



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

happy new year!

We will all have at least one New Year's Resolution whether we are a caregiver, a care recipient or someone just trying to make the right decisions and take care of ourselves. It may be to lose weight, make a little extra money, live healthier, worry less by praying more or another goal. So what is stopping us? It might be procrastination and not sticking to our plan; but stay positive.

AgingCare.com published 10 Ways Caregivers (and the rest of us) can stop procrastinating. This Checklist may be a good place to start.

1 CREATE TO-DO LISTS

No, a mental list doesn't cut it. Put it in writing so you will recall.

2 BREAK IT DOWN

Break large intimidating tasks into smaller manageable tasks, one at a time.

3 SET SHORT TERM GOALS

Give yourself small scale deadlines to monitor your progress.

4 TELL SOMEONE

Even adults sometimes need another person to keep us on track and accountable.

5 VISUALIZE SUCCESS

Develop a clear mental picture of the completed task and how you will feel at that time.

6 REMOVE DISTRACTIONS

Turn off the television, silence your cellular phone and remove anything else that might keep you from focusing on your task.

7 CHANGE YOUR EXPECTATIONS

Striving for perfection is a huge hurdle for those trying to beat procrastination. If you are waiting to do something perfectly, it will never get done, so get going.

8 JUST DO IT

Next time you think I can do this later, remember the Nike slogan, **"Just Do It."**

9 CROSS IT OFF

By keeping a written To-Do List, it also gives you the satisfaction of crossing off completed tasks.

10 REWARD YOURSELF

Reward your accomplishments. If you achieved your goal, take a break, enjoy lunch, read a book, or watch a movie. **Don't reward yourself without reason.** Give yourself a smile!

Compiled by Bill Backa



OUR MISSION

Christian Home Healthcare is a licensed home healthcare registry and 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-Thursday

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 cancelled. 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

January – March 2021 Calendar

ALLEGHENY COUNTY SITES

Duquesne

Greater Pittsburgh Community Food Bank

1 North Linden Street

January 4, February 1, March 1,
March 29: 3:00pm-5:00pm

January 25, 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
January 23, February 27, March 27:
10:00am-12:00pm

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard
January 12, February 9, March 9:
4:00pm-6:00pm

Glassport

Queen of the Rosary Church

530 Michigan Avenue
January 14, February 11, March 11:
1:00pm-3:00pm

McKeesport

Founders Hall Middle School

1960 Eden Park Boulevard
January 16, February 20, March 20:
10:00am-12:00pm

REGIONAL SITES

Washington

Washington County Fairgrounds

2151 N Main Street
January 5, February 2, March 2:
11:00am-1:00pm

Johnstown

Johnstown Galleria

500 Galleria Drive
January 13, February 10, March 10:
12:00pm-2:00pm

Beaver Falls

Pathway Church

279 Braden School Road
January 9, February 13, March 13:
11:00am-1:00pm

Aliquippa

Mt. Carmel Presbyterian Church

Enter at 2200 Kennedy Boulevard
January 15, February 19, March 19:
12:00pm-2:00pm

Butler

Lernerville Speedway

313 N. Pike Road
January 26, 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, January 20, 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

January 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.



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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.

caregivers corner

Caregivers are not superhuman, they just seem to be!

RIISING STAR OF THE MONTH

Thomas Jeffries just started and is eager to provide excellent care to his consumer and has even requested to help more consumers!

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.

recipe corner

Instant Pot Chipotle Chicken Tortilla Soup

by Kevin Curry

This easy low-carb soup from Kevin Curry is the perfect dinner for those chilly nights. Extra hearty and full of flavor thanks to cauliflower rice and chipotle peppers. This soup will certainly fill you up!

INGREDIENTS

- 1 tbsp extra virgin olive oil
- 1 tbsp garlic, fresh
- 2/3 c diced white onion
- 2 tsp chili powder
- 2 tsp cumin
- 4 c low-sodium chicken broth
- 1 (28-oz.) can no-salt added fire-roasted tomatoes
- 4 tbsp tomato paste
- 3-4 chipotle peppers in adobo, chopped and sauce from the can
- 16 oz (454 g.) bag raw cauliflower rice
- Juice from 1 lime
- pinch of sea salt
- 1 1/2 lb chicken breast, raw
- Fresh cilantro
- Sea salt & pepper to taste

GARNISH

- crushed corn tortillas
- shredded Mexican blend cheese
- avocado

DIRECTIONS

Set the Instant Pot to the "Saute" function on low. Once it heats up, add the oil, garlic and onions. Caramelize for 2-3 minutes, being careful not to burn the garlic. Then add in the chili powder and cumin to "bloom" the spices – get it super fragrant in the kitchen. Your kitchen should smell amazing! Then switch the Saute function off.

Add the remaining ingredients – except for the chicken – to the Instant Pot. Give it a good stir and add a few pinches of sea salt and pepper to taste. Then, add the chicken breast and make sure they are completely submerged. Then, get cooking! PRO-TIP if you want some "crisp" to the cauliflower rice, leave it out of the cooking process and add it to the Instant Pot when you shred the chicken. As an alternative, you can buy frozen steamed cauliflower rice and just pour the hot soup over a serving of cauliflower rice when you're ready to enjoy a bowl.

SLOW COOK INSTRUCTIONS

Set the Instant Pot to "Slow Cook" and place the lid on. Make sure the top is set to Vent and cook on LOW for 6 to 8 hours, or 4 to 6 hours on HIGH. When the timer has just 1 hour remaining in the cooking cycle, open it and remove the chicken into a bowl. Use 2 forks to easily pull it apart. It should shred rather easily.

Place the chicken back in the Instant Pot and cook for the remaining time.

Season with salt and pepper. Serve with cilantro and optional garnishes (tortilla chips, cheese, and/or avocado).

PRESSURE COOK INSTRUCTIONS

Set Instant Pot to "Pressure Cook" and place lid on. Make sure the top is set to Seal and cook on HIGH for 30 minutes. When the timer goes off, release the pressure, then open the Instant Pot. Remove the chicken into a bowl. Use 2 forks to easily pull it apart. It should shred rather easily. Place the chicken back in the Instant Pot, set it to Slow Cook, and cook on HIGH for 10 minutes.

Garnish with fresh cilantro and season to taste with sea salt and pepper. You can enjoy a bowl with crushed tostadas (baked corn tortillas), avocado and even Mexican blend cheese.

Note: Just remember to account for the added calories from those ingredients.

Enjoy!



CHHC mentorship program | by Bill Backa

For many home care workers, mentorship is the key to success! According to Ms. Yolanda Aikens, Director of the Mentorship Program at Christian Home Healthcare, new home care workers have much to absorb but need to look at the big picture. There are a number of factors to consider in their initial training such as considering the overall plan of care for their consumer including some who need a higher level of care, what is expected, taking pride in the care that they are able to provide, and having sincere empathy.

“Being attentive, having good listening skills, and being encouraging are the most important components of being a good caregiver,” Ms. Yolanda explained. Through encouragement, each individual can change their attitude from “I can’t-to I can—and feel better about themselves.”

In a nutshell, good caregivers respect and enable their consumers while providing support and promoting their choices. Good caregivers encourage their consumers and take the time to listen and communicate with them. They take time to meet with their consumers to fully understand them and to empower them.

Some of our best home care workers are really caregivers at heart and recognize the needs of their consumers and they are proactive.

One home care worker arrived at a consumer’s home because another worker could not work. This caregiver first asked the consumer how are you doing? Have you eaten? Would you like me to prepare something for you to eat? Do you need to use the restroom?

That caregiver made their consumer the center of his / her attention because the caregiver was being so attentive. Once the caregiver had met the most urgent needs of the consumer, they were able to assess and work on other tasks at hand.

Companionship is an important part of caregiving especially now during times of social distancing. Social interaction contributes to the overall mental, physical, spiritual, and social well-being of each consumer. And good caregivers do it well.

Please report all ER visits and hospitalizations to your staffing manager for documentation.

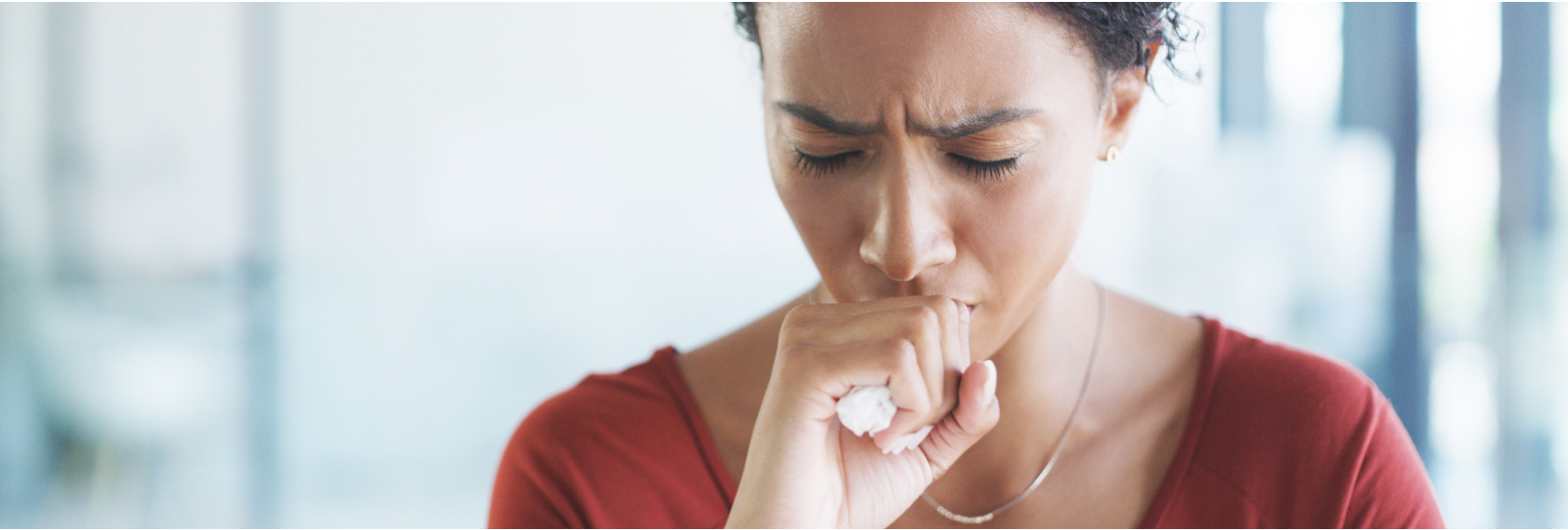
It affects your plan of care and the number of hours your home care worker is working.

for many home care workers, mentorship is the key to success



health corner

Is it just a cough?

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

Bronchitis and pneumonia are both lung infections that can be common at this time of year. They can be either caused by a virus or a bacterium and their symptoms are similar.

Bronchitis is a cough due to infection and inflammation of the airways that lead into the lungs. It causes fever, fatigue, congestion, possible shortness of breath. The cough can be quite persistent and last for over a month after the other symptoms have subsided, this is usually when people seek treatment from a health care professional. Treatment for bronchitis depends on the type. Viral bronchitis cannot be cured with an antibiotic, so the treatment is palliative to alleviate the symptoms. Things such as Tylenol, cough medicine and decongestants may be helpful along with fluids and rest help the body to heal. Please remember to consult with your physician when taking any medication, especially if you are on prescribed medications to prevent any interactions.

Pneumonia is an infection in the tiny air sacs of the lungs and can be quite serious. It can also be viral or bacterial. It can be difficult for a non-medical person to tell the difference between pneumonia and bronchitis due to the similarity of symptoms including fever, cough, malaise, fatigue, wheezing and shortness of breath. Symptoms that might warrant a trip to see your doctor would be, high fever, a cough that keeps you up at night, shortness of breath and if you have other chronic or acute health issues such as COPD, asthma, emphysema and heart disease. A chest X-ray is often needed to make a diagnosis and distinguish between the two. While viral infections cannot be cured with an antibiotic, your doctor may decide to give you one to prevent the condition from becoming bacterial.

While there is no prevention for bronchitis, there is now a pneumonia vaccine that we encourage our clients to get, especially if you have other underlying health issues. Please call your doctor to schedule an appointment to get your vaccinations.

Christian Group hopes you had a wonderful holiday season filled with good health and family. If you are having trouble taking care of yourself, understanding your health or medications, have an unhealed wound, or need to recover from an illness or surgery, please call Christian Group. Our trained professionals are here to help you with your healthcare needs. We provide education, dressing and wound management, skilled nursing, diabetic teaching, physical therapy, occupational therapy, and have a lymphedema specialist on staff. Please ask your doctor for a referral to Christian Group.

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JANUARY 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31 <small>New Year's Eve</small>	1 <small>New Year's Day</small>	2
3	4	5	6 <small>Epiphany of the Lord Phone Bible Study 12:00pm</small>	7	8	9
10	11	12	13 <small>Phone Bible Study 12:00pm</small>	14	15	16
17	18 <small>Martin Luther King Jr. Day</small>	19	20 <small>Phone Bingo 11:00am Phone Bible Study 12:00pm</small>	21	22	23
24 / 31	25	26	27 <small>Phone Bible Study 12:00pm</small>	28	29	30



happy birthday to all the celebrants!

BIRTHSTONE | Garnet
FLOWER | Snowdrop and Carnation

BIBLE VERSE

Matthew 2:6 “But you, Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for out of you will come a ruler who will shepherd my people Israel.” [b]”

FRIDAY, JANUARY 1 New Year's Day

WEDNESDAY, JANUARY 6 Epiphany of the Lord

MONDAY, JANUARY 18 Rev. Dr. Martin Luther King, Jr. Holiday

HAPPY NEW YEAR!



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

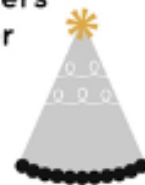
Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy



New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers





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JANUARY 2021

COMMUNITY CONNECTION

Christian Home Healthcare's
Monthly Newsletter

save the dates | activities for january

PHONE BINGO
January 20, 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**