



# COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

## Let's talk safety.

written by Bill Backa

### June is National Safety Month®

Now, more than ever, safety is crucial both inside and outside the workplace, which is why the National Safety Council (NSC) will still be recognizing National Safety Month® in June.

Observed annually by NSC, the nation's leading nonprofit safety advocate, National Safety Month focuses on saving lives and preventing injuries, from the workplace to anyplace.

Information provided by the National Safety Council. [www.nsc.com](http://www.nsc.com)

### Home Healthcare

In terms of home healthcare, it is important that home care workers observe proper lifting techniques and other best practices such as keeping walkways clear and free from clutter, along with eliminating fall and fire hazards.

### 7 Easy to Follow Home Safety Tips

1. Don't neglect safety housekeeping
2. Maintain adequate home security  
[www.safety.com/home](http://www.safety.com/home)
3. Always remember home fire safety
4. Eliminate electrical risks
5. Always practice proper food safety
6. Have the necessities: first aid kit, ABC fire extinguisher
7. Encourage safety habits

Scan your living space daily for safety hazards because belongings are moved almost every day. Get in the habit of putting safety first whether it is your living conditions or your medications. Don't take anything for granted but be proactive with **"Safety First"**.



### 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.

**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.**

**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 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](http://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

June 7:

12:00pm-2:00pm

June 1:

5:00pm-27:00pm

### **Wilkesburg**

#### **East End Behavioral Health Hospital**

Enter at 225 Penn Avenue

June 26:

10:00am-12:00pm

### **Allegheny Valley**

#### **Pittsburgh Mills Galleria**

590 Pittsburgh Mills Boulevard

June 8:

5:00pm-7:00pm

# food bank resource guide 2021 (continued)



## Glassport

**Queen of the Rosary Church**  
530 Michigan Avenue  
June 10:  
1:00pm-3:00pm

## McKeesport

**Founders Hall Middle School**  
1960 Eden Park Boulevard  
June 19:  
10:00am-12:00pm

## REGIONAL SITES

### Washington

**Washington County Fairgrounds**  
2151 N Main Street  
June 1:  
11:00am-1:00pm

## Johnstown

**Johnstown Galleria**  
500 Galleria Drive  
June 9:  
12:00pm-2:00pm

## Beaver Falls

**Pathway Church**  
279 Braden School Road  
June 12:  
11:00am-1:00pm

## Aliquippa

**Mt. Carmel Presbyterian Church**  
Enter at 2200 Kennedy Boulevard  
June 18:  
12:00pm-2:00pm

## Butler

**Lernerville Speedway**  
313 N. Pike Road  
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, June 16, 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 June** 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 | pressure-cooker chicken curry



### INGREDIENTS

2 tablespoons olive oil or ghee, divided  
 1 pound boneless skinless chicken thighs, cubed  
 1 large onion, chopped  
 1 teaspoon curry powder  
 1/2 teaspoon ground turmeric  
 1/4 teaspoon ground cumin  
 1/2 cup chicken broth  
 1 can (14-1/2 ounces) diced tomatoes, undrained  
 2 tablespoons tomato paste  
 2 garlic cloves, minced  
 2 teaspoons minced fresh ginger  
 1 teaspoon sugar  
 1/2 teaspoon salt  
 1 tablespoon cornstarch  
 chopped fresh cilantro

### DIRECTIONS

Select saute or browning setting on a 6-qt. electric pressure cooker. Adjust for medium heat; add 1 tablespoon oil. When oil is hot, brown chicken. Remove. Add remaining 1 tablespoon oil to pan. Add onion, curry, turmeric and cumin. Cook and stir until onion is tender, 3-5 minutes. Add broth, stirring to loosen browned bits from pan. Stir in tomatoes, tomato paste, ginger, garlic, sugar, chicken and salt. Press cancel.

Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 5 minutes. Let pressure release naturally. Press cancel. Select saute setting and adjust for medium heat. In a small bowl, whisk together cornstarch and 1 tablespoon of water. Add cornstarch mixture to pot and let simmer, uncovered for 5 minutes.

Serve in shallow bowls with rice or naan. Sprinkle with cilantro.

### Want a thicker curry?

If you like a heartier curry, thicken the juices by simmering for 5-7 minutes on the saute setting after pressure cooking to reduce the liquid. Or, try adding in a mixture of cornstarch and water as a thickening agent. Then, bring the mixture to a boil by using the saute setting.

Making it in a pressure cooker, like an Instant Pot, means it's easy to whip up on weeknights. Plus, leftovers are great for lunch.

## gardener's corner

### beginner windowsill garden

by Tonya Barnett, [Author of FRESHCUTKY] [gardeningknowhow.com](http://gardeningknowhow.com)



## learn about growing plants on a windowsill

Whether your gardening season has recently come to a close or you simply do not have any growing space, finding another way to grow your own produce can be frustrating. While indoor gardening is a popular option, many growers do not have access to the necessary materials, like grow lights or hydroponic equipment. Fortunately, growing plants indoors is always a viable option for those wanting access to fresh greens or herbs. Starting a windowsill garden is an easy and efficient way to keep growing all year long. Keep reading to learn how to start a beginner windowsill garden?

### WHAT IS A WINDOWSILL GARDEN?

As the name would imply, a windowsill garden can be grown in a bright, sunny window indoors. The process of starting these small container gardens is relatively simple and cost effective. Before planting, check the windowsill to ensure that it is strong and sturdy. Growers will also need to make sure that temperatures near the window remain consistently warm. This will avoid any potential damage from excess heat or cold throughout the period of growth.

### WINDOWSILL GARDENING FOR BEGINNERS

If you're a beginner, windowsill gardening may feel intimidating. However, with proper site selection, anyone can successfully grow their first garden. When starting a windowsill garden, growers will first need to choose a window that receives bright sunlight. This is especially true in the winter time when a south-facing window may be the best option.

To begin growing plants on a windowsill, growers will also need to determine what types of plants they will grow, as well as the appropriate size and shape of their pots for planting. Ideally, choosing leafy greens or herbs<sup>[1]</sup> is best for windowsill gardens, as these plants are better able to adjust to varying amounts of sunlight. Plants that require full sun may struggle in the windowsill garden.

After selecting the plants and containers, carefully fill the pots with potting soil. In doing so, make certain that each container has at least one hole for drainage. Once the pots have been filled with soil, transplant the plant

starts or directly sow the seeds into the container. Water the planting well and place it into the windowsill.

Water the containers weekly, or as needed, by checking the upper inch of the soil. If the container is dry, gently water the base of each plant until the potting mix is well saturated. Avoid over watering, as this may cause plant stress or the onset of disease. Rotate the containers in the windowsill in order to promote full growth.

### HOW TO TAKE CARE OF YOUR WINDOWSILL TOMATOES

[www.tomatodirt.com](http://www.tomatodirt.com)

- Give tomatoes consistent light (Plants need 12-18 hours a day)
- Give tomatoes consistent heat
- Water regularly
- Help with pollination
- Fertilize
- Pinch suckers to direct the plant's energy focus on its main stem
- Keep your eye out for pests
- More about Growing Tomatoes Indoors



# health corner

ability to perform a sit to stand transfer is an indicator of fall risk

## ASSESSMENT

# 30-Second Chair Stand

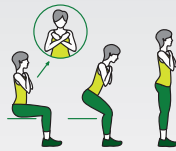
**Purpose:** To test leg strength and endurance

**Equipment:** A chair with a straight back without arm rests (seat 17" high), and a stopwatch.

### ① Instruct the patient:

1. Sit in the middle of the chair.
2. Place your hands on the opposite shoulder crossed, at the wrists.
3. Keep your feet flat on the floor.
4. Keep your back straight, and keep your arms against your chest.
5. On "Go," rise to a full standing position, then sit back down again.
6. Repeat this for 30 seconds.

**NOTE:**  
Stand next to the patient for safety.



### ② On the word "Go," begin timing.

If the patient must use his/her arms to stand, stop the test. Record "0" for the number and score.

### ③ Count the number of times the patient comes to a full standing position in 30 seconds.

If the patient is over halfway to a standing position when 30 seconds have elapsed, count it as a stand.

### ④ Record the number of times the patient stands in 30 seconds.

Number: \_\_\_\_\_ Score: \_\_\_\_\_

## SCORING

Chair Stand Below Average Scores		
AGE	MEN	WOMEN
60-64	< 14	< 12
65-69	< 12	< 11
70-74	< 12	< 10
75-79	< 11	< 10
80-84	< 10	< 9
85-89	< 8	< 8
90-94	< 7	< 4

A below average score indicates a risk for falls.

## DISCHARGE

You can discharge your patients from the hospital with tools to increase their safety at home and decrease their risk of falls. With less falls, there will be less hospital readmissions.

## SIT TO STAND

The sit to stand exercise indicates the strength of key lower extremity muscles needed for mobility and balance. If these muscles are weak it is likely a person will fall or have decreased mobility. There is a simple exercise people can complete on their own at home to increase their strength. Educate on sit to stand exercise at hospital discharge.

## HOW CAN WE HELP YOU?

Christian Group offers home health physical therapy to provide further education and exercise to reduce risk of falls and prevent hospital readmissions. Contact us at 412-323-2273 today to discuss how we can help you reduce hospital readmissions and help patients be successful at home!

Information Provided by:

**Brittany Pacek, DPT, CLT,**  
Christian Group Physical Therapist

CDC's STEADI tools and resources can help you screen, assess, and intervene to reduce your patient's fall risk. For more information, visit [www.cdc.gov/steady](http://www.cdc.gov/steady)



2017

# caregivers corner

Caregivers are not superhuman, they just seem to be!

## RISING STARS OF THE MONTH

Donna Yates provides exceptional care for her consumer and is commended for her willingness to step up and provides care when shifts are not covered. Donna is very professional and reliable.

Robert Brookins provides exceptional care for his new consumer and takes the time to provide for her special needs.

Terri Everly has been nominated a second time because she was selected again by her consumer for providing exceptional care, including the larger tasks to the smaller tasks and takes extra precautions with fall prevention techniques. Terri listens to what her consumer needs.

**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.

JUNE 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2 Phone Bible Study 12:00pm	3	4	5
6 Feast of Corpus Christi D-Day Anniversary (1944)	7	8	9 Phone Bible Study 12:00pm	10	11	12
13	14 Flag Day	15	16 Phone Bingo 11:00am Phone Bible Study 12:00pm	17	18	19
20 Father's Day First Day of Summer	21	22	23 Phone Bible Study 12:00pm	24	25	26
27	28	29	30 Phone Bible Study 12:00pm	1	2	3



## happy birthday to all the celebrants!

**BIRTHSTONE** | Pearl  
**FLOWER** | Honeysuckle

### BIBLE VERSE

"Praise the Lord, my soul; all my inmost being, praise His Holy Name."  
Psalm 103:1

**SUNDAY, JUNE 6** Feast of Corpus Christi, D-Day Anniversary (1944)

**MONDAY, JUNE 14** Flag Day

**SUNDAY, JUNE 20** Father's Day, First Day of Summer

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.



# Fathers Day Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

BEST

BREAKFAST

CARD

COURAGEOUS

DAD

DAUGHTER

FAMILY

FATHER

FISHING

FRIEND

GIFT

GOLF

JUNE

LOVE

PAPA

PATRIARCH

POPS

PROUD

SON

STRONG

SUNDAY

TEACHER

THIRD

VALUES



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**FATHER'S DAY QUOTE**

“When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years.”

**Mark Twain**

**Honor your Father (and Mother) for Father's Day**

and become a Caregiver for him or her – or, ask a family member to do the same. For more information, please contact Christian Home Health Care at **412-323-0203, Ext 6112.**



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

**JUNE 2021**

# COMMUNITY CONNECTION

Christian Home Healthcare's  
 Monthly Newsletter

## save the dates | activities for june

**PHONE BINGO**  
 June 16, 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](http://christianhomehealthcare4u.com)