

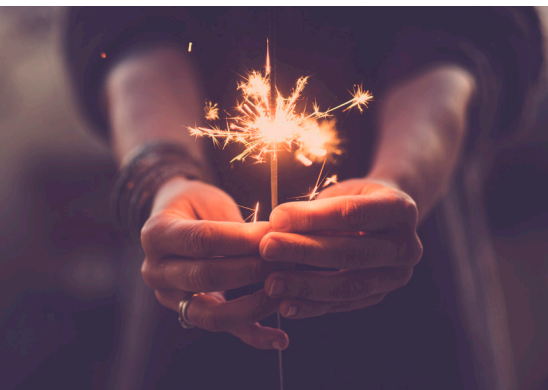


COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

bringing hope into the new year

compiled and written by Bill Backa



The arrival of a new year brings a great opportunity to renew our faith, hope, and love for God and Jesus, and our love for one another.

Whether 2021 brought you success, fulfillment, and joy or you faced grief, setbacks, and struggle, you can look ahead to 2022 with hope.

Healthy Living By Hope describes some things we can do to cultivate Hope in our lives by author Hope Knosher.

- 1 Believe in something bigger than yourself.**
- 2 Develop a mindfulness practice that includes a form of prayer or meditation.**
- 3 Become mindful and aware of your thoughts. When negative thoughts arise, retrain your mind to think positive thoughts.**

- 4 Read inspirational writings, quotes, poetry, or from your chosen spiritual path.**
- 5 Spend time doing what you love to do – what makes you smile.**
- 6 Spend virtual time with people who make you smile.**
- 7 Expect positive things to happen.**
- 8 Look at how other positive people and role models in your life handle the situations of their lives.**
- 9 Keep a gratitude journal. Every day, write down at least one thing that you are thankful for. On darker days, get it out and read it.**
- 10 Know this too shall pass.**

CULTIVATE HOPE IN YOUR MIND, BODY, AND SOUL.

Without Hope, the light that eventually comes to erase the darkness of the latest trial from our lives can't make its way to us. Without Hope there is no opening for it to come forward. No crack for it to seep in. It has been said that the most profound expressions of the human spirit are derived from Hope. Hope, it has been said, is faith holding out its hand in the dark. The capacity to hope may be one of the most important abilities we can possess. Pray always and never lose Hope -Luke 18:1-7



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

food bank resource guide 2022 (continued)



ALLEGHENY COUNTY SITE

Uptown

Shepard's Heart Fellowship

13 Pride Street
Pittsburgh, 15219
412-281-1305
shepheart.org

9:00am-5:00pm

Monday, January 3rd
Tuesday, January 4th
Wednesday, January 5th
Thursday, January 6th
Friday, January 7th
Monday, January 10th
Tuesday, January 11th
Wednesday, January 12th
Thursday, January 13th
Friday, January 14th

Monday, January 17th
Tuesday, January 18th
Wednesday, January 19th
Thursday, January 20th
Friday, January 21st
Monday, January 24th
Tuesday, January 25th
Wednesday, January 26th
Thursday, January 27th
Friday, January 28th

activities

PHONE BINGO!

Wednesday, January 19, 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 January due to Covid-19, but here are some movie suggestions:
A Soldier's Story (1984),
Ghost (1990), Dirty Dancing (1987),
The Outsiders (1983), Fences (2016),
and The Tin Star (1957).

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

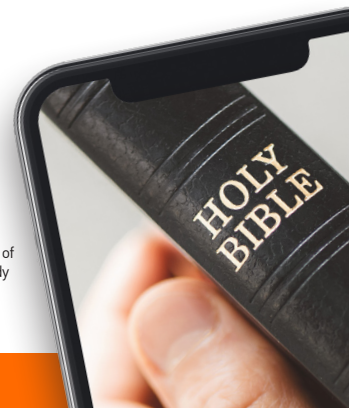
PHONE BIBLE STUDY

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.

health corner

2022 healthy habits

information provided by **Christian Group Staff**



HAPPY NEW YEAR!!!!

As 2022 brings on a fresh new outlook, many people start the new year making New Year's resolutions. It is always nice to start the year making a personal promise to bring positivity and a new energy. With the past 2 years being as they were, boy can we use it!

When making your resolution, make it something achievable and build from there. With all that goes on daily, there is no need to add undo stress. If you are not a big water drinker, try adding water to your daily diet until you can drink an

entire glass. If you do not like vegetables, try tasting something new or a side salad when you go out to eat.

Starting out a new year making small healthy habits can turn into big lifestyle changes. Christian Group wants you to have a happy and health new year! Our highly trained staff is available to work with your physician in many disciplines.

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

caregivers corner

caregivers are not superhuman, they just seem to be!

RISING STARS OF THE MONTH

Tiffani Johnson is a proactive caregiver and looks for ways to make a difference. Tiffani is flexible and ready to help when there is a need, along with being compassionate and provides excellent care every day!

Terry Everly goes above and beyond in providing care for her consumer and that is why her consumer wanted Terry to be recognized. Terry drives a distance to be with her consumer and strives to be dependable, conscientious and caring, by providing excellent care each day!

Thomas Jeffries goes above and beyond when caring for a senior adult who also has disabilities. Thomas completes his tasks with compassion and joy. His consumer stated that she is thankful that Thomas is her caregiver because he provides excellent care every day!

London Hawkins enjoys her work as a caregiver and tries to take a proactive approach. London recognizes the need to be is flexible 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.

recipe corner

classic chicken noodle soup adapted from "tasty"

INGREDIENTS

¼ cup olive oil
1 large onion, chopped
3 large carrots, sliced
4 stalks celery, chopped
kosher salt, to taste
black pepper, to taste
3 cloves garlic, chopped
8 cups chicken broth
8 oz egg noodles
4 cups shredded chicken breast
½ cup fresh parsley, chopped
parmesan cheese, shredded, to taste

DIRECTIONS

Heat the olive oil until shimmering over medium heat in a large soup pot. Add the onion, carrots, celery, and 1 teaspoon each salt and pepper. Cooking, stirring frequently, until the vegetables are very soft, about 15 minutes.

Add the garlic and cook until fragrant, about 1 minute. Add the stock and bring to a boil.

MAKE AHEAD

Do not add the noodles or parsley. Cool and refrigerate the soup in an airtight container for four days, or in the freezer for up to two months. Reheat on the stove and add the noodles and parsley just before serving.

Add the noodles and cook 6 minutes, then add the chicken and cook about 2 minutes more, until the noodles are cooked through and the chicken is warmed through.

Season to taste with salt and pepper, then stir in the parsley.

Serve topped with Parmesan.

Enjoy!



recipe corner

homemade buttermilk biscuits

adapted from "Sally's Baking Addiction"



INGREDIENTS

2 1/2 cups (313g) all-purpose flour,
plus extra for hands and work surface

2 tablespoons aluminum-free
baking powder

1 teaspoon salt

1/2 cup (1 stick; 115g) unsalted butter,
cubed and very cold

1 cup + 2 tablespoons (270ml)
cold buttermilk, divided

2 teaspoons honey

optional honey butter topping

2 Tablespoons melted butter mixed
with 1 Tablespoon honey

DIRECTIONS

Preheat oven to 425°F (218°C).

Place the flour, baking powder, and salt together in a large bowl or in a large food processor. Whisk or pulse until combined. Add the cubed butter and cut into the dry ingredients with a pastry cutter or by pulsing several times in the processor. Cut/pulse until coarse crumbs form.

Make a well in the center of the mixture. Pour 1 cup (240ml) buttermilk and drizzle honey on top. Fold everything together with a large spoon or rubber spatula until it begins to come together. Do not overwork the dough. The dough will be shaggy and crumbly with some wet spots.

Pour the dough and any dough crumbles onto a floured work

surface and gently bring together with generously floured hands. The dough will become sticky as you bring it together. Have extra flour nearby and use it often to flour your hands and work surface in this step. Using floured hands or a floured rolling pin, flatten into a 3/4 inch thick rectangle as best you can. Fold one side into the center, then the other side. Turn the dough horizontally. Gently flatten into a 3/4 inch thick rectangle again. Repeat the folding again. Turn the dough horizontally one more time. Gently flatten into a 3/4 inch thick rectangle. Repeat the folding one last time. Flatten into the final 3/4 inch thick rectangle.

Cut into 2.75 or 3-inch circles with a biscuit cutter. (Tip: Do not twist the biscuit cutter when pressing down into the dough— this seals off the edges of the biscuit which prevents them from fully rising.) Re-roll scraps until all the dough is used. You should have about 8-10 biscuits. Arrange in a 10-inch cast iron skillet (see note) or close together on a parchment paper-lined baking sheet. Make sure the biscuits are touching.

Brush the tops with remaining buttermilk. Bake for 15-20 minutes or until tops are golden brown.

Remove from the oven, brush warm tops with optional honey butter, and enjoy warm.

Cover leftovers tightly and store at room temperature or in the refrigerator for up to 5 days.

JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1 Happy New Year!
2	3	4	5 Phone Bible Study 12:00pm	6 Epiphany of the Lord	7	8
9	10	11	12 Phone Bible Study 12:00pm	13	14	15
16	17 Rev. Dr. Martin Luther King, Jr. Holiday	18	19 Phone Bingo 11:00am Phone Bible Study 12:00pm	20	21	22
23/30	24/31	25	26 Phone Bible Study 12:00pm	27	28	29



happy birthday to all the celebrants!

BIRTHSTONE | Garnet
FLOWER | Carnations

BIBLE VERSE

"Arise, shine, for your light has come, and the glory of the LORD has risen upon you."

Bible Verse, Isaiah 60:1

SATURDAY, JANUARY 1 New Year's Day

THURSDAY, JANUARY 6 Epiphany of the Lord

MONDAY, JANUARY 17 Rev. Dr. Martin Luther King, Jr. Holiday

Happy New Year

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

BALLOONS
CALENDAR
CONFETTI
DECORATIONS
EVE
FIREWORKS
GUESTS
MIDNIGHT
NEW YEAR
PARTIES
STEAMERS

BANNERS
CELEBRATE
COUNT DOWN
DRINKS
FAMILY
FOOD
JANUARY
MUSIC
PARADE
RESOLUTION





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

JANUARY 2022

COMMUNITY CONNECTION

Christian Home Healthcare's
 Monthly Newsletter

save the dates | activities for january

PHONE BINGO
 January 19, 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**