



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

caregivers must keep a good balance & good attitude

written by Bill Backa

Caregivers give their best everyday especially if it is a family member or a friend who is the care recipient. Often mornings, evenings, mealtimes, and medication times can become the most stressful parts of the day.

Sometimes it is important for the caregivers to pause to catch their breath and remember the opening words of the Serenity Prayer.

Dear God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.

Unexpected things occur that may require a call to the doctor or a visit to the Emergency Room but keeping things in perspective and seeing the big picture is also important.

Maintaining a balance and quality of life for both the care recipient and the caregiver is the goal. Even with a daily routine, it is good to find the little things that can bring enjoyment or a smile.

A shared joke, a favorite food, or a favorite television show can bring back some fond memories. Living in the moment can also help because nothing can be done about the past and worry about the future is fruitless.

Respite time can also help both the care recipient and the caregiver. The care recipient can reflect on the day through prayer or meditation, a good book, a fond TV program, or just taking time to view nature from inside or outside the home.

Caregivers can use a break to slow their pace and allow themselves a chance to heal if they feel overworked. Running from task to task can sometimes bring meaning to the saying, "Haste makes waste."

Published in a church pamphlet are the words that **"God thinks that hurry is ridiculous."**

To walk with Jesus is to walk with a slow unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it.
– Walter Adams.

In essence, take the time to be joyful and enjoy life.



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-Thursdays
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

September 13:

12:00pm-2:00pm

September 27:

5:00pm-27:00pm

Wilkesburg

East End Behavioral Health Hospital

Enter at 225 Penn Avenue

September 25:

10:00am-12:00pm

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard

September 14:

5:00pm-7:00pm

food bank resource guide 2021 (continued)



McKeesport

Founders Hall Middle School

1960 Eden Park Boulevard
September 18:
10:00am-12:00pm

REGIONAL SITES

Washington

Washington County Fairgrounds

2151 N Main Street
September 7:
11:00am-1:00pm

Johnstown

Johnstown Galleria

500 Galleria Drive
September 8:
12:00pm-2:00pm

Beaver Falls

Pathway Church

279 Braden School Road
September 11:
11:00am-1:00pm

Aliquippa

Mt. Carmel Presbyterian Church

Enter at 2200 Kennedy Boulevard
September 17:
12:00pm-2:00pm

Butler

Lernerville Speedway

313 N. Pike Road
September 28:
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, September 15, 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 September 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

pumpkin bread

originally published in "Taste of Home" october/november 1994



INGREDIENTS

- 1-2/3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 3/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 2 large eggs, room temperature
- 1 cup canned pumpkin
- 1/2 cup canola oil
- 1/2 cup water
- 1/2 cup chopped walnuts
- 1/2 cup raisins, optional

DIRECTIONS

Preheat oven to 350°. Combine first 8 ingredients. Whisk together eggs, pumpkin, oil and water; stir into dry ingredients just until moistened. Fold in walnuts and, if desired, raisins.

Pour into a greased 9x5-in. loaf pan. Bake until a toothpick inserted in center comes out clean, 65-70 minutes.

Cool in pan 10 minutes before removing to a wire rack.

TEST KITCHEN TIPS

Canola oil is high in monounsaturated fat, a type that helps to decrease blood cholesterol levels, and low in saturated fat, which can increase blood cholesterol. Olive oil would also taste great in this recipe and has the same healthy-fat properties.

Cinnamon comes in two basic types: Ceylon and cassia. Ceylon cinnamon's delicate, complex flavor is ideal for ice creams and simple sauces. The spicy, bolder cassia cinnamon (often labeled simply as cinnamon) is preferred for baking.

NUTRITION FACTS

1 slice:

- 221 calories
- 10g fat (1g saturated fat)
- 23mg cholesterol
- 212mg sodium
- 31g carbohydrate (20g sugars, 1g fiber)
- 3g protein

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.

caregivers must balance tasks & time constraints

by Bill Backa

Care Givers are wonderful people who almost always put the needs of others before themselves. But that may not be the best way according to Jeff Weinberg, President of Caregiver Champion. On a plane, the flight attendant will instruct passengers to make sure your oxygen mask is secure before trying to help others.

"It is important for caregivers to have a work / life balance while caring for a loved one. It is important to take time for yourself in order to properly care for someone else," explained Mr. Weinberg, M.Ed., MPH, NHA.

Otherwise, it is too easy to experience burn out, develop health problems, or suffer injuries.

Mr. Weinberg recommends scheduled respite time so the primary caregiver has the opportunities to take care of personal tasks, go shopping, get a haircut, take a walk, talk with a friend or family member or pray. That is why agencies like Christian Home Healthcare are so vital. Try to prioritize everything you do by its urgency and importance.

URGENT & IMPORTANT

- Requires Timely Action
- Emergencies
- Taking Time For You

IMPORTANT BUT NOT URGENT

- Scheduling Non Urgent Appointments
- Starting Your Income Taxes Early

URGENT BUT NOT IMPORTANT

- Requests And Demands On Our Time By Other People

NOT URGENT & NOT IMPORTANT

- Watch TV
- Play Computer Games

7 WAYS TO INCREASE HAPPINESS

Positive Outlook – Focus on the positive.

Self-Worth – Identify amazing things about you and don't criticize yourself.

Giving – Each day, practice to give a gift; a smile, gesture, flower.

Relationships – Focus on what you appreciate about the people in your life.

Self - Care – Take time to unplug and relax.

Resilience – If and when you fail, make adjustments.

Appreciation – At the end of the day, write down 5 things you are grateful for.



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**.

caregivers corner

Caregivers are not superhuman, they just seem to be!

RISING STARS OF THE MONTH

Anjanette Mattox provides excellent care for her special needs consumer. Anjanette takes the time to do what is best to meet his holistic needs and provides excellent care every day!

Renita Wilbur is flexible and ready to help when there is a need. Renita is compassionate and provides excellent care every day!

Elizabeth Jackson is flexible and ready to help when there is a need. Elizabeth is 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.

SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 Phone Bible Study 12:00pm	2	3	4
5	6 Labor Day Rosh Hashanah	7	8 Phone Bible Study 12:00pm	9	10	11 Patriots Day
12 Grandparent's Day	13	14	15 Phone Bingo 11:00am Phone Bible Study 12:00pm Yom Kippur	16	17	18
19	20	21	22 Phone Bible Study 12:00pm Autumn Begins	23	24	25
26	27	28	29 Phone Bible Study 12:00pm	30	1	2

happy birthday to all the celebrants!

BIRTHSTONE | Sapphire
FLOWER | Aster

BIBLE VERSE

"Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. ⁸You too, be patient and stand firm, because the Lord's coming is near."

Scripture: James 5:7-8 (Patience in Suffering)

MONDAY, SEPTEMBER 6 Labor Day & Rosh Hashanah Begins at Sundown

SATURDAY, SEPTEMBER 11 Patriots' Day

SUNDAY, SEPTEMBER 12 Grandparents' Day

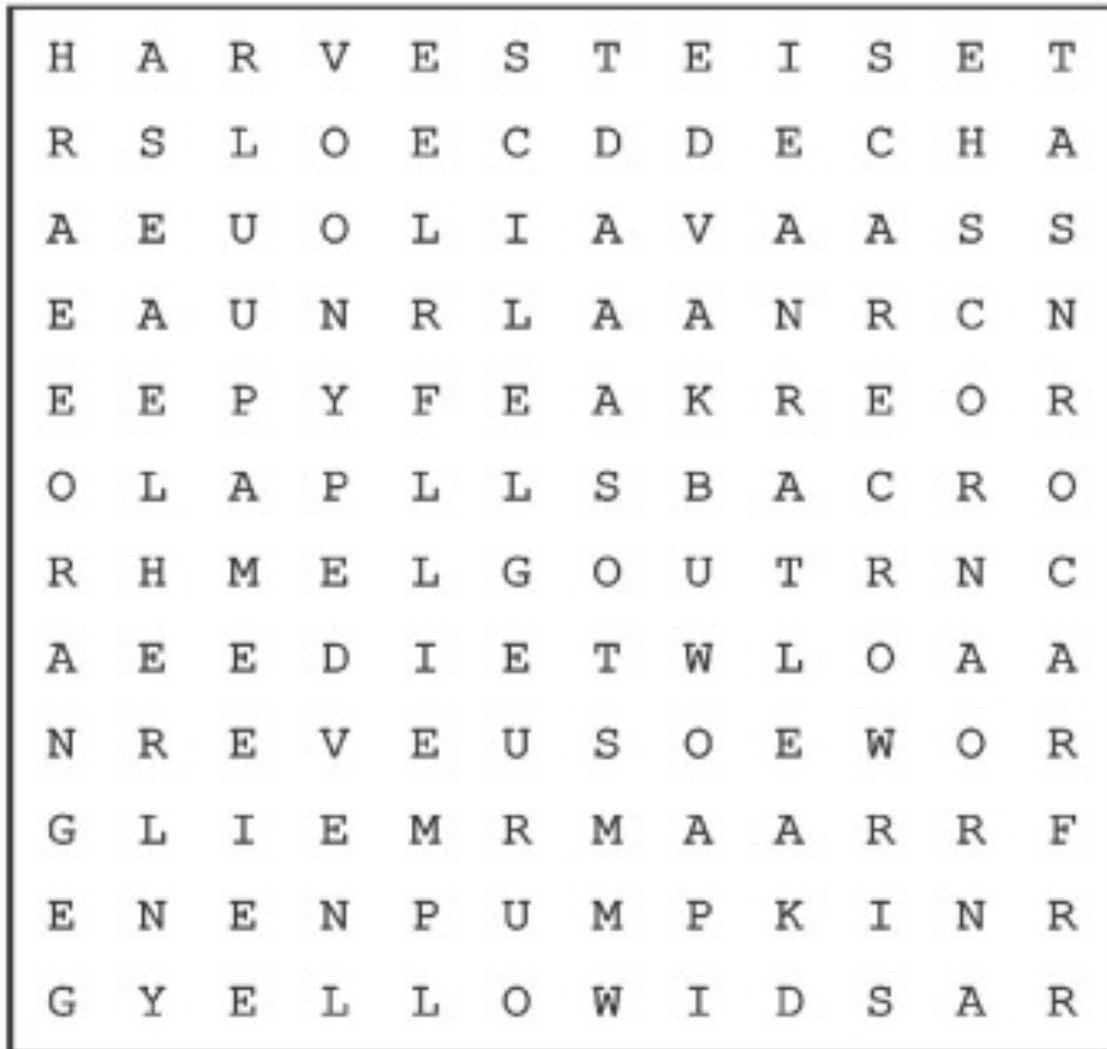
WEDNESDAY, SEPTEMBER 15 Yom Kippur Begins at Sundown

WEDNESDAY, SEPTEMBER 22 Autumn Begins



FUN FALL WORD SEARCH

Find each of the fall words hidden below.



WORDS TO FIND:

- | | |
|-----------|--------------|
| pumpkin | harvest |
| yellow | apples |
| scarecrow | hayride |
| autumn | red |
| leaves | Thanksgiving |
| sunflower | football |
| acorns | orange |
| corn | |



Find more printables for children at [scholastic.com/parents/activities-and-printables](https://www.scholastic.com/parents/activities-and-printables) 



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

SEPTEMBER 2021

COMMUNITY CONNECTION

Christian Home Healthcare's
Monthly Newsletter

save the dates | activities for september

PHONE BINGO
September 15, 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