



# COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

## fire safety

### SMOKE DETECTORS SAVE LIVES

**“Smoke detectors save lives and there should be one on every level of every home and in every apartment,”** stated Lisa Epps-Cuda, Fire Inspector with the Pittsburgh Bureau of Fire Prevention. Ms. Epps-Cuda was invited to speak by Christina Zern, HR Manager, who chairs the CHHC Safety Committee.

In her 22 years of service with the Pittsburgh Bureau of Fire Prevention, Ms. Epps-Cuda explained that when a fire occurs, there is only a short window of opportunity to escape. That is why the City of Pittsburgh is offering free smoke detectors to city residents. There is a waiting list and city residents should call 311 to reserve their units that would include free installation. Applications can be taken by phone. Fire departments in some surrounding areas may be doing the same.

In addition to standard smoke detectors there are alternatives such as flashing transmitters, vibrating pagers, and pillow shakers that would benefit the hearing impaired. On all units, please check and replace batteries when needed.

Residents must own their own home and in need of a smoke detector device. Landlords are responsible for providing smoke detectors for those who live in apartments.

Home Depot and Lowe's sell combination units that are smoke detectors, carbon monoxide detectors and natural gas detectors. Most run on electric current with a battery backup. Any device that burns fuel such as a furnace, stove, or hot water heater can emit carbon monoxide.

“Most home fires are related to cooking and that is why every home should have an ABC fire extinguisher to fight every kind of fire. Most everyone knows water should never be used on a grease fire so precautions should be made to contain and cover that type of fire,” Ms Epps-Cuda said.

“Also, when exiting a building, there should be a meeting place, such as across the street where firefighters can see if everyone has left the building and are safe. Annual fire drills are also helpful. In summary, learn don't burn” Ms. Epps-Cuda added.

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-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.

Distributions may be canceled due to extreme cold temperatures or snow and ice. Visit [pittsburghfoodbank.org](http://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

**March 2021 Calendar**

### ALLEGHENY COUNTY SITES

#### Duquesne

**Greater Pittsburgh Community Food Bank**

1 North Linden Street

March 1, March 29:

3:00pm-5:00pm

March 15:

12:00pm-2:00pm

# food bank resource guide 2021 (continued)



## Wilkesburg

### East End Behavioral Health Hospital

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

## Allegheny Valley

### Pittsburgh Mills Galleria

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

## Glassport

### Queen of the Rosary Church

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

## McKeesport

### Founders Hall Middle School

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

## REGIONAL SITES

### Washington

#### Washington County Fairgrounds

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

### Johnstown

#### Johnstown Galleria

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

### Beaver Falls

#### Pathway Church

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

### Aliquippa

#### Mt. Carmel Presbyterian Church

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

## Butler

### Lernerville Speedway

313 N. Pike Road  
 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, March 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**

**March** 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  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

### traditional irish soda bread for st. patrick's day

by The Stay @ Home Chef

**Traditional Irish Soda Bread is a dense and moist bread that requires no rising time and just four simple ingredients to make.**



#### INGREDIENTS

- 3 1/2 cup all-purpose flour
- 1 teaspoon baking soda
- 1 tablespoon coarse sea salt or 2 1/4 tsp table salt
- 1 1/2 cup buttermilk
- Cup of raisins (optional)

#### DIRECTIONS

Preheat oven to 425 degrees Fahrenheit.

In large bowl whisk together your flour, baking soda and salt. Add in your buttermilk and stir until it just comes together.

Turn out onto lightly floured surface and knead until it forms a smooth ball. Dust the outside with flour and place on an un-greased baking sheet. Use a sharp knife to slash a 1 inch deep cross on top of the loaf.

Bake in oven for 35 minutes or until golden brown.

Enjoy with butter and jelly!

**Happy St. Patrick's Day!**

## recipe corner

### haluski for Lent (fried cabbage & noodles)

compliments of [www.realsimple.com](http://www.realsimple.com)

**What is haluski? Haluski is a buttery Polish dish with egg noodles and fried cabbage often served during Lent. Very popular in Pittsburgh!**



#### INGREDIENTS

- 8 ounces uncooked wide egg noodles
- 6-8 tablespoons unsalted butter
- 1 small onion, chopped
- 1 pound green cabbage, chopped into bite-size pieces (roughly half a head of small cabbage)
- Salt and black pepper, to taste

#### DIRECTIONS

Bring a large pot of water to boil. Once boiling, add a big pinch of salt and egg noodles. Cook according to package directions, roughly 10-12 minutes. Drain when done.

Meanwhile, in a large Dutch oven over medium heat, melt 6 tablespoons butter. Add the onion, cabbage, and a big pinch of salt. Saute for 15-20 minutes or until cabbage is brown and fork tender. Add more salt to taste, if necessary.

Add the cooked noodles to the cabbage mixture and toss to coat. If necessary, add the remaining 2 tablespoons butter. Season with black pepper.

## health corner

### don't get burnt out

Information provided by **Christian Group Staff**

**Burnout syndrome is characterized by mental, emotional and physical exhaustion.** Burnout syndrome embraces three dimensions; emotional exhaustion, depersonalization, and reduced personal accomplishment. It is an answer to constant emotional and interpersonal stress factors and has been recognized to affect professions requiring important and intense engagement with people, such as doctors, nurses, case managers, social workers, and caregivers.

During this time especially, burn out is something to be mindful of. Remember you cannot be your best for someone else, if you are not taking care of yourself.

#### **The following have been found to alleviate the stress and help minimize burnout:**

- Identify and accept that burnout syndrome and stress are a problem.

- Take intentional steps, recognizing that burnout will not go away on its own.
- Practice/achieve balance.
- Ask for help, do not feel diminished or less important.
- Take care of yourself and your health.
- Get peer support, speak honestly about the issues.

**Christian Group** can be reached 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. Additional information can be found online at: **[www.verywell.com/understanding-caregiver-burnout](http://www.verywell.com/understanding-caregiver-burnout)**.



## caregivers corner

Caregivers are not superhuman, they just seem to be!

#### **RIISING STAR OF THE MONTH**

**Darcia Williamson** is a new hire and made a great first impression with her consumer and her son. Darcia is kind, compassionate and proactive. Her new consumer waited and is pleased with her new caregiver!

#### **RIISING STAR OF THE MONTH**

**Terry Everly** is attentive to the 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.**



MARCH 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	1	2	3	4	5	6
7	8	9	10 Phone Bible Study 12:00pm	11	12	13
14 Daylight Savings Time Begins	15	16	17 Phone Bingo 11:00am Phone Bible Study 12:00pm	18	19	20 Spring Begins
21	22	23	24 Phone Bible Study 12:00pm	25	26	27 Passover Begins at Sundown
28 Palm Sunday	29	30	31 Phone Bible Study 12:00pm			



## happy birthday to all the celebrants!

**BIRTHSTONE** | Aquamarine  
**FLOWER** | Daffodil

### BIBLE VERSE

“But Jesus replied, “It is written, ‘One shall not live by bread alone, but by every word that comes FORTH FROM THE MOUTH OF GOD.’”  
Matthew 4:4

**SUNDAY, MARCH 14** Daylight Savings Time Begins  
(Change Batteries in Smoke & CO Alarms)

**WEDNESDAY, MARCH 17** St. Patrick’s Day

**SATURDAY, MARCH 20** Spring Begins

**SATURDAY, MARCH 27** Passover Begins at Sundown

**SUNDAY, MARCH 28** Palm Sunday

## Spring Word Search Puzzle



Name: \_\_\_\_\_

Spring



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

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

BLOSSOM  
BUDS  
CROCUS  
DAFFODIL  
FLOWER  
GARDEN  
GREEN

GROW  
LILACS  
MELTING  
PUDDLE  
RAIN  
RAINBOW  
ROBIN  
SEASON

SEEDS  
SHOWERS  
SUN  
SUNSHINE  
UMBRELLA  
WARM  
WEATHER





# ST. PATRICK'S DAY

## Word Search



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



Rainbow  
 Pot of Gold  
 Irish Blessing  
 Shamrocks  
 Leprechaun  
 Saint Patrick  
 Lucky  
 Clover  
 March  
 Corned Beef  
 Erin Go Bragh  
 Green



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

**MARCH 2021**

# COMMUNITY CONNECTION

Christian Home Healthcare's  
Monthly Newsletter

## save the dates | activities for march

**PHONE BINGO**  
March 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](http://christianhomehealthcare4u.com)