



# COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

## aging in place written by Bill Backa



### **Aging in Place is not just a strategy but a state of mind.**

Aging in Place is more than just a strategy but a state of mind. Most senior adults and persons with disabilities have made up their mind to live independently in the safety and comfort of their own homes. But it takes a plan to implement Aging in Place at home safely.

The first three components of Aging in Place are Socialization, Organization, and the Realization of Limitations as we grow older.

Socialization keeps the mind, body and spirit connected to other people and allows for a healthy social life whether it is by phone, social media or in person. Socialization keeps the mind active and young at heart. Christian Home Healthcare offers Phone Bible Study every week and Phone Bingo every month to assist in these efforts.

Organization is very important regarding meals, medications, bill paying, and keeping a list of important contacts. That list should include family members and friends, doctors and health care contacts, clergy, and attorneys.

The Realization of Limitations lets people know when to ask for help in the areas of home care and personal care. As people get older, they cannot do all the things they did 10 years ago or even 5 years ago.

Other factors for Aging in Place may include health, wealth, and mobility because each one plays an important role in independence.

Special thanks and in memory of Joanne M. Andiorio, Dr. PH, who spoke about Aging in Place as part of the CHHC Speakers Series. Dr. Joanne passed away on July 7, 2021 at age 83. Dr. Joanne had often said, **"Let's pray for one another."**



### **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. 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](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

October 11, November 8, December 6:  
12:00pm-1:30pm

October 25, November 22, December 20:  
5:00pm-6:30pm

#### Wilkesburg

**East End Behavioral Health Hospital**

Enter at 225 Penn Avenue

October 23, November 6, December 4:  
10:00am-11:30am

#### Allegheny Valley

**Pittsburgh Mills Galleria**

590 Pittsburgh Mills Boulevard

October 12, November 9, December 14:  
4:30pm-6:00pm

# food bank resource guide 2021 (continued)



## McKeesport

### Founders Hall Middle School

1960 Eden Park Boulevard  
 October 16, November 20,  
 December 18:  
 10:00am-11:30am

## West End

### Ascension Church

114 Berry St.  
 October 19, November 16,  
 December 21:  
 4:00pm-5:30pm

## REGIONAL SITES

### Washington

#### Washington County Fairgrounds

2151 N Main Street  
 October 5, November 2,  
 December 7:  
 11:00am-12:30pm

## Johnstown

### Johnstown Galleria

500 Galleria Drive  
 October 13, November 10,  
 December 8:  
 12:00pm-2:00pm

## Beaver Falls

### Pathway Church

279 Braden School Road  
 October 9, November 6,  
 December 11:  
 10:30am-12:00pm

## Aliquippa

### Mt. Carmel Presbyterian Church

Enter at 2200 Kennedy Boulevard  
 October 15, November 19,  
 December 17:  
 12:00pm-1:30pm

## Butler

### Lernerville Speedway

313 N. Pike Road  
 October 26, 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, October 20, 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 October** 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!

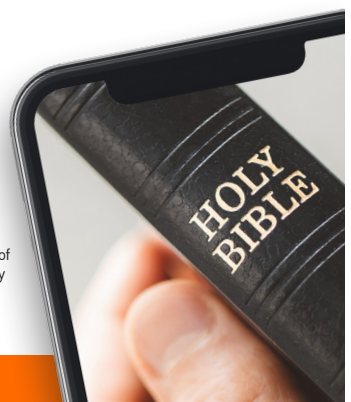
## PHONE BIBLE STUDY

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 **PHILABUNDANCE** PROGRAM

## PHILADELPHIA AND SURROUNDING AREAS

### Camden, NJ

#### St. John Baptist Church

400 N. 30th Street  
Camden, NJ 08105  
Tuesdays, 9:30am–10:30am

### Souderton, PA

#### Grace Bible Baptist Church

Main Street & Summit Avenue  
Souderton, PA 18964  
Tuesdays, 1:00pm–2:00pm

### Burlington, NJ

#### St. Catherine Church

502 High Street  
Burlington, NJ 08016  
Tuesdays, 1:30pm–2:30pm

### Glassboro, NJ

#### Glassboro Park & Recreation

#### Owens Field

230 Wilmer Street  
Glassboro, NJ 08028  
Wednesdays, 9:30am–10:30am

### Sharon Hill, PA

#### Mount Zion CME Church

701 Felton Avenue  
Sharon Hill, PA 19079  
Wednesdays, 1:30pm–2:30pm

### Philadelphia, PA

#### Salvation Army

5830 Rising Sun Avenue  
Philadelphia, PA 19120  
Thursdays, 10:30am–11:30am

### Paulsboro, NJ

#### Paulsboro Moose Lodge

402 Cook Avenue,  
Paulsboro, NJ 08066  
Thursdays, 2:30pm–3:30pm

### Upper Darby, PA

#### Christ Lutheran Community Church

7240 Walnut Street  
Upper Darby, PA 19082  
Fridays, 9:30am–10:30am

### Bristol, PA

#### Bucks County Community College

1304 Veteran Highway  
Bristol, PA 19007  
Fridays, 12:00pm–1:00pm

### Philadelphia, PA

#### Under 95 Overpass

Front and Tasker Street  
Philadelphia, PA 19147  
Fridays, 1:30pm–2:30pm

**Fresh For All** operates every week, rain or shine, except during severe weather. This includes temperatures below 32 degrees, heat advisories or excessive heat warnings,

heavy rain or snow, and thunder and lightning storms.

**In case of bad weather,  
please call 215-220-1920.**

**All area residents are welcomed.  
Please bring your own bags and boxes.**

**No ID or verification required.  
Participation does NOT affect  
government benefits.**

**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

### apple + cheddar soup

adapted from "Better Homes and Gardens"



#### INGREDIENTS

- ½ cup finely chopped onion
- 1 tbsp butter
- 2 medium baking potatoes, chopped and peeled (~ 3 cups)
- 2 cups chicken broth + more for thinning
- ¼ cup apple cider
- 1 tsp snipped fresh thyme (or ½ tsp dried)
- ½ tsp salt
- dash cayenne pepper, optional
- 1 medium apple, coarsely chopped
- ½ cup milk
- 2 tbsp flour (any flour is great and use gluten-free, if you need)
- 1 cup shredded sharp cheddar cheese (~ 4 oz)

#### FOR SERVING

- apple slices
- black pepper
- toasted crusty bread, crumbled
- bacon bits

#### DIRECTIONS

Warm butter in a large saucepan and saute the onion until tender.

Stir in potatoes, cider, thyme, salt, and cayenne pepper. Bring to a boil. Reduce heat, cover and simmer for 15 minutes

Add chopped apple; simmer, covered, 5 minutes or until potatoes are tender.

In a small bowl, combine the milk and flour; stir into soup. Cook and stir until bubbly.

Slowly add cheese, whisking until cheese is melted.

Divide soup among serving dishes; top with apple slices, peppercorns, crumbled croutons, and bacon bits.

**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.**

## holiday corner

how to carve a pumpkin for halloween:  
the easiest, most foolproof method – by **Coco Morante**



### INSTRUCTIONS

#### 1. Set up your workspace

Line a sturdy table with flattened grocery bags, newsprint, or butcher paper. Have your permanent marker, carving tools, and bowls nearby.

#### 2. Draw your design

After you've determined the best side of your pumpkin for a face, use the permanent marker to sketch out eyes, a nose, and a toothy grin.

#### 3. Draw your lid

Outline a circular lid around the pumpkin stem, about 5 to 6 inches in diameter. Add a notch in the back if you like — this makes it easier to line up.

#### 4. Cut out the pumpkin lid

With a slim pumpkin carving knife (the carving tool with a toothed blade like a mini-saw) or serrated knife, cut along the outline of your pumpkin lid. Make sure you slice through the pumpkin at a 45-degree inward angle, so you'll be able to replace the lid without it falling in.

#### 5. Remove the pumpkin seeds

The seeds are all attached to the pumpkin and each other by thin strings. Grab the big bunches of seeds with your hands and place them in one of the bowls, to be cleaned later.

#### 6. Scoop out the insides of pumpkin

Using a ladle or the scraper that came with your kit (or a metal spoon if you don't have this tool), clean out the inside of the pumpkin until no stringy bits remain. Discard the pumpkin guts in the second bowl.

#### 7. Wipe off the pumpkin

Use the kitchen towel to wipe off the outside of the pumpkin so that it will be easier and safer to carve.

#### 8. Cut out the design

Make straight cuts into your pumpkin along the lines of your design, removing the pieces and discarding them in the refuse bowl.

#### 9. Clean up the details

Go back in and scrape out any stringy pieces or jagged lines with an X-ACTO knife or the wire tool from your carving kit. You can also scrape off the marker lines while you're at it, though they won't be visible in the darkness of night.

#### 10. Light your pumpkin

Insert a tea light candle in the bottom of your pumpkin. Use a long match or lighter to light the pumpkin and replace the lid. Tip: If you're having trouble lighting the candle, try going through the mouth of the jack-o'-lantern instead of the top.

#### 11. Make roasted pumpkin seeds

Clean and dry the pumpkin seeds, then toss with oil, salt, and bake at 325 degrees for 20 to 30 minutes.



## health corner

proper diet can assist in proper health  
information provided by **Christian Group Staff**



Your diet plays an important part of your health. Calories should be distributed between proteins, fruits, vegetables, dairy, carbohydrates, and fats. With different health issues come different diets—low sodium, gluten free, vegetarian, low calorie, high or low protein, restricted carbohydrates, the heart healthy diet, the kidney diet, and diets for diabetics—choosing a menu can be very confusing. If you are having trouble following your prescribed diet, please contact your doctor's office or dietitian.

If you are having trouble following your health regime, taking your medications, regaining your strength after surgery/illness, or following your diet, Christian Group is here to help you. Our nurses and physical therapists are trained to assist you in reaching your health goals.

**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.

## caregivers corner

caregivers are not superhuman,  
they just seem to be!

### RISING STARS OF THE MONTH

**Tonya Cobbs** is flexible and ready to help when there is a need. Tonya is compassionate and provides excellent care every day!

**Terry Everly** is flexible and ready to help when there is a need. Terry is kind, compassionate and provides excellent care. In fact, Terry's consumer contacted CHHC and said that she is excellent every day!

**Debra Schmidt** is flexible and ready to help when there is a need. Debra is compassionate and provides excellent care every day!

**Aubrie Morris** is flexible and ready to help when there is a need. Aubrie is compassionate and provides excellent care every day! In fact, her consumer contacted CHHC and said that she is receiving the best care she ever has.

**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.

OCTOBER 2021						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5	6 Phone Bible Study 12:00pm	7	8	9
10	11	12	13 Phone Bible Study 12:00pm	14	15	16
17	18	19	20 Phone Bingo 11:00am Phone Bible Study 12:00pm	21	22	23
24 31 Halloween	25	26	27 Phone Bible Study 12:00pm	28	29	30



## happy birthday to all the celebrants!

**BIRTHSTONE** | Opal  
**FLOWER** | Marigolds

### BIBLE VERSE

“Do not fear: I am with you; do not be anxious: I am your God. I will strengthen you, I will help you, I will uphold you with my victorious right hand.”

**Bible Verse, Isaiah 41:10**

**SUNDAY, OCTOBER 31** Halloween

# Halloween Word Search

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



Fun  
 Costume  
 Mummy  
 October  
 Halloween  
 Goblin

Trick  
 Ghost  
 Monster  
 Witches  
 Pumpkin  
 Treat





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

**OCTOBER 2021**

# COMMUNITY CONNECTION

Christian Home Healthcare's  
Monthly Newsletter

## save the dates | activities for October

**PHONE BINGO**  
October 20, 2021  
11:00am

**PHONE BIBLE STUDY**  
Wednesdays  
12:00pm



If you are interested in participating or need more information about any activities, please call **Anitra at 412-323-0203 Ext. 6114**

[christianhomehealthcare4u.com](http://christianhomehealthcare4u.com)