



COMMUNITY CONNECTION

Christian Home Healthcare's | Monthly Newsletter

spring cleaning written by Bill Backa



As Spring draws closer, Spring cleaning and decluttering seems to be on everybody's mind. And clutter can affect a person's quality of life according to Sandy Task, Professional Organizer. This topic was covered by the CHHC Safety Committee and Chairperson, Christina Zern.

"It's important to remember that our primary goal is to stay safe in our living environment, and that includes Aging in Place. Our lives fit into two categories; Number 1 is acquiring and collecting things. And Number 2 is letting go either by donating things, selling them, throwing them away or finding a better use for them.

Start small by taking one room or closet at a time from top to bottom and left to right. Enlist the help of a friend who can inspire and try to remember to touch each item only once before deciding what to do with it. It could be a golf bag of golf clubs or an older purse filled with mementos.

No one wants you to throw away items that you really want to keep but a good question to ask is why keep anything if you are not going to use it? Come up with a better plan to reduce the amount of clutter in your home. Throw out expired food items, especially canned goods and old medications should be discarded in a safe way.

Buy a shredder for getting rid of sensitive documents and consider auto bill pay instead of monthly paper bills in the mail. Storing items such as clothing and household items in clear plastic bins allow you to see exactly what you are keeping.

As a Certified Professional Virtual and In Person Organizer, Sandy Task recommends to practice decision making because once you are done, by having less, you will be enjoying more!



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

March 7:

12:00pm-1:30pm

March 21:

3:30pm-5:00pm

Wilkesburg

East End Behavioral Health Hospital

Enter at 225 Penn Avenue

March 26:

10:00am-11:30am

Allegheny Valley

Pittsburgh Mills Galleria

590 Pittsburgh Mills Boulevard

March 8:

4:30pm-6:00pm

food bank resource guide 2022 (continued)



McKeesport

Founders Hall Middle School

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

West End

Ascension Church

114 Berry St.
March 15:
4:00pm–5:30pm

REGIONAL SITES

Washington

Washington County Fairgrounds

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

Johnstown

Johnstown Galleria

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

Beaver Falls

Pathway Church

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

Aliquippa

Mt. Carmel Presbyterian Church

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

Butler

Lernerville Speedway

313 N. Pike Road
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, March 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 March due to Covid-19, here are some movie suggestions: "Going My Way" (1944) and "The Quiet Man" (1952), 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.

health corner

spring into a fresh new year!

information provided by **Christian Group Staff**

People have worked on creating and beginning their New Year's resolutions. With spring almost upon us, this is usually a good time of the year to begin a fresh start. A good way to begin that process is by decluttering your home. Not only are there physical benefits to removing excess belongings, there are health benefits as well.

Clutter can pose a variety of health issues such as anxiety and depression, physical limitations in the home, and finally unsanitary conditions. Having a clean and organized home helps eliminate the stress and anxiety of having to constantly try and locate what you are looking for. Keeping

medications in pill packs or in an area that is easy to attain, helps with daily medications. Not to mention, your home will remain healthy and prevent pests such as flies, ants, roaches, or mice. These are not only difficult to rid the home of once they have moved in. Clutter can also create or exacerbate health issues such as asthma.

Removing clutter and unused items from the floor and doorways helps to prevent falls. One in five people over the age of 65 will suffer a serious injury as a result. Clear floors and doorways also help with mobility around the house, especially for those that use assisted walking devices. This can help maintain independence in the home.

There are professional agencies available to assist in helping to remove the clutter and organize any home. If there is not the financial ability to utilize one of these resources, enlist family members to help.

Christian Group wants everyone to remain healthy and independent. Our agency offers therapists and nurses to help remain in your home and independent. Please feel free to call and speak to one of our highly trained clinicians for questions on reducing fall risks and preventing health issues at 412-323-2273.

caregivers corner

caregivers are not superhuman, they just seem to be!

RISING STARS OF THE MONTH

Kenneth Jones is reliable, on time, ambitious and has his consumers' best interests at heart. Kenneth is also flexible and ready to help when there is a need. Kenneth is compassionate and provides excellent care every day!

Joey Mitchell is a very unique caregiver because he cares for his consumer who is older and disabled and needs extra care because she is bedbound. Joey also drives an hour each way to care for his consumer because he enjoys his work and it is his life's calling. Joey takes the initiative to make sure that his consumer is comfortable and well cared for and has become a blessing in her life!

Steve Talbon strives to be his best every day by being reliable, dependable, and proactive. Steve is flexible and anticipates his consumer's needs. Steve's desire to make a difference makes him compassionate and so he is able to provide the best of care.

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

recipe corner

mediterranean pita pizza

provided by: sarah anzlovar, MS, RDN, LDN



INGREDIENTS

- 1 (57g) "Thomas" whole wheat pita pocket
- 1/4 cup (34g) cucumber (chopped)
- 1/4 cup (38g) cherry tomatoes (chopped)
- 1 tablespoon (6g) red onion (diced)
- 1/2 ounce (14g) reduced fat feta cheese
- 2 ounces (57g) cooked chicken breast
- 1 teaspoon olive oil
- 1 teaspoon red wine vinegar
- 1 tablespoon (14g) "Athenos Original Hummus"

DIRECTIONS

Preheat your oven or toaster oven to 350F. Warm the pita in the oven until it is to your desired crispiness, about 3 minutes for lightly toasted or 5 minutes for crispy.

While the pita is warming, mix the cucumber, tomatoes, onion, chicken, and feta in a bowl. Toss with olive oil and vinegar, salt and pepper to taste.

When the pita is ready, spread the hummus on the pita and top with the salad mixture. Cut into 4 to 6 small slices. Serve immediately.

Optional garnish: fresh parsley or mint for serving (macros not included).

NOTES

The salad mixture can be made up to 24 hours ahead and stored in the refrigerator, leave off the dressing until ready to serve.

For an easy meal, use rotisserie chicken (macros not included).

If the Thomas' brand is unavailable, we recommend substituting with any other 6 1/2" whole wheat pita, macros will vary slightly.

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.

recipe corner

st. patrick's day cookie recipes

published by: jessica & nellie



INGREDIENTS

- 1 cup sugar
- 1/2 cup butter, softened (1 stick)
- 1 egg
- 1/2 cup sour cream (or plain yogurt)
- 1 small box instant vanilla pudding mix (3.4 oz)
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 cups all-purpose flour
- 2 tsp mint extract
- 3 drops blue coloring + 10-15 drops green coloring
- 1 1/2 cups chocolate chips*

DIRECTIONS

Cream together sugar and butter. Add egg, sour cream and pudding mix.

In a small bowl, combine flour, salt & baking soda.

Incorporate flour mixture into the pudding mixture and mix until well combined. Add mint extract and food coloring until desired color is achieved.

Add in chocolate chips. *I used 3/4 cup chocolate chunks, 3/4 cup regular chocolate chips and 1/2 cup Andes baking bits. Any combination is wonderful, but note that while the Andes mint baking pieces add an incredible flavor, they kind of disappear in the cookies. So add them in addition to the 1 1/2 cups chocolate chips, if you opt to put them in!

Drop by rounded tablespoonfuls onto greased cookie sheet.

Bake at 375 for 10 minutes. Transfer to a cooling rack and enjoy! Yields 3 dozen cookies.



irish prayer

May the road rise up to meet you.

May the wind always be at your back.

May the sun shine warm upon your face,
and rains fall soft upon your fields.

And until we meet again,
May God hold you in the palm of His hand.



MARCH 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	28	1	2 Phone Bible Study 12:00pm	3	4	5
6	7	8	9 Phone Bible Study 12:00pm	10	11	12
13 Daylight Saving Time Begins	14	15	16 Phone Bingo 11:00am Phone Bible Study 12:00pm Purim Begins at Sundown	17 St. Patrick's Day	18	19
20 Spring Begins	21	22	23 Phone Bible Study 12:00pm	24	25	26
27	28	29	30 Phone Bible Study 12:00pm	31	1	2



happy birthday to all the celebrants!

BIRTHSTONE | Aquamarine
FLOWER | Daffodil

BIBLE VERSE

"Restore to me the joy of your salvation and grant me a willing spirit, to sustain me."
Psalm 51:12

SUNDAY, MARCH 13 Daylight Saving Time Begins;
Change Batteries in Carbon Monoxide + Smoke Detectors

THURSDAY, MARCH 17 St. Patrick's Day

SUNDAY, MARCH 20 Spring Begins

Spring Word Search

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



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA





first-time home buyer program

Join us, as Christian Home Healthcare partners with **W.A.V.E.** (Willissae's Agency for Vision and Empowerment) to host a first-time home buyer program.

Four-week program begins Thursday, April 7

Christian Home Healthcare

801 Vinial Street | Pittsburgh, PA 15212 (in our Training Room)

RSVP by Friday, April 1 – call 412.323.0203

Or scan the QR code to select session preference

DAY (11am–1pm) or EVENING (5pm–7pm).



This workshop will focus on budgeting, credit, lending, inspections, repair and maintenance, and the search for a home. Upon completion of the workshop, a Home Ownership Certificate will be awarded to the potential home buyer and can be presented to a bank/financial institution at the time of mortgage loan application.



our mission

To empower individuals who face barriers to discover and reach their potential through education, housing counseling, social services, long-term support, and community development.

our vision

W.A.V.E. is a worldwide ministry that empowers and changes the mindset of individuals who have experienced violence by promoting individual health and long-term well-being through counseling and education.

For more information about the agency, visit waveoflife.org



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

MARCH 2022

COMMUNITY CONNECTION

Christian Home Healthcare's
Monthly Newsletter

save the dates | activities for march

PHONE BINGO
March 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