help

717-733-6562

300 W. Pine Street, Ephrata, PA 17522
Every Wednesday 5:00pm-6:30pm
*requirements: Referrals: Ephrata CAP
717-733-6562

Peter's Porch Food Pantry-Akron

717-859-2100

435 Main Street, Akron, PA 17501
3rd Saturday 8:00am - 10:30am
*requirements: Photo ID;
Akron area (17501)

Peter's Porch Food Pantry-Denver

717-336-2141

357 Walnut Street, Denver, PA 17517
1st Saturday 8:00am -10:00pm
*requirements: Photo ID;
Denver area (17517)

Peter's Porch Food Pantry-Lititz

717-626-8237

165 E. Front Street, Lititz, PA 17543
2nd Saturday 8:00am-10:00pm
*requirements: Photo ID
Lititz area (17543)

our food pantry partners (continued)

Petra Food Bank

717-354-5394

548 Ranck Road

New Holland, PA 17557

2nd Wednesday (A-L) 3:00pm-8:00pm

2nd Thursday (M-Z) 5:00pm-8:00pm

*requirements: Photo ID; Elanco School

District residents and Petra members

Restauracion en Cristo

717-808-9961

10 Donegal Springs Road

Mt. Joy, PA 17522

Every other Sunday 3:00pm to 5:00pm

*requirements: Photo ID;

Mt. Joy (17552)

Roca de Salvacion, Iglesia Menonita

717-826-6029

637 S. Prince Street

Lancaster, PA 17603

Every Thursday 9:00am-11:30am

*requirements: Photo ID

Salvation Army

717-397-7565

131 S. Queen Street, Lancaster, PA

Every Friday 10:00am-12:00pm

1:00pm-3:00pm

Recipients should call their food pantry first to ensure their food pantry is open for distribution due to the changing conditions of the Pandemic.

food bank resource guide 2021 responding to the need in our community



The Food Bank is committed to making sure all of our neighbors have access to enough food during the COVID-19 (coronavirus) crisis and beyond.

Our Produce to People and FoodShare programs cannot operate in accordance with our new drive-up distribution model and have been canceled. Details on new events will be posted on our website and social media channels as they become available.

WHAT IS A DRIVE-UP DISTRIBUTION?

These events provide individuals and families with at least 40 pounds of food in one or more pre-packed boxes. Food is loaded in to your trunk or vehicle once you come through the distribution line.

WHO QUALIFIES FOR ASSISTANCE?

There is no required proof of eligibility and anyone is eligible for food. Your information will only be used to provide you food and help us improve your service. This information is subject to change.

WHAT IF I DON'T HAVE A CAR?

For the safety of those at the event, walk-ups are not permitted at drive-up distributions. If you do not have a vehicle, you may have another individual drive you to pick up food.

Each household must complete a reservation to receive food. The same car and license plate can be used up to three times for the same event. There are no exceptions to one reservation getting one share of food. For one car to get two or three shares of food, the car must have more than one family or household.

HOW DO I MAKE A RESERVATION?

Find us online at pittsburghfoodbank.org/get-help/drive-up.

Call the Food Bank Call Center at 412-460-3663, ext. 655 for help making a reservation and to learn about other food assistance options like food pantries, Senior Boxes, and SNAP.

SNAP (FOOD STAMPS)

Food Stamps can help you buy food.

Call or text us for help applying.

Call: 1-833-822-SNAP (7627)

Text: SNAP to 412-435-4446

ALLEGHENY COUNTY SITES

Duquesne

Greater Pittsburgh Community Food Bank

1 North Linden Street

April 12, May 10, June 7:
12:00pm-2:00pm

April 26, May 24, June 1:
5:00pm-27:00pm

Wilkesburg

East End Behavioral Health Hospital

Enter at 225 Penn Avenue

April 24, May 22, June 26:
10:00am-12:00pm

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard

April 13, May 11, June 8:
5:00pm-7:00pm

food bank resource guide 2021 (continued)



Glassport

Queen of the Rosary Church

530 Michigan Avenue
 April 8, May 13, June 10:
 1:00pm-3:00pm

McKeesport

Founders Hall Middle School

1960 Eden Park Boulevard
 April 17, May 15, June 19:
 10:00am-12:00pm

REGIONAL SITES

Washington

Washington County Fairgrounds

2151 N Main Street
 April 6, May 4, June 1:
 11:00am-1:00pm

Johnstown

Johnstown Galleria

500 Galleria Drive
 April 14, May 12, June 9:
 12:00pm-2:00pm

Beaver Falls

Pathway Church

279 Braden School Road
 April 10, May 8, June 12:
 11:00am-1:00pm

Aliquippa

Mt. Carmel Presbyterian Church

Enter at 2200 Kennedy Boulevard
 April 16, May 21, June 18:
 12:00pm-2:00pm

Butler

Lernerville Speedway

313 N. Pike Road
 April 27, May 25, June 22:
 11:00am-1:00pm

House Of Bread Outreach

Greater Pittsburgh Food Bank

1111 Wood Street
 Pittsburgh, PA 15221

412-731-6221

DISTRIBUTION HOURS

Mondays and Thursdays
 5:00pm-6:00pm

SERVICES PROVIDED

Soup Kitchen

activities

PHONE BINGO!

Wednesday, April 21, 2021
 11:00am Sharp!

Login by calling **1-646-558-8656**

Password: 127285
 Participants ID: 438373

Please contact **Anitra** at
412-323-0203, Ext 6114
 with any questions.

MOVIE MONDAY

There is no Movie Monday in April due to Covid-19 but watch good movies or TV shows at home until we can together.

Please contact **Anitra** at
412-323-0203, Ext 6114
 with any good movie ideas!

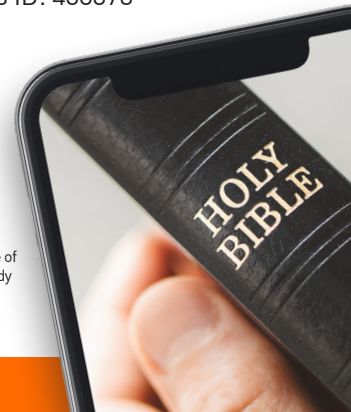
PHONE BIBLE STUDY

Increase your Faith, Hope, Love, Joy, and Prayer Life with Pastor Emmanuel D. Hughes, Engrafted Word Church.

Please Join Us at Christian Home Healthcare for a Phone Bible Study.

Wednesdays from 12:00pm-1:00pm
 Login by calling **1-646-558-8656**

Password: 127285
 Participants ID: 438373



DISCLAIMER
 The views and opinions expressed during phone bible study are those of the participants of phone bible study and do not necessarily reflect the positions of the Staff of Christian Home Healthcare or its agents.

freshforall

Free fresh fruits and veggies
for those who need them!

A  PROGRAM

PHILADELPHIA AND SURROUNDING AREAS

Camden, NJ

St. John Baptist Church

400 N. 30th Street
Camden, NJ 08105
Tuesdays, 9:30am–10:30am

Souderton, PA

Grace Bible Baptist Church

Main Street & Summit Avenue
Souderton, PA 18964
Tuesdays, 1:00pm–2:00pm

Burlington, NJ

St. Catherine Church

502 High Street
Burlington, NJ 08016
Tuesdays, 1:30pm–2:30pm

Glassboro, NJ

Glassboro Park & Recreation Owens Field

230 Wilmer Street
Glassboro, NJ 08028
Wednesdays, 9:30am–10:30am

Sharon Hill, PA

Mount Zion CME Church

701 Felton Avenue
Sharon Hill, PA 19079
Wednesdays, 1:30pm–2:30pm

Philadelphia, PA

Salvation Army

5830 Rising Sun Avenue
Philadelphia, PA 19120
Thursdays, 10:30am–11:30am

Paulsboro, NJ

Paulsboro Moose Lodge

402 Cook Avenue,
Paulsboro, NJ 08066
Thursdays, 2:30pm–3:30pm

Upper Darby, PA

Christ Lutheran Community Church

7240 Walnut Street
Upper Darby, PA 19082
Fridays, 9:30am–10:30am

Bristol, PA

Bucks County Community College

1304 Veteran Highway
Bristol, PA 19007
Fridays, 12:00pm–1:00pm

Philadelphia, PA

Under 95 Overpass

Front and Tasker Street
Philadelphia, PA 19147
Fridays, 1:30pm–2:30pm

Fresh For All operates every week, rain or shine, except during severe weather. This includes temperatures below 32 degrees, heat advisories or excessive heat warnings,

heavy rain or snow, and thunder and lightning storms.

**In case of bad weather,
please call 215-220-1920.**

**All area residents are welcomed.
Please bring your own bags and boxes.**

**No ID or verification required.
Participation does NOT affect
government benefits.**

recipe corner

carrot cake for easter dessert

by inspired taste



CAKE INGREDIENTS

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- 1/2 teaspoon fine sea salt
- 1 1/2 teaspoons ground cinnamon
- 1 1/4 cups canola or vegetable oil
- 1 cup granulated sugar
- 1 cup lightly packed brown sugar
- 1 teaspoon vanilla extract
- 4 large eggs
- 3 cups grated carrots
(5 to 6 medium carrots)
- 1 cup coarsely chopped pecans
- 1/2 cup raisins

FROSTING INGREDIENTS

- 8 ounces cream cheese,
at room temperature
- 1 teaspoon vanilla extract
- 1 1/4 cups powdered sugar
- 1/3 cup whipping cream

DIRECTIONS

If you have a couple of bowls and can stir ingredients together then you can absolutely make this cake!

I like to whisk my dry ingredients together in one bowl until they are well blended. Then I whisk all the wet ingredients together in another bowl.

Then I switch to a rubber spatula or large spoon and fold the two — wet and dry ingredients — together until I don't see any large streaks of flour.

When I've got the batter ready, I fold in the 3 cups of shredded carrots and if I'm using them, the nuts and raisins.

BAKING

Divide the batter between two buttered and floured cake pans and bake until done. The cake layers bake in the oven for 35 to 40 minutes at 350 F.

FROSTING

After baking, let the layers cool then frost with your favorite frosting.



why eggs symbolize easter

From a Christian Perspective, Easter eggs are said to represent Jesus emergence from the tomb and Resurrection.

The egg itself became a symbol of the Resurrection. Just as Jesus rose from the tomb, the egg symbolized new life emerging from the eggshell. In the Orthodox tradition, eggs are painted red to symbolize the blood that Jesus shed on the cross. The egg-coloring tradition has continued even in modern secular nations.

Source: Wikipedia

health corner

bedsores

Information provided by **Sylvia Madden, RN, Christian Group ADON**



Bedsores are caused when an area of skin has too much pressure for too long of a time. The circulation is decreased due to this pressure and the skin then will break down. Bedsores, or decubidi, occur most commonly over bony areas, such as a hip, the tailbone, and heels. Those with poor nutrition, are diabetic, have circulatory issues, and are confined to a wheelchair or bedridden are most at risk for developing a bedsore. One of the best ways to make sure a patient does not develop a bedsore is to make sure they change position at least every two hours and to rub lotion over their bony prominences. (Please check with your doctor to make sure lotion use is not the wrong thing to do for your patient) Other ways to help prevent bedsores is to drink enough fluids and eat a balanced diet.

Once a bedsore occurs, treatment from a wound nurse can help speed the healing process along. Considerations for bedsore treatment are pain control, preventing infection and improving hydration and nutrition. A wound care nurse may be your best option for bedsore treatment, so talk with your doctor and ask if a skilled wound care nurse might benefit you.

Christian Group has skilled nurses who excel in wound care, including devising a wound care plan, the care of WoundVacs, and use of the newest technology. If you have a wound or bedsore that you are having difficulty managing, please call Christian Group at **412-323-2273** to discuss your options.

Christian Group is available at **412-323-2273** to assist with any of your general needs. We have trained skilled nurses, physical therapists, and occupational therapists on staff to answer any of your general questions. Of course, contact your physician for any specific personal needs. We want the whole you to stay healthy during this stressful time.

Thanks for the following Mayo Clinic site for their help and information on bedsores:
www.mayoclinic.org/diseases-conditions/bed-sores/diagnosis-treatment/drc-20355899

health corner

(continued)

april is national stress awareness month

Since April is National Stress Awareness Month here are some tips from the U.S. Department of Health and Human Services and Christian Home Health Care:

- Relax, Renew, Rejuvenate by finding ways to find peace of mind, body, & spirit
- Avoid fight or flight responses to every day stress situations
- Combat stress with better personal choices such as walking, listening to music, playing, reading, yoga, and praying.
- Avoid feeling overwhelmed by looking at stress from another perspective
- Take a walk and have a talk with our Lord as Cleopas did on the Road to Emmaus after the Resurrection. When our Lord broke the bread, their eyes were opened!
Luke 24:13-35

caregivers corner

Caregivers are not superhuman, they just seem to be!

Caregivers are important throughout our lives whether we serve as one or need one.

At a **Life Options Meeting** where business members who serve the needs of people in the senior adults' community meet, **Mike Ocilka** said, "There are 4 types of people in this world. There are those who have been a caregiver. There are those who are a caregiver now.

There are those who will be called to become a caregiver. And lastly, but not least, there are those who will need a caregiver. Is there someone you know, perhaps it is yourself, who has the right mind, body and spirit to serve?"

By Bill Backa

RISING STARS OF THE MONTH

Delisha Lewis is willing to help wherever she is needed and has provided excellent care for multiple consumers in various areas.

Cassandra Whitaker is attentive to the special needs of the person she cares for, along with being reliable and compassionate, she provides excellent care every day!

Tashika Smith is attentive to the special needs of the person she cares for, along with being reliable and compassionate, she provides excellent care every day!

Bryshawn Greene is willing to help wherever she is needed and has provided excellent care or multiple consumers in various areas.

PLEASE REPORT ALL ER visits and hospitalizations to your staffing manager for documentation. It affects your plan of care and the number of hours your home care worker is working.

APRIL 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	30	29	31	1 Holy Thursday	2 Good Friday	3 Holy Saturday
4 Easter Sunday	5	6	7 Phone Bible Study 12:00pm	8	9	10
11 Divine Mercy Sunday	12	13	14 Phone Bible Study 12:00pm	15	16	17
18	19	20	21 Phone Bingo 11:00am Phone Bible Study 12:00pm	22 Earth Day	23	24
25	26	27	28 Phone Bible Study 12:00pm	29	30	1



happy birthday to all the celebrants!

BIRTHSTONE | Diamond
FLOWER | Daisy

BIBLE VERSE

And Jesus said, "The Son of Man must suffer many things and be rejected by the elders, the chief priests and the teachers of the law, and he must be killed and on the third day be raised to eternal life."

Luke 9:22

FRIDAY, APRIL 2 Good Friday

SUNDAY, APRIL 4 Easter Sunday

SUNDAY, APRIL 11 Divine Mercy Sunday

WEDNESDAY, APRIL 21 Phone Bingo at 11am Sharp!

THURSDAY, APRIL 22 Earth Day



Easter Word Search



V U D Q N B S N A E B Y L L E J Z N
 W R O W P F L J H W A H X E U G E K
 F B U N N Y A D E Z M C D T R P P C
 L C Q K K B M A K F A F R A A M V B
 C M K R O O B A F X L F Y L B R T C
 H F F C M N S I R I H N T O B Y O D
 I S I H C N E R F B V W J C I U I Y
 C D D G Y E I E O U A J G O T E R E
 K X Y M E T P S N M E P S H G T I X
 S T T H S S Y E G G S K H C W Y R E
 L E J G G B W H T N I C A Y H K T C
 I K V D N G M C J U G U U K N S Z Z
 D S Y M I E V X S A O E G N I R P S
 O A H I L W F B T O B T J D G B E D
 F B W X K E R X C D N I Q K M L Z X
 F N B I C E A S T E R E G G Y F C L
 A G B F U W Z N D Q S I Z Q N O Q A
 D R Q Z D I I A O F F U N X G J I G



BUNNY
 DUCKLINGS
 BONNET
 BASKET
 CHICKS



DAFFODILS
 EASTEREgg
 HYACINTH
 SPRING
 EGGS



LAMBS
 IRIS
 JELLYBEANS
 RABBIT
 CHOCOLATE





801 Vinial Street Suite 203 Pittsburgh, PA 15212
christianhomehealthcare4u.com

APRIL 2021

COMMUNITY CONNECTION

Christian Home Healthcare's
Monthly Newsletter

save the dates | activities for march

PHONE BINGO
April 21, 2021
11:00am

PHONE BIBLE STUDY
Wednesdays
12:00pm



If you are interested in participating or need more information about any activities, please call **Anitra at 412-323-0203 Ext. 6114**

christianhomehealthcare4u.com