



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

Let's celebrate our veterans

written by Bill Backa

Ms. Cara Lindstrom has always believed in service to others when she served in the U.S. Army and worked as an RN with **Christian Home Healthcare**.

Ms. Cara's husband Bernie also served in the U.S. Army and concluded a 25-year career with the U.S. Army Corps of Engineers, coming back to Pittsburgh. Cara attended college before enlisting in the U.S. Army for 2 years and 22 weeks.

Ms. Cara met her husband Bernie through her brother who brought Bernie home for dinner one day. Through the years, she and Bernie traveled according to the needs of the Army and have three wonderful sons.

Initially, Ms. Cara worked as a Medical Specialist in the Army and received the equivalent of nursing training at Fort Bragg, the Walter Reed Medical Center, and back again at Fort Bragg and then attended school to become an RN.

"I have always enjoyed serving others in need whether it was in the U.S. Army or at Christian Home Healthcare, and by serving senior adults or persons with disabilities," Ms. Cara said.

"It is both gratifying and humbling to provide care for senior adults who can no longer do the things they were able to do just a few years ago. And most are very appreciative of the little things that we are able to do for them. That is what made my time so memorable working with Christian Home Healthcare," Ms. Cara explained.

"Since we are celebrating both Veterans Day and Thanksgiving in November, we would like to wish everyone a Happy Veterans Day and Happy Thanksgiving and remember to be thankful for all the people and things in our lives. It is a blessing," Ms. Cara said.



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.**

November Celebrates both Veterans Day Tribute and Happy Thanksgiving

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. 6119

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

November 8, December 6:

12:00pm-1:30pm

November 22, December 20:

5:00pm-6:30pm

Wilksburg

East End Behavioral Health Hospital

Enter at 225 Penn Avenue

November 6, December 4:

10:00am-11:30am

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard

November 9, December 14:

4:30pm-6:00pm

food bank resource guide 2021 (continued)



McKeesport

Founders Hall Middle School
1960 Eden Park Boulevard
November 20, December 18:
10:00am–11:30am

West End

Ascension Church
114 Berry St.
November 16, December 21:
4:00pm–5:30pm

REGIONAL SITES

Washington

Washington County Fairgrounds
2151 N Main Street
November 2, December 7:
11:00am–12:30pm

Johnstown

Johnstown Galleria
500 Galleria Drive
November 10, December 8:
12:00pm–2:00pm

Beaver Falls

Pathway Church
279 Braden School Road
November 6, December 11:
10:30am–12:00pm

Aliquippa

Mt. Carmel Presbyterian Church
Enter at 2200 Kennedy Boulevard
November 19, December 17:
12:00pm–1:30pm

Butler

Lernerville Speedway
313 N. Pike Road
November 23, December 21:
11:00am–12:30pm

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, November 17, 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 November due to Covid-19, but here are some movie suggestions: "I Care A Lot" (2020), "Fatherhood" (2021), and "El Dorado" (1966) to watch at home until we can together.

Please contact **Anitra** at
412-323-0203, Ext 6114
with any good movie ideas!

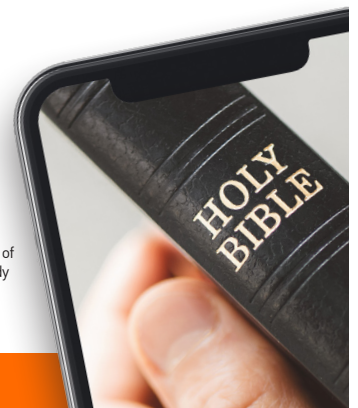
PHONE BIBLE STUDY

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.**

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.

recipe corner

best green bean casserole adapted from "Allrecipes"



INGREDIENTS

- 2 (14.5 ounce) cans green beans, drained
- 1 (10.75 ounce) can condensed cream of mushroom soup
- 1 (6 ounce) can French fried onions
- 1 cup shredded Cheddar cheese

DIRECTIONS

Preheat oven to 350 degrees.

Place green beans and soup in a large microwave-safe bowl. Mix well and heat in the microwave on HIGH until warm (3 to 5 minutes). Stir in 1/2 cup of cheese and heat mixture for another 2 to 3 minutes. Transfer green bean mixture to a casserole dish and sprinkle with French fried onions and remaining cheese.

Bake in a preheated 350 degrees oven until the cheese melts and the onions just begin to brown.

recipe corner

perfect pumpkin pie adapted from "Allrecipes"



INGREDIENTS

- 1 (15 ounce) can pumpkin
- 1 (14 ounce) can Sweetened Condensed Milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 (9 inch) unbaked pie crust

DIRECTIONS

Preheat oven to 425 degrees.

Whisk pumpkin, sweetened condensed milk, eggs, spices and salt in medium bowl until smooth. Pour into crust. Bake 15 minutes.

Reduce oven temperature to 350 degrees and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool.

Garnish as desired.

Store leftovers covered in refrigerator.

holiday corner | veterans day + thanksgiving



VETERANS DAY originated as "Armistice Day" on November 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and November 11 became a national holiday beginning in 1938.

Thanks to President Abraham Lincoln in 1863, Civil War Veterans, both living and deceased, were recognized during the Gettysburg Address on November 19 and America celebrated its first Thanksgiving Day on November 26!

health corner

influenza

information provided by **Christian Group Staff**

Influenza, or the flu, will affect millions throughout the world each year.

Symptoms of the flu include fever, body aches, dehydration, stuffy nose, cough, sore throat, chills, and headache. There may also be nausea and vomiting, although this much more common in children. Symptoms can last from a few days to over a week. Children, the elderly and those with other health issues are most at risk for also developing bronchitis, pneumonia, or have a worsening of their other diseases along with the flu. Influenza can be fatal, so it needs to be treated seriously.

If you believe you have the flu, especially if you have a chronic disease, please contact your doctor for treatment and guidance. Treatment involves anti-viral

drugs, Tylenol, Motrin, fluids and rest. Prevention is far more important and involves hand washing, wearing a face mask, and since the flu virus changes yearly, getting the yearly flu vaccination.

Christian Group encourages all their patients especially the elderly, those with chronic illnesses, and children to protect themselves with a flu vaccination. Please contact your Christian Group nurse, or your doctor.

If you are having difficulty understanding your health issues, your medications, or need Physical Therapy, our Christian Group nurses and physical therapists are here to help you.

Please contact the **Christian Group** at **412-323-2273** for further information.

	COLD	FLU
FEVER	rare	usually present
ACHES	slight	severe
CHILLS	rare	common
TIREDDNESS	slight to moderate	moderate to severe
ONSET	over a few days	sudden
COUGHING	often - mucus sometimes dry	often - dry occasional mucus
SNEEZING	common	not typical
STUFFY NOSE	common	not typical
HEADACHE	common	common

caregivers corner

caregivers are not superhuman, they just seem to be!

RISEING STARS OF THE MONTH

Sharon Carrington is flexible and ready to help when there is a need. Sharon is attentive and compassionate and provides excellent care every day!

Mary Ann Gabler is flexible and ready to help when there is a need. Mary Ann is attentive and compassionate and provides excellent care every day!

Ramona Manigault is flexible and ready to help when there is a need. Ramona is attentive and compassionate and provides excellent care every day!

Mondayja Smith is flexible and ready to help when there is a need. Mondayja is attentive and compassionate 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.

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.

NOVEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 All Saints Day	2 All Souls Day	3 Phone Bible Study 12:00pm	4	5	6
7 Daylight Saving Time Ends	8	9	10 Phone Bible Study 12:00pm	11 Veterans Day	12	13
14	15	16	17 Phone Bingo 11:00am Phone Bible Study 12:00pm	18	19	20
21	22	23	24 Phone Bible Study 12:00pm	25 Happy Thanksgiving	26	27
28 First Sunday of Advent Hanukkah Begins	29	30	1	2	3	4

happy birthday to all the celebrants!

BIRTHSTONE | Topaz
FLOWER | Chrysanthemum

BIBLE VERSE

"But thanks be to God! He gives us the victory through our Lord Jesus Christ."
Bible Verse, 1 Corinthians 15:57

MONDAY, NOVEMBER 1 All Saints Day

TUESDAY, NOVEMBER 2 All Souls Day

SUNDAY, NOVEMBER 7 Daylight Saving Time Ends;
Change Batteries in CO + Smoke Detectors

THURSDAY, NOVEMBER 11 Veterans Day

THURSDAY, NOVEMBER 25 Happy Thanksgiving

SUNDAY, NOVEMBER 28 First Sunday of Advent

SUNDAY, NOVEMBER 28 Hanukkah Begins





Thanksgiving Day

Fourth Thursday of November



AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM

GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEWWORLD
NOVEMBER

PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS





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

NOVEMBER 2021

COMMUNITY CONNECTION

Christian Home Healthcare's
Monthly Newsletter

save the dates | activities for november

PHONE BINGO
November 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