

Christadelphian Aged Care

2020 WINTER NEWSLETTER

ASHBURN HOUSE

Address: 20-34 Ashburn Place, Gladesville **Phone:** (02) 8876 9200 **Email:** admin@chomes.com.au

Kindness
is like snow -
it beautifies
everything it
covers



WASH ME,
AND I SHALL BE
WHITER
THAN
SNOW

- PSALM 51:7 -

Manager's Message

Welcome to Ashburn House

Hello to all residents, families, friends, staff of Ashburn House Aged Care. We are more than happy to report that as of May 21 2020, we do not have any cases of COVID-19 with either the residents or staff. All visitors, staff and contractors are instructed to perform hand washing, or use alcohol-based solution to sanitise their hands, have their temperature taken and fill a form to declare that they don't have any symptoms of COVID-19.

As part of our precautions and as per the announcement by the Prime Minister on March 18 that residents are to be provided with the flu vaccine unless they opt not to. Staff are to have their flu vaccines as part of their condition to work in aged care and we are proud to say that the staff working on the floor had their flu vaccines. All visitors are also asked to provide proof that they had their flu vaccine this year prior to granting entry into the facility to protect the vulnerable residents.

On the lighter side, the Leisure and Lifestyle team have been working hard to make sure that the residents can still connect with their families while in lockdown. Residents and families connected via Skype to the delight of everyone.

The Leisure and Lifestyle team have also made it possible to conduct an Easter Show by having residents attend to it in batches so that social distancing was still practiced. High praises have been said of the L&L team by the residents, families and care staff for their effort.

The residents also had a lovely high tea for Mother's Day by the garden. We also have set up a wall of flowers which was a very big hit to everyone that we have decided to put something similar for other big events that the residents and their families can take a photo with.

I would like to thank all residents, families and staff for the understanding and the support for each other in this trying times. Thank you for all the feedback and suggestions that all have provided especially in regard to the resident's wellbeing.

Please keep safe everyone while we eagerly await when everything returns to the good old days.

Kind Regards, **Wilbert Espina** - *Clinical Manager*



News & Upcoming Events



| JUNE | JULY | AUGUST |
|------------|---|------------|
| Patricia L | Margaret M | Cecilia |
| Betty H | Michie | Arthur G |
| Con | Janet | Hilda |
| Joyce | Marie | Sofia |
| Peter | Lorna M | Ian |
| Margot | Valerie | Ivy |
| Eileen J | Agnes | Margaret H |
| Jack | Gale | Robert |
| Desmond | | Irene |
| June | | Olga |
| Thomas |  | Raffaele |
| Doris | | Colin |
| Walter | | Arthur J |

UPCOMING EVENTS

JUNE

- 1st - First Day of Winter
- 2nd - Italian National Day
- 5th - World Environment Day
- 5th - Queen's Birthday Royal High Tea
- 8th - World Oceans Day
- 9th - Crazy Hair Day
- 11th - Resident & Relative Meeting
- 15th-21st: Men's Health Week
- 21st - Winter Solstice
- 25th - Chinese Dragon Boat Festival
- 26th - Flower Arranging

JULY

- 1st - International Joke Day
- 5th-12th: NAIDOC Week
- 7th - World Chocolate Day
- 14th - Bastille Day
- 16th - Resident & Relative Meeting
- 24th - Flower Arranging
- 30th - International Day of Friendship

AUGUST

- 1st - Horses Birthday
- 7th - International Beer Day
- 8th - International Cat Day
- 13th - Resident & Relative Meeting
- 15th-23rd: National Science Week
- 20th - Bake Off & Cook Book Launch
- 28th - Daffodil Day
- 28th - Flower Arranging



Keep updated with all the latest news and photos by "liking" us on Facebook!



facebook.com/christadelphianagedcare

Activity Reviews

ASHBURN STARS ON SUNRISE

During the Coronavirus pandemic, Ashburn House caught the attention of Channel 7's breakfast program 'Sunrise'.



Resident actors William, Sofia, Marie, Desmond and Joan featured in a fun segment about the Bored Boards, a board filled with fun activities for residents to do at any time.

"Talk about leading the way" commented Natalie Barr, Sunrise co-host along with David Koch.



EASTER SHOW

On Wednesday 8 April the Easter Show came to Ashburn House!

Residents participated in lots of fun show games, such as the laughing clown ball game, archery and ten pin bowling. Residents also had the opportunity to chat to the fortune teller and get a tattoo or two!

Everyone had a fantastic day.



Activity Reviews

ANZAC DAY

Anzac Day was recognised a bit differently this year.

Residents from all areas of the home created wreaths which were displayed in the dining rooms over the Anzac Day weekend and moved to reception for the rest of the week.



Residents baked Anzac biscuits on Friday 24th and enjoyed more Anzac biscuits with morning tea on the 25th.

Our lovely volunteer, Kathy, came in on the 25th to assist residents to watch the service on television and hand out sprigs of rosemary. Candles (safe battery powered ones) were placed on the windowsills of the dining rooms and given to residents to have in their rooms allowing them to be part of the "Light Up the Dawn" initiative.

SKYPE CHATS

To help keep residents connected with their loved ones during this difficult time we have set up a Skype account to facilitate video calls. It has been a huge success! We even had a few catch ups with our friends at Henley Long Day Care Centre. We will continue with this initiative even after the pandemic finishes to assist residents to stay in contact with family and friends far away.

To book in a chat, visit:
www.picktime.com/AshburnHouse.



WINDOW VISITS



Contact with families and friends has also been maintained with visits through the window. Residents helped to decorate the window at reception and have since enjoyed chatting to their loved ones outside from the inside.

FEATHERED FRIENDS

We are excited to announce that one of the eggs laid by our Zebra Finches has finally hatched and we have welcomed a baby bird to the Kimberley family!



Activity Reviews

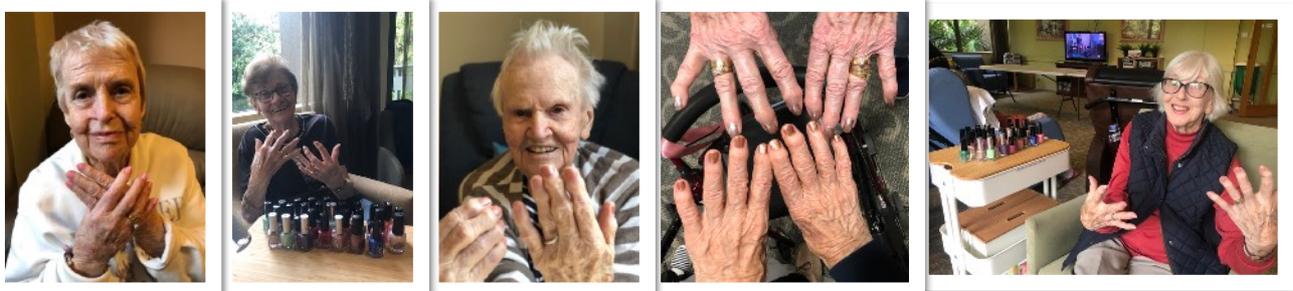
SNAPCHAT

Ashburn residents have been getting tech savvy using the app Snapchat to make funny photos. We have never heard the residents laugh so loud seeing themselves with distorted faces, big beards, dog ears and rainbows coming out of their mouths!



NEW NAIL TROLLEYS

As part of our continuous improvement program we have sourced new trolleys to store all of the resident's nail clippers and our manicure supplies. The new trolleys look much better and really give our residents more of a salon feeling and experience!



ENJOYING THE SUNSHINE & ACTIVITIES



Activity Reviews

MOTHER'S DAY

This Mother's Day was a lot quieter than usual for everyone due to coronavirus. We tried to make it as special as possible by holding a Garden High Tea and Nail Salon for the ladies.



We surprised the residents with a huge flower wall, with paper flowers created by both families and staff. The ladies found all the flowers addressed to them and loved taking photos in front of the wall. Thank you to all the family members and staff who contributed to the wall!



Resident Story - Arthur



Arthur was born in 1941 in Sydney. Arthur's father was a bank of NSW employee and mother, Gladys, a hairdresser. In 1944, Arthur was joined by a brother Robert. The Griffiths family lived in the country town Denman NSW, however unfortunately Arthur's mother became ill and this required a move to Sydney for specialist treatment. Arthur completed his intermediate certificate at Crows Nest Boys High School which he enjoyed, particularly the school cadets. On leaving school, Arthur joined the firm of Patterson, Lang and Bruce as a store man and was later promoted to a traveling salesman. Arthur married in 1968. He had only one son, Stephen. Arthur started his own business as a commercial traveller in Wagga and later in Canberra. Arthur enjoyed living in Canberra. He has two grandchildren, Hanna and Charlee.

Arthur used to enjoy fishing, playing cricket, tennis, golf and bowling and he has travelled to Hong Kong, Singapore, New Zealand and the Philippines. He currently enjoys gardening and watering the plants, sitting in the garden and enjoying the fresh air and sunshine. Arthur is keen on scenic drives and outings and loves going out with his brother, Robert. Arthur also enjoys listening to music, playing with bingo and physical games. Arthur enjoys living at Ashburn House and has made many friends here.

Staff Profile - Adam

Hi! I am Adam and I am the Maintenance Officer at Ashburn House. I've been working here since September 2019. I was born and raised in Amman, Jordan, moving to Australia in 2015.

I am very happy and proud of having this job for many reasons; one of them is because I am passionate about maintenance and love having to fix and deal with mechanical and technical issues. This was something I shared with my dad and he taught me a lot, whilst encouraging me to advance in this field for my career.

The other reason is that I love helping people, especially the elderly, because my parents always taught me to help others and I find this work extremely rewarding. I also have wonderful co-workers and residents around me which makes me feel happy and comfortable. I love talking to the residents here at Ashburn House as many of them have amazing stories to tell and a lot of life lessons and experiences they can share.

I wish everyone a happy and safe 2020 and look forward to staying connected with everyone here.



Perspectives on Coronavirus

FAMILY MEMBER'S PERSPECTIVE

The inevitable announcement of the Ashburn House lockdown a few weeks ago was received by our family with mixed emotions; sadness and relief as well as anxiety about what the future held for our mum, Mary Hyde. The incredible responsiveness of the team at Ashburn to the challenging situation, however, was something we had not anticipated. The offer of Skype 'meetings' as an alternative to face-to-face visits has been seamless – amazingly well co-ordinated and communicated. This wonderful, unexpected new way of communicating with Mum, which has been so expertly delivered, was unimaginable only a few months ago for someone whose use of technology has been somewhat limited to date. And so, it has been with great delight, we have witnessed Mum's entry into the world of technology at the grand age of 88, with such good grace, humour and enjoyment. Skype meetings have enabled Mum to connect with all four of her grandchildren on a regular basis, allowed regular 'virtual' coffee catch ups, tours of our house and garden as well as meeting our new puppy: none of which would have been possible for many months to come otherwise. Thanks to all the team for providing this wonderful service – yet another silver lining of this COVID-19 pandemic.

- Mary Ellen (*Mary Hyde's daughter*)



RESIDENT'S PERSPECTIVE

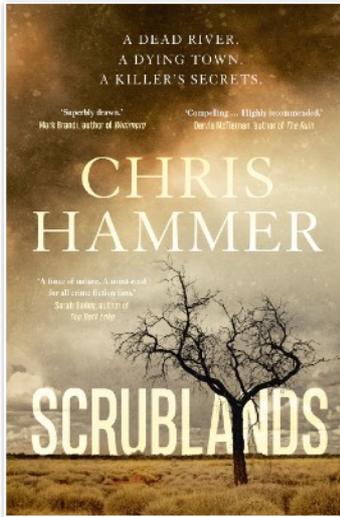
The recent global pandemic due to the coronavirus has made a lot of difference in our lives. It affected the old and the young, but I think the older people are more susceptible to the infection. In Australia we are incredibly lucky that our government acted promptly imposing rules and regulations to prevent the spread of the infection compared to other countries, so much so that we were spared from so many deaths caused by the virus. In a 'home for the aged', residents miss their families/friends especially during lockdown. What Ashburn House management did in opening part of the window in the front entrance did a lot of good to both residents and their families/friends. It lessened the chance of residents suffering from loneliness and depression.



I consider myself fortunate that I learned how to use modern technology before my hospitalisation and eventually being admitted at Ashburn House. Although my family/friends are not physically with me during lockdown, I am able to see and speak to them through the computer- Facebook Messenger, video chat, etc. I still believe that good things happen because of the bad, so I thank God for the good and the bad.

- Sofia

Book Review - Scrublands



'SCRUBLANDS' BY CHRIS HAMMER

Review written by Ann Lumley Rowe

This book is a clever and intricate mystery set in an isolated town called Riversend, brought to its knees by an endless drought. A dedicated and charismatic young priest calmly opens fire on the congregation killing five people, before being shot himself.

A year later troubled journalist, Martin Scarsden, arrives to write a feature on the anniversary of the tragedy. As he begins to work, Martin finds that the towns people are not willing to share their hidden secrets as to each ones explanation of the incident.

Martin begins to frequent the so called café cum bookshop, which is only open two mornings in the week. When Martin buys coffee at the café, he is struck by the beautiful young woman called Mandy and also her baby Liam. Little by little Martin and Mandy start a relationship. Martin also begins a conversation with the young constable, Robbie Haus-Jones, who fired the shot which killed Byron Swift. All these people are important in the story. The few shopkeepers still in the town begin to unfold their versions of the story, and it seems that Byron Swift has a past as a soldier and a skilled shot, and who used to go hunting with some of the people in the wider community.

Just as Martin begins to make headway, a shocking discovery emerges as to the death of two German backpackers who have been murdered and dumped in the dam in the property called Springfield –the only water in the neighbourhood, hence the name. The incident becomes news all over Australia and a media frenzy arrives at Riversend. At this point the development of the novel poses many questions. Who has murdered the two German girls? How does the editor in Sydney react to the material sent by Martin to be published? How do Mandy and Liam pose questions as their saga unfolds? Mandy gives a diary to the police for their investigations, but it happens that three pages have been torn out of the document. This makes the police suspect that Byron Swift was with Mandy at the time indicated in the diary. It also indicates that Byron Swift is the father of Liam, but this is never made clear in the book.

One of the policemen at Bellington, Herb Walker, is interviewed by Martin. Herb seems very much in control of himself, only giving Martin time for a cigarette. Then Robbie Haus-Jones gives Martin the news that, to every one's surprise, Herb Walker has committed suicide. This is another question posed by the novel. The abduction of Liam by Jamie Landers is a powerful ending to the story of his murder of the two German girls, as he finally boasts of their end.

There are many twists and turns in the novel and many other stories make up the whole. All in all it is a compelling read, with the blazing heat as a theme throughout. 'Scrublands' is available to borrow from the Ashburn House Library on lower ground next to the Hair Salon.



Pastoral Care



MAKING A DIFFERENCE THIS SEASON

As we draw into winter and feel the nip in the air, it makes me think of climates much colder than that of Australia. It draws me to think of climates where they struggle to grow food, struggle to keep warm, struggle to get around because of snow, ice and struggle to pay high electricity or gas bills.



Generally, we are very fortunate in Australia for what we have and we have to be thankful for what we do have. The blessings of food, clothing, warmth, and shelter. We don't have to look too far to think about someone who is less fortunate than ourselves.

As winter sets in and the cold nights hit, the air gets cool and the trees lay bare, think about one thing you can do this winter to make a difference to the life of someone else. It might be making a blanket for someone, spending time with a neighbour, volunteering in a small way, or being less wasteful to name but a few. Sometimes to really appreciate what we do have we have to make changes, possibility go without something for a short time, and in time give back to others.

- By **David Bridgens**, Volunteer & Pastoral Care Coordinator

10 WAYS TO FEEL BETTER DURING THE WINTER MONTHS

*COVID-19 Restrictions permitting

1. **Exercise*** – dedicating 30 minutes a day to light exercise, such as walking or yoga, can help boost the release of serotonin.
2. **Go Outside** – taking a quick walk around the block or opening the curtains can provide a much needed dose of sunlight and Vitamin D.
3. **Eat a Serotonin-Boosting Diet** – foods such as eggs, nuts, bananas and salmon, contain an amino acid called tryptophan, a critical building block for natural serotonin production.
4. **Wear Bright Colours** – research shows that warm and bright colours are tied to feelings of happiness.
5. **Complete a Project** – finishing a project around the house can make you feel accomplished, even if it is as simple as making the bed in the morning.
6. **Embrace the Cold** – people living near the arctic light candles and fires, drink warm beverages and snuggle under blankets to relax.
7. **Take a Holiday*** – Restrictions permitting, a mid-winter trip to a warm, sunny location may provide the boost needed to get through the rest of the cold months.
8. **Engage in Social Activities*** – whether solo or with a friend, getting out of the house to see a movie, go bowling or volunteer will help prevent isolation.
9. **Take a Class*** – pass the time by picking up a hobby or learning something new; as the old saying goes, "Time flies when you're having fun!"
10. **Read a Book** – studies have found that reading can make people happier by enhancing 'theory of mind' and reducing stress.

Bereavements

Our deepest sympathies have gone out to the families who have lost their loved ones over the Autumn period.



Volunteer Corner



Church Groups

We have been staying connected with our church groups through digital means and been having gatherings on Monday mornings rather than Friday.

The residents really enjoy being able to see Father Kevin when we watch the Catholic service via YouTube. This alternates with streaming the Christ Church Anglican Service where, even though it is not the same friendly faces of the wonderful team who would run the services at Ashburn, it still gives us a feeling of staying connected.



Rev Seungjae is also sending through the service details and music files for our Uniting residents, who enjoyed seeing his Palm Sunday video.

Our Sunday non-denominational service returned Sunday 17th May after being on hold for April.



Movie Club

A big thanks to Kathy who has continued to volunteer over this restricted period.



Her help with changing the Movie Club to be run in two small groups has been great for our residents who have enjoyed being able to finish watching the first season of 'A Place to Call Home', and the favourite 'The King and I'.



If you are interested in joining the Volunteer program, please do not hesitate to contact me:

Nerida O'Neill on 0434 946 184

or noneill@chomes.com.au

Volunteer & Pastoral Care Coordinator

Isolation Activity Ideas



1. SPIRITUAL ACTIVITIES

Providing spiritual support for people living in long term care is vital to their well-being. It is especially important now, as residents face the challenges of being isolated from friends and family. Encourage your loved one to listen to music, share stories, listen and watch the birds outside, read poems or the Bible or even ask staff for a hand massage!



2. ARTISTIC PURSUITS

The therapeutic value of drawing and colouring comes from the need to concentrate. Residents immerse themselves and 'forget' their troubles whilst in the midst of a colouring activity. Everyone needs a break from reality sometimes.



3. SORTING AND HELPING ACTIVITIES

Activities that make residents feel helpful are always wonderful for memory care. Everyone needs to feel useful and like they matter as contribution gives us all a sense of satisfaction and belonging.



4. PHONE CALLS OR VIDEO CHATS

Families and volunteers are encouraged to call residents for a chat. It will lift their spirits and provide a welcome break. For an even more interactive and immersive experience, why not video chat using Skype, Google Hangout, or FaceTime!



5. IN ROOM ACTIVITY PACKS

Gather a bundle of activities to be delivered in a pack for your loved one to enjoy. Include things like: Crosswords, Word Searches, Spot the Differences, Quizzes, Jigsaws, Anagrams etc... or head over to our Puzzle Page to get your started :)



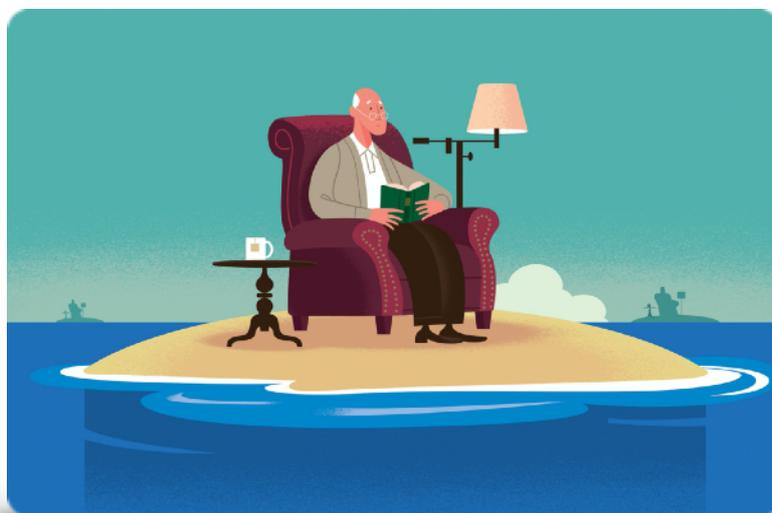
6. ARMCHAIR TRAVEL

Travel videos can be fascinating to watch. If available, choose a country and some suitable YouTube videos to watch and then follow up with themed activities based on the chosen country.



7. IN ROOM GARDENING

You can enliven any room with a pot plant and there are pot plants to suit any conditions! This wonderful hobby gives residents many hidden benefits to growing plants indoors.



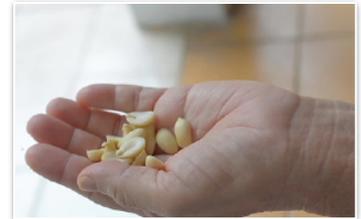
Read, Rest & Relax!



SENIOR JOKE

A tour bus driver is driving with a bus load of seniors down a highway when he is tapped on his shoulder by a little old lady. She offers him a handful of peanuts, which he gratefully munches up.

After about 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts.



She repeats this gesture about five more times.

When she is about to hand him another batch

again he asks the little old lady, "Why don't you eat the peanuts yourself?"

"We can't chew them because we've no teeth", she replied.

The puzzled driver asks, "Why do you buy them then?"

The old lady replied, "We just love the chocolate around them."



Chicken and Mushroom One-Pot

- 2 tsp olive oil
- 1kg chicken thigh, trimmed, halved
- 300g button mushrooms
- 2 large celery sticks, finely chopped
- 4 French shallots, peeled, finely chopped
- 2 garlic cloves, crushed
- 1 tbs tomato paste
- 125ml (1/2 cup) white wine
- 400g can diced tomatoes
- 185ml (3/4 cup) chicken stock
- 1 tbs fresh thyme leaves, plus garnish
- 1/4 cup fresh continental parsley leaves
- Steamed wholemeal couscous, to serve
- Steamed green beans, to serve

Serves 6

1. Heat half the oil in a large frying pan over medium heat. Cook the chicken, in 2 batches, for 5 minutes or until golden then transfer to a plate.
2. Heat remaining oil in the pan. Add the mushrooms. Cook for 5 minutes or until golden. Add celery, shallot and garlic. Cook, stirring occasionally, for 3-5 minutes or until soft.
3. Stir in the tomato paste and cook for 2 minutes. Add the wine and cook, scraping base of pan with a wooden spoon, for 2 minutes or until reduced by half. Add the tomato, stock and thyme. Bring to the boil. Return the chicken to the pan and simmer for 15 minutes or until sauce thickens slightly. Season. Stir in parsley. Serve with couscous and beans, sprinkled with extra thyme.



Read, Rest & Relax!



MOVIE PICTURE QUIZ

How many can you guess from these cryptic pictures of famous movie titles, old and new!?



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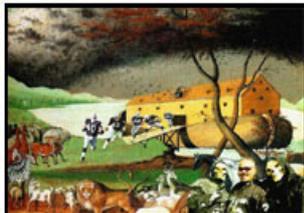
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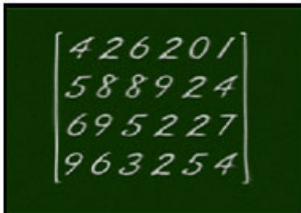
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A TIME TO LAUGH...

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.' The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?'

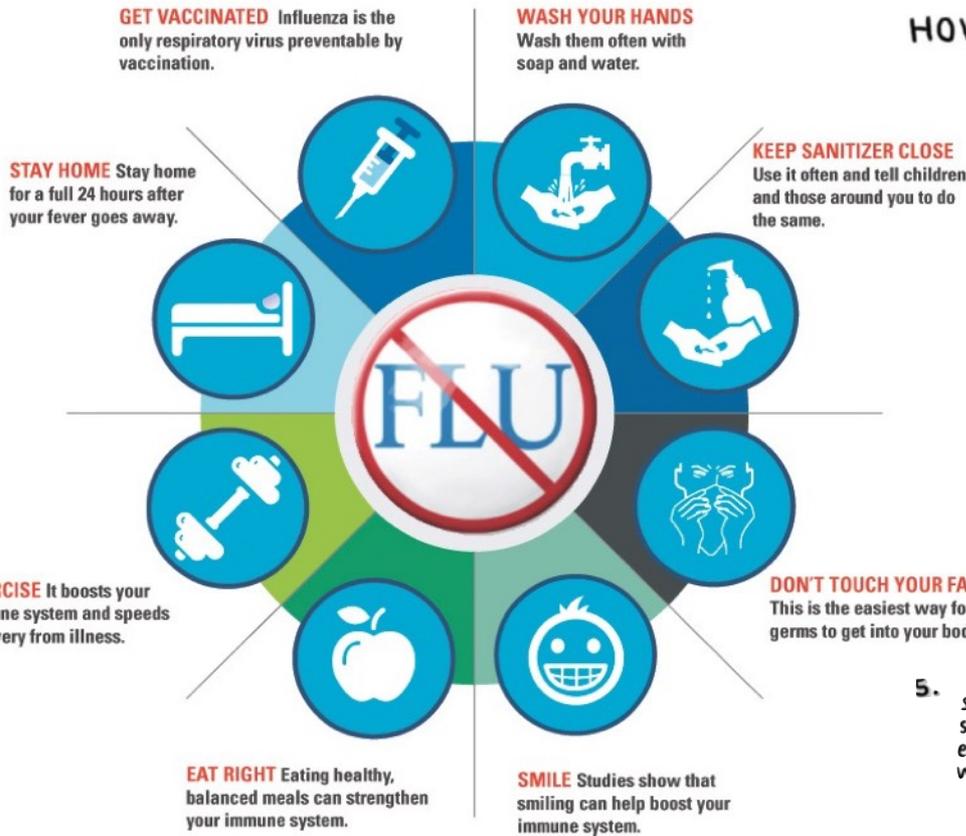


QUIZ ANSWERS: 1. Chariots of Fire 2. Bee Movie 3. Star Wars 4. Blade Runner 5. Alice in Wonderland 6. Beautiful Mind 7. Dancing with Wolves 8. Steel Magnolias 9. Raiders of the Lost Ark 10. The Matrix 11. Judgement Day 12. The Green Mile

Read, Rest & Relax!



FLU PREVENTION TIPS



HOW TO STAY WARM

1. 2! pairs of socks
2. hide under blankets
3. hot chocolate/tea
4. fire places
5. steal someone else's warmth HEY.

Sweet Potato Soup with Chorizo Croutons

- 1 tbs olive oil
- 1 brown onion, coarsely chopped
- 600g Kent pumpkin, peeled, seeded, chopped
- 1 gold sweet potato, peeled, chopped
- 4 cups (1L) salt-reduced chicken stock
- 2 Mild Chorizo Salami, chopped
- 3/4 cup (185ml) thickened cream
- 2 tbs pepitas (pumpkin seeds), toasted
- 1/3 cup coriander sprigs
- 1 loaf of crusty bread, to serve



Serves 4

1. Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring, for 2 mins or until onion softens. Add the pumpkin, sweet potato and stock. Bring to the boil. Reduce heat to medium and cook, stirring occasionally, for 20 mins or until the pumpkin is tender. Set aside to cool slightly.
2. Meanwhile, heat a frying pan over high heat. Add chorizo. Cook, stirring, for 5 mins or until golden brown. Transfer to a plate lined with paper towel.
3. Use a stick blender to blend the pumpkin mixture in the saucepan until smooth. Add 1/2 cup (125ml) of the cream and stir to combine. Season.
4. Divide the soup among serving bowls. Drizzle with the remaining cream. Sprinkle with the chorizo, pumpkin seeds and coriander. Season. Serve with the bread.

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Double Puzzle

Unscramble each of the words relating to Winter and then use the corresponding numbers below each of the letters to solve the hidden phrase at the bottom of the page.

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Disclaimer: All photos and stories have been published with consent of relatives and residents involved. Thank you for your submissions.

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Find a Word



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

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

Disclaimer: All photos and stories have been published with consent of relatives and residents involved. Thank you for your submissions.