



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

be heart healthy

BE KIND TO YOUR HEART BY BEING KIND TO YOURSELF AND OTHERS

How we treat our heart is as important now as it is for the rest of our lives. Kindness affects our heart rate, our blood pressure, and the stress on our heart.

It is often said that we don't have control over many circumstances in our lives, but we can control our responses.

Responding in a "fight or flight" way often puts more pressure on the heart along with increased blood pressure, blood glucose, and other functions.

It takes practice but a calmer response will allow our heart rate and pressure on the heart muscle to be more relaxed.

Most stressful situations pop up and pass before we know it. A driver may cut us off in traffic, a rude person may say or do something that is uncalled for, or we may experience something that is uncomfortable.

Realize that for the moment it may be alright to be upset, but to let that feeling go and be kind to your heart. "Let go and let God."

Kindness (noun): the quality of being friendly, generous, and considerate; a kind act.

In her writings, "The Heart and Science of Kindness," Melissa Broderick, MD, has compiled these **Kindness Tips** which have been condensed to include each of the points.

- 1 Kindness Starts With Being Kind To Yourself
- 2 Lead With Compassion, Follow With Kindness
- 3 We Feel Happier When We Act In Service To Others
- 4 Choose Kindness
- 5 Give To Give, Not To Receive
- 6 We Become Kinder With Practice
- 7 Kindness Begets Kindness
- 8 Kindness Is Lasting

In summary, noted author and speaker Maya Angelou spoke perhaps her most famous quote when she said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Written 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.**

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.

Distributions may be canceled due to extreme cold temperatures or snow and ice. Visit pittsburghfoodbank.org or our social media pages for updates.

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

DRIVE-UP FOOD DISTRIBUTIONS

February – March 2021 Calendar

ALLEGHENY COUNTY SITES

Duquesne

Greater Pittsburgh Community Food Bank

1 North Linden Street

February 1, March 1, March 29:
3:00pm-5:00pm

February 15, March 15:
12:00pm-2:00pm

food bank resource guide 2021 (continued)



Wilkesburg

East End Behavioral Health Hospital

Enter at 225 Penn Avenue
February 27, March 27:
10:00am-12:00pm

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard
February 9, March 9:
4:00pm-6:00pm

Glassport

Queen of the Rosary Church

530 Michigan Avenue
February 11, March 11:
1:00pm-3:00pm

McKeesport

Founders Hall Middle School

1960 Eden Park Boulevard
February 20, March 20:
10:00am-12:00pm

REGIONAL SITES

Washington

Washington County Fairgrounds

2151 N Main Street
February 2, March 2:
11:00am-1:00pm

Johnstown

Johnstown Galleria

500 Galleria Drive
February 10, March 10:
12:00pm-2:00pm

Beaver Falls

Pathway Church

279 Braden School Road
February 13, March 13:
11:00am-1:00pm

Aliquippa

Mt. Carmel Presbyterian Church

Enter at 2200 Kennedy Boulevard
February 19, March 19:
12:00pm-2:00pm

Butler

Lernerville Speedway

313 N. Pike Road
February 23, March 23:
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, February 17, 2021

11:00am Sharp!

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

Password: 121227

Participants ID: 84977204763

Please contact **Anitra** at

412-323-0203, Ext 6114

with any questions.

MOVIE MONDAY

There is no Movie Monday in

February 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**

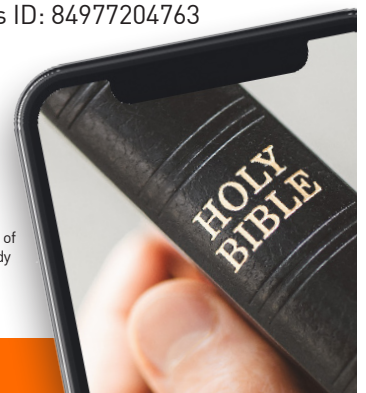
Password: 121227

Participants ID: 84977204763



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 **PHILABUNDANCE** 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

winter vegetable & lentil soup

by Sara Buenfeld

When it's cold outside, treat yourself to a healthy homemade vegetable soup, packed with immunity-supporting vitamin C and four of your 5-a-day.



INGREDIENTS

- 85g dried red lentils
- 2 carrots, quartered lengthways then diced
- 3 sticks celery, sliced
- 2 small leeks, sliced
- 2 tbsp tomato purée
- 1 tbsp fresh thyme leaves
- 3 large garlic cloves, chopped
- 1 tbsp vegetable bouillon powder
- 1 heaped tsp ground coriander

DIRECTIONS

Tip all the ingredients into a large pan. Pour over 1½ liters boiling water, then stir well.

Cover and leave to simmer for 30 minutes until the vegetables and lentils are tender.

Ladle into bowls and eat straightaway, or if you like a really thick texture, blitz a third of the soup with a hand blender or in a food processor.

SOUP GOES WELL WITH ...

Rustic bread or Irish soda bread

Recipe from Good Food magazine, November 2017

recipe corner

Abraham Lincoln's favorite toasted almond cake

Presidents Day Recipe

INGREDIENTS

- 6 large egg whites
- 2 cups sugar, divided
- 1 ¼ cups blanched almonds, toasted
- 1 cup butter
- 3 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup buttermilk
- 1 ½ teaspoons vanilla
- 1 teaspoon almond extract

DIRECTIONS

Beat egg whites until frothy.

Add 1 cup sugar gradually until egg whites are stiff peaks.

Finely chop almonds.

Cream the butter and remaining 1 cup sugar until light and fluffy.

Sift flour, baking powder, and salt together.

Add vanilla extract and almond extract to buttermilk.

Combine nuts with flour mixture.

Add wet to dry by thirds.

Fold beaten egg whites into batter.

Place greased wax paper in tube pan.

Turn batter into a 10-inch tube pan.

Bake at 350 degrees Fahrenheit for about 1 hour or until cake tests done.

Frost with boiled icing.

Abraham Lincoln's Favorite Prayer

Almighty God, Who has given us his good land for our heritage; We humbly beseech Thee that we may always prove ourselves a people mindful of Thy favor and glad to do Thy will. Bless our land with honorable ministry, sound learning, and pure manners.

virginia flickinger's wonderful life | Written by Bill Backa for Virginia Flickinger



Virginia Flickinger celebrates her 100th birthday with free cupcakes to everyone who visited to greet her while maintaining proper social distancing. On left is a cardboard cutout of Ms. Virginia in a swimsuit while on a Hawaii beach when she was 19 years old.

Virginia Flickinger is living a wonderful life, surrounded by loving family and friends, and reaching the age of 100 this year. Most remarkably, Ms. Virginia, who was born and raised in Hawaii, was working as a nurse's aide for a nursing unit at the Pearl Harbor Base Hospital in December 1941, when Pearl Harbor was bombed by the Japanese and survived that ordeal.

At 7 am on Sunday, December 7, 1941, she and her best friend were awakened by loud concussion noises. The entire house shook and pictures had fallen off the walls.

They went outside to see two Japanese bombers flying overhead after they released their bombs that caused so much destruction and cost many lives. Inside, they turned on the radio and heard the report of the Japanese attack on Pearl Harbor.

"On Monday, I was afraid to go to work, so I went to work on Tuesday, December 9. On my way I saw the destruction of bombed buildings, bodies lying on the ground and in the water. A captured Japanese submarine was in the harbor and the Arizona Battleship was only partially visible and sinking in the harbor," Mrs. Flickinger said.

Later in the day, a report from government officials ordered that no lights should be turned on in the event of a second attack. Instead, they put blankets on the windows, so that a little light could be used to treat the injured and feed the children and the babies. Eventually everyone fled to higher ground in the hills to avoid the direct path of a possible second attack.

Born in 1920, Ms. Virginia was one of six siblings, four sisters and two brothers. She had four sons including Glenn, Tom, and John who live in the Pittsburgh area, her daughter Kathy and son Bill live in California, 10 grandchildren, and 10 great grandchildren. Currently Ms. Virginia will be a consumer with Christian Home Health Care and her neighbor Maxine Berton will be her caregiver.

"I have been blessed with a wonderful life with the love of my parents, husband, children, grandchildren, great grandchildren, and friends. My best advice is to eat healthy and exercise including walking and to stay busy, so I like to crochet. I have a loving family," she stated.

There were some good memories during the war years of friends and family. She enjoyed the Big Bands Era and still enjoys watching her favorite movie, White Christmas with Bing Crosby, Rosemary Clooney, Danny Kaye, Vera Ellen, and Dean Jagger. She laughs about one of her favorite songs; Don't sit under the apple tree with anyone else but me.

In recent years, Ms. Virginia has visited her daughter in San Diego every Christmas and then would travel back to Hawaii to visit other family and friends. "This year, I am staying in Pittsburgh because of the pandemic so it will be the first year that I have seen snow in a number of years, so I guess we will be having a "White Christmas," Ms. Virginia said. If she is able, Ms. Virginia will be listening to the radio for Bing Crosby's classic Christmas song, Mele Kalikimaka, which means Merry Christmas in Hawaiian.

health corner

what is a vaccine?

Information provided by **Christian Group Staff**



Vaccines seem to always be in the news at this time of year. Especially now amid the Covid-19 Pandemic. Here is a quick look to help you make an informed decision for you or a loved one.

A vaccine stimulates a person's immune system to develop antibodies to a disease. This prevents the disease by developing an immunity to the disease and spreading the disease to others. Some examples of vaccines are chicken pox, meningitis, flu, and more recently COVID-19.

There are side effects associated with vaccines and are mild and typically go away within a few days. Side effects can be treated with over-the-counter products such as Tylenol and ibuprofen. Some examples are tenderness or redness at the injection site, pain, and fever. People commonly think this is the illness. In fact, this is your

body reacting to the vaccine and doing its job creating the antibodies needed to develop immunity.

The FDA tests and licenses all vaccines here in the United States prior to use. Together the CDC and FDA track all vaccines for safety.

Christian Group can be reached at **412-323-2273** to speak with highly trained staff nurses to answer any general questions. Please contact your physician for any questions specific to your health care needs. They will be able to answer any questions or concerns you may have with current medications, interactions, and current health concerns. An excellent resource that provided information for this article is:

www.cdc.gov/vaccines/adults/reasons-to-vaccinate.html

caregivers corner

Caregivers are not superhuman, they just seem to be!

RISING STAR OF THE MONTH

Blanche Corey is attentive to the very special needs of the person she is caring for and provides excellent care every day!

RISING STAR OF THE MONTH

Denise Mastro is attentive to the very special needs of the person she is caring for and provides excellent care every day!

RISING STAR OF THE MONTH

Donna Yates is attentive to the very special needs of the person she is caring for and provides excellent care every day!

Did you know that some of the best caregivers are people who are either a family member or a friend of the person who needs care? Ask about our worker referral bonus program.

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.

FEBRUARY 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2 Groundhog Day	3	4	5 National Heart Day National Wear Red Day	6
7	8	9	10 Phone Bible Study 12:00pm	11	12 Lincoln's Birthday	13
14 Valentine's Day	15 President's Day	16	17 Phone Bingo 11:00am Phone Bible Study 12:00pm Ash Wednesday	18	19	20
21	22 Washington's Birthday	23	24 Phone Bible Study 12:00pm	25	26	27
28						



happy birthday to all the celebrants!

BIRTHSTONE | Amethyst
FLOWER | Violet

BIBLE VERSE

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."
1 Corinthians 13:4-7

TUESDAY, FEBRUARY 2 Groundhog Day

FRIDAY, FEBRUARY 5 National Heart Day & National Wear Red Day

FRIDAY, FEBRUARY 12 Abraham Lincoln's Birthday

SUNDAY, FEBRUARY 14 Valentines' Day

MONDAY, FEBRUARY 15 Presidents' Day

MONDAY, FEBRUARY 22 George Washington's Birthday

VALENTINE'S DAY WORD SEARCH



Valentine's Day



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



- | | | |
|-----------|---------|------------|
| ARROW | FLOWERS | MAILBOX |
| CANDY | GIFT | PINK |
| CARD | HEART | POEM |
| CHOCOLATE | HOLIDAY | RED |
| CUPID | HUGS | SWEETHEART |
| FEBRUARY | LOVE | VALENTINE |



CRAYONSANDCRAVINGS.COM



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

FEBRUARY 2021

COMMUNITY CONNECTION

Christian Home Healthcare's
Monthly Newsletter

save the dates | activities for february

PHONE BINGO
February 17, 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