



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

it's national heart health month written by Bill Backa



Since February is National Heart Health Month, now is the time to become better friends with your heart.

As with better health, our hearts appreciate a better diet, regular cardio exercise, hydration and relaxation techniques including deep breathing and quality sleep. Dr. Matthew Coppola, MD, spoke about how all 4 components work together for a healthy lifestyle and better quality of life.

Choosing a better heart healthy diet with fruits and vegetables will keep our cholesterol, blood glucose, and blood pressure in check along with regular exercise.

While not everyone can walk, most people can benefit from walking 3 to 5 times per week

for at least 30 minutes. Walking reduces the risk of a serious cardiovascular event significantly.

The same is true for hydration. While not everyone can drink 8 glasses of water per day due to medical conditions, hydrating with water can benefit most people with almost every bodily function including heart, kidneys, liver, brain, blood flow, etc.

And finally, relaxation including deep breathing can regulate our heart rate and blood pressure. Other than for exercise, neither rate should be elevated for too long. Also cut out or cut back on smoking and alcohol. Treat your heart as a good friend and it will do the same for you in the days and years ahead.



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 2022 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

February 7, March 7:

12:00pm-1:30pm

February 21, March 21:

3:30pm-5:00pm

Wilksburg

East End Behavioral Health Hospital

Enter at 225 Penn Avenue

February 26, March 26:

10:00am-11:30am

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard

February 8, March 8:

4:30pm-6:00pm

food bank resource guide 2022 (continued)



McKeesport

Founders Hall Middle School

1960 Eden Park Boulevard
February 19, March 19:
10:00am–11:30am

West End

Ascension Church

114 Berry St.
February 15, March 15:
4:00pm–5:30pm

REGIONAL SITES

Washington

Washington County Fairgrounds

2151 N Main Street
February 1, March 1:
11:00am–12:30pm

Johnstown

Johnstown Galleria

500 Galleria Drive
February 9, March 9:
12:00pm–2:00pm

Beaver Falls

Pathway Church

279 Braden School Road
February 12, March 12:
10:30am–12:00pm

Aliquippa

Mt. Carmel Presbyterian Church

Enter at 2200 Kennedy Boulevard
February 21, March 21:
12:00pm–1:30pm

Butler

Lernerville Speedway

313 N. Pike Road
February 22, March 22:
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, February 16, 2022
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 February due to Covid-19, here are some movie suggestions: "Love Jones" (1997), "Valentine's Day" (2010), "The Crossing" (2000), "A Child's Wish" (1997), to watch at home until we can together.

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

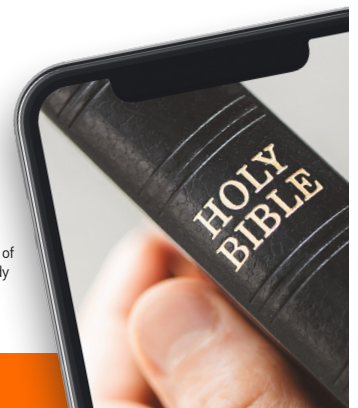
PHONE BIBLE STUDY

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

italian vegetable soup adapted from "an italian in my kitchen"



INGREDIENTS

5 cups mixed chopped vegetables (medium to large chopped / I used kale cabbage, carrots, celery, broccoli and zucchini)

3 cups frozen borlotti beans**

½ clove garlic chopped

2 tablespoons olive oil

1 teaspoon basil

1 teaspoon oregano

2 tablespoons chopped fresh parsley

½ teaspoon salt

¾ cup tomato puree (passata)

8 cups water

1 bouillon cube if desired

Pinch or two of hot pepper flakes

¼ cups small pasta dried

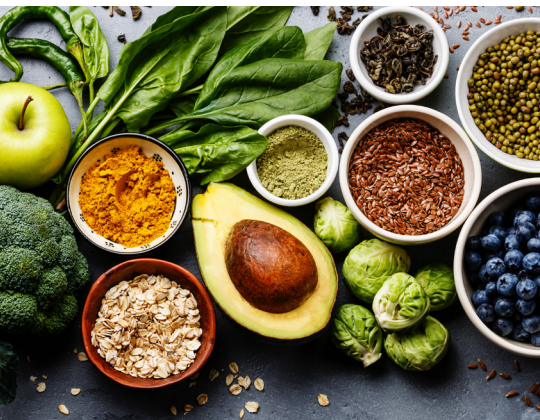
DIRECTIONS

In a large pot add olive oil, garlic, vegetables, beans, spices, tomato purée, water and bouillon cube, stir to combine, bring to a boil and then turn heat down to simmer for approximately 30-45 minutes or until beans are tender (halfway through taste for salt). I would advise making your pasta separately in a pot of boiling salted water and then adding it to the soup (if you are keeping half the soup for later consumption then make half the pasta and only add it to the soup you will be eating or the pasta will get mushy). Enjoy!

**Dried soaked bean are fine too, they may take longer to cook.

recipe corner

foods to eat for maximized heart health from uc davis medical center



Leafy Green Vegetables:
spinach, kale and collard greens
are well-known for their wealth of
vitamins, minerals and antioxidants

Whole Grains

Berries

Avocados

Fatty Fish and Fish Oil

Walnuts

Beans

Dark Chocolate

health corner

5 quick tips for a healthy heart

information provided by **YMCA Metro Denver**

February is American Heart Month.

It's such an important topic, it deserves more than 29 days of attention. According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in the United States.

And, in the US, someone has a heart attack every 40 seconds! Fortunately, there are many ways you can reduce your risk of heart disease through diet, activity, and daily lifestyle changes.

The benefits of these quick tips can quickly add up and help you focus on heart health throughout February and year-round!

Eat healthy fats and avoid trans fats:

Fat is necessary for a healthy diet, but not all fats are created equal.

It's important to look for healthy ones like polyunsaturated, saturated and unsaturated fats. Trans fat is the kind that can increase levels of LDL cholesterol in the bloodstream. LDL are considered negative cholesterol that can build up in the bloodstream and lower positive HDL cholesterol levels. To incorporate healthy fats in your meals, opt for "loin" cuts of meats; bake, broil, lightly sauté, stir-fry, or roast foods in olive oil or nut oils; and experiment with adding chia seeds, flaxseeds, and nuts to salads and snacks.

Opt for reduced sodium.

Having too much sodium makes the body hold on to excess fluid, which increases blood pressure and adds extra pressure on the heart. Based on this, the simple act of choosing reduced sodium versions of packaged foods can go a long way

to improving heart health. Select low or no-sodium soups, canned goods, and other prepared foods. Cook with spices rather than salt to reduce sodium in homemade cooking. And, check nutrition labels and opt for foods with lower sodium counts. Keep in mind the American Heart Association recommends no more than 2,300 milligrams of sodium per today!

Focus on omega-3 fatty acids.

These powerful nutrients are found in many common foods, and they deliver health benefits across the board, from fighting depression and anxiety, to improving eye health, to reducing symptoms of ADHD in children. **For heart health, they perhaps produce the biggest bang by:**

Reducing triglycerides and blood pressure

Increasing "good" HDL cholesterol

Preventing blood clots

Reducing plaque and

Decreasing inflammation

To add more omega-3 fatty acids to your diet, seek out fish like salmon, albacore tuna (with water), mackerel, trout, and sardines, or plant-based products like walnuts, almonds, soybeans, and chia seeds, hemp seeds, and flaxseeds.

Get your fruits and veggies. This is always a healthy-eating go-to tip, as fruits and vegetables are good for you

across the board. In terms of heart health, both fruits and vegetables are high in potassium and other nutrients that can lower blood pressure and prevent cardiovascular disease. Also, eating more fruits and vegetables can "fill you up," making you less inclined to eat foods that are not as beneficial, such as meat, cheeses, and sugary snacks.

Plan, plan, plan.

Too often, we find ourselves tired from a long day or pressed for time with busy schedules, and we opt for quick, unhealthy meals or snacks on the run. To offset this, a little planning can go a long way for heart health. Aim to spend some time on the weekends preparing vegetables, lean proteins, and whole grains to either grab as snacks or to reheat throughout the week. Stock up on pantry staples so that you can make healthy meals quickly. Also, prepare a grocery list for the week. Having a plan helps you stay on track and balance your meals.

Focusing on your heart health can be a lifesaver in February and year-round. And it's never too late to implement these tips. Remember, every act counts!

For more information, contact the fitness and nutrition professionals at the YMCA. And for more support and guidance, check out the Y's Blood Pressure Self-Monitoring Program. Celebrate heart health and get healthy at the Y!

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.

health corner

remember to love yourself

information provided by **Christian Group Staff**

February is known as the popular month we celebrate our loved ones and sweeties on Valentine's Day. It is also Heart Health Month! Here is some information to use so you can make sure you are also loving yourself.

1.5 million Americans will have a heart attack this year and is the leading cause of death in the US today. A heart attack is a medical emergency requiring immediate assistance. A heart attack occurs when one of the coronary arteries that carries blood and oxygen to the heart becomes blocked and cannot supply this nourishment to the heart muscle. The heart muscle then becomes damaged or dies.

Common symptoms of a heart attack are chest pain, nausea, and shortness of breath. Unknown symptoms can occur as well, especially, but not limited to, women. These symptoms are back, neck and arm pain, fatigue, squeezing or fullness in the chest, sweating and nausea. If you have any of these symptoms, it is imperative that you call 911 and get medical treatment immediately. Treatment for a heart attack can now include dissolving the clot or blockage to return blood flow to the heart muscle, or inserting a stent, but this treatment must be applied as soon as possible. If you think you may be having a heart attack, do not hesitate. Seek medical treatment immediately.

If you are recovering from a heart attack and are having problems improving your strength, understanding your medications and treatments, or following your doctor's orders, the physical therapists and nurses as Christian Group may be able to help you. Our staff can guide you through your diet, exercises, teach you how to take your medications, to take your blood pressure, and when to contact your physician..

Please contact the **Christian Group** at **412-323-2273** for more details.

caregivers corner

caregivers are not superhuman, they just seem to be!

RISING STARS OF THE MONTH

William Dumas is a positive person who is always willing to help his consumer. William is compassionate and provides excellent care every day!

Rowena Smith chooses to be a compassionate caregiver with a positive attitude. Every day, Rowena looks for ways to make a difference in the life of her consumer!

Jeremy Bassett is new to the CHHC Team and already he has made a positive impact on his new consumer. Jeremy takes the time to listen to the needs of his consumer and then is able to provide the best care!

A consumer contacted Christian Home Healthcare because she said that she "has a wonderful caregiver and is blessed to have her." Donna Rae Bowen is kind and compassionate and takes the initiative to do the right thing and provide the best care with each visit.

Maxine Berton cares for an older lady and was there for her when she needed a visit to the ER. Maxine stayed with her consumer until her son arrived. Maxine's consumer said that "Maxine is a God-send during a difficult time and always and she is grateful to have her."

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.

FEBRUARY 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1 Chinese New Year	2 Ground Hog Day Phone Bible Study 12:00pm	3	4	5
6	7	8	9 Phone Bible Study 12:00pm	10	11	12 Lincoln's Birthday
13	14 Valentines' Day	15	16 Phone Bingo 11:00am Phone Bible Study 12:00pm	17	18	19
20	21 Presidents' Day	22 Washington's Birthday	23 Phone Bible Study 12:00pm	24	25	26
27	28	1	2	3	4	5

happy birthday to all the celebrants!

BIRTHSTONE | Amethyst
FLOWER | Violet

BIBLE VERSE

“(ESV) Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrong-doing, but rejoices with the truth...Love never ends.”

Bible Verse, 1 Corinthians 13:4-8a



WEDNESDAY, FEBRUARY 2 Ground Hog Day
SATURDAY, FEBRUARY 12 Lincoln's Birthday
MONDAY, FEBRUARY 14 Valentines' Day
MONDAY, FEBRUARY 21 Presidents' Day
TUESDAY, FEBRUARY 22 Washington's Birthday

VALENTINE'S DAY WORD SEARCH

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

- | | | | |
|-----------|--------|---------|------------|
| Valentine | Cupid | Be Mine | Pink |
| Candy | Cuddle | Hearts | Red |
| Chocolate | Hug | Card | Roses |
| February | Kiss | Love | I Love You |
| Flowers | Love | Arrow | Sweet |



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

FEBRUARY 2022

COMMUNITY CONNECTION

Christian Home Healthcare's
 Monthly Newsletter

save the dates | activities for february

PHONE BINGO
 February 16, 2022
 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