



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

Let's celebrate our older americans

Every year in May, Older Americans Month recognizes the contributions of older adults across the nation.

While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime, times have certainly changed but they continue to volunteer and serve their neighborhoods in their own ways. Whether they mentored a child, volunteered at a soup kitchen, or served their country, each one deserves recognition for their commitment.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from the risks of abuse and neglect. One way is to maintain involvement in community activities and social activities. It helps to maintain our overall health and vitality.

HOW TO OBSERVE

Take part in Older Americans Month no matter what your age. Get involved and learn more by visiting acl.gov/oam. Use **#OlderAmericansMonth** to share on social media.

HISTORY

President Gerald Ford proclaimed Older Americans Month in 1976.

LOCALLY

Locally, Christian Home Healthcare is proud to support Older Americans Month and to all of our consumers who have reached this age.

THANK YOU

"We would like to express our appreciation to our consumers who have worked in the communities, in the service of our country, and those who worked to raise families in Pittsburgh, Philadelphia, Harrisburg, York, Greensburg, Washington, Butler, Beaver, and across Pennsylvania for your contributions over the years," India Christian, President of Christian Home Healthcare explained.

"We honor you for your work, service, and sacrifice, including our military veterans, and we cherish the opportunity to serve you in your senior years. Since Mother's Day is Sunday, May 9, we say thank you to all the mothers," Ms. Christian 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.

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

May 10, June 7:

12:00pm-2:00pm

May 24, June 1:

5:00pm-27:00pm

Wilkesburg

East End Behavioral Health Hospital

Enter at 225 Penn Avenue

May 22, June 26:

10:00am-12:00pm

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard

May 11, June 8:

5:00pm-7:00pm

food bank resource guide 2021 (continued)



Glassport

Queen of the Rosary Church
530 Michigan Avenue
May 13, June 10:
1:00pm–3:00pm

McKeesport

Founders Hall Middle School
1960 Eden Park Boulevard
May 15, June 19:
10:00am–12:00pm

REGIONAL SITES

Washington

Washington County Fairgrounds
2151 N Main Street
May 4, June 1:
11:00am–1:00pm

Johnstown

Johnstown Galleria
500 Galleria Drive
May 12, June 9:
12:00pm–2:00pm

Beaver Falls

Pathway Church
279 Braden School Road
May 8, June 12:
11:00am–1:00pm

Aliquippa

Mt. Carmel Presbyterian Church
Enter at 2200 Kennedy Boulevard
May 21, June 18:
12:00pm–2:00pm

Butler

Lernerville Speedway
313 N. Pike Road
May 25, June 22:
11:00am–1:00pm

House Of Bread Outreach

Greater Pittsburgh Food Bank

1111 Wood Street
Pittsburgh, PA 15221

412-731-6221

DISTRIBUTION HOURS

Mondays and Thursdays
5:00pm–6:00pm

SERVICES PROVIDED

Soup Kitchen

activities

PHONE BINGO!

Wednesday, May 19, 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 May 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 | mother's day blueberry & banana blender muffins



CAKE INGREDIENTS

- 1 1/2 cups mashed ripe banana
or 3 large very ripe bananas
- 2 large eggs
- 2 cups rolled oats,
plus more for topping
- 1/4 cup neutral oil (sunflower,
vegetable or grapeseed)
- 1/4 cup pure maple syrup
- 1 tablespoon pure vanilla extract
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon kosher salt
- 1 heaping cup blueberries
- Turbinado sugar, for garnish (optional)

DIRECTIONS

Preheat the oven to 350 degrees Fahrenheit.

Mash the bananas. Place the bananas, eggs, oats, oil, maple syrup, vanilla, baking soda, baking powder, cinnamon and kosher salt in a blender. Blend everything on high for a minute or two until a smooth batter forms.

Add the blueberries to the blender; gently stir until combined.

Place 12 muffin cups into a muffin tin and pour the batter divided evenly between the cups. Sprinkle the tops with turbinado sugar (or extra oats and gently press them down).

Bake for about 30 to 35 minutes until a toothpick comes out clean. Remove from the muffin tin and allow them to cool a few minutes before serving. Store refrigerated or frozen.

STORAGE

Once you've baked up a pan of muffins: what's the easiest way to store them? Review these guidelines on how to store these muffin recipes:

1 DAY

Leave the muffins on a cooling rack and cover with a clean, dry dish towel. This helps to retain the fluffy, moist interior and the crunchy topping (if applicable).

UP TO 4 DAYS

Place a paper towel in the bottom of a sealed container, then place the muffins in and place a paper towel on top. The paper towels absorb any moisture, which helps to retain the topping texture.

LONGER THAN 4 DAYS

Freeze these muffins in a sealable container and store up to 3 months.

Prep Time: 10 minutes

Cook Time: 30 Minutes

Yield: 12 Muffins

Diet: Vegetarian

community corner | strength in our communities

Christian Group is looking to become an integral part of the Healthcare Community in Western Pennsylvania. We are an agency that believes in building relationships and treating our patients with compassion. Christian Group cares about our older community members and as more and more older Americans are receiving the COVID vaccine, our communities are starting to awaken along with the new season and warmer weather. Now is a perfect time to reconnect with our neighbors that have been at the highest risk during this pandemic. We all are feeling the effects of social isolation on both our mental and physical well being. Maybe leave them a small gift to let them know you are thinking about them

in their mailbox or deliver a home cooked meal.

Small tokens of caring will go a long way with the person receiving your gift and they can foster relationships and promote conversations and growth in your neighborhood or community. So take a moment and check on those you may have not seen in a while. It will do everyone good!

If you know of someone that may be showing some signs of medical decline, give Christian Group a call at **412-323-2273**. One of our staff members will be happy to speak with you regarding a family members or loved ones medical concerns.



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.

caregivers corner

Caregivers are not superhuman, they just seem to be!

RISING STARS OF THE MONTH

Daojah Burkes is attentive to the special needs of the person she is caring for and provides excellent care every day!

Shanel Marshall just started but she is attentive to the special needs of the person she is caring for and provides excellent care every day!

Mesha Sloan is attentive to the special needs of the person she is caring for and provides excellent care every day!

Jenna Hall is kind and compassionate and helps her consumer make the most of every day by attending to her special needs. She provides excellent care every day!

Shawn Woodson is attentive to the special needs of the person she is caring for and provides excellent care every day!

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.

MAY 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	30	29	31	1
2	3	4	5 Phone Bible Study 12:00pm Cinco De Mayo	6 National Day of Prayer	7	8
9 Mother's Day	10	11	12 Phone Bible Study 12:00pm	13 Feast of the Ascension of Jesus	14	15 Armed Forces Day
16	17	18	19 Phone Bingo 11:00am Phone Bible Study 12:00pm	20	21	22
23 Pentecost	24	25	26 Phone Bible Study 12:00pm	27	28	29
30 Most Holy Trinity	31 Memorial Day					



happy birthday to all the celebrants!

BIRTHSTONE | Emerald
FLOWER | Lily of the Valley

BIBLE VERSE

“Men of Galilee,” they said, “why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven.”

Acts 1:11

WEDNESDAY, MAY 5 Cinco De Mayo
THURSDAY, MAY 6 National Day of Prayer
SUNDAY, MAY 9 Mother's Day
THURSDAY, MAY 13 Feast of the Ascension of Jesus

SATURDAY, MAY 15 Armed Forces Day
SUNDAY, MAY 23 Feast of Pentecost
SUNDAY, MAY 30 Feast of the Most Holy Trinity
MONDAY, MAY 31 Memorial Day

Memorial Day

WORD SEARCH

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- GRAVE
- HALF MAST
- HEROES
- HOLIDAY
- HONOR
- MAY
- MEMORIAL
- OBSERVANCE
- PATRIOTIC



REMEMBRANCE

VETERANS

SACRIFICE

WAR

SALUTE

SERVICE

SOLDIERS

TAPS



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Mother's Day Word Search



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



MOTHER
 GRANDMA
 FLOWERS
 ADOPTION
 WISE



CHILD
 LOVE
 PRESENTS
 PERFUME
 LESSONS



PARENT
 FAMILY
 BIRTH
 KISS
 COOKING



myunentitledlife.com



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

MAY 2021

COMMUNITY CONNECTION

Christian Home Healthcare's
Monthly Newsletter

save the dates | activities for may

PHONE BINGO
May 19, 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