

Christadelphian Aged Care

2020 WINTER NEWSLETTER

# CHAMBERLAIN GARDENS

**Address:** 53-67 Chamberlain Rd, Wyoming NSW 2250 **Phone:** (02) 4329 8000 **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 Chamberlain Gardens*

What a busy time we have all been having! The weather is getting cooler and it is getting harder to get out of bed. I would like to take this opportunity to welcome all new residents and their families and also to the new staff who have come to join our team.

We have all been experiencing unusual circumstances. I would like to thank you all for your patience in these troubling times. We have had to make some changes recently in regards to everyday living. We have had to practise social distancing, minimising visitors to the home. The lifestyle team have had to think of ways to modify activities such as window visits, Skype calls, corridor activities and the like. Activities are still taking place, just with a twist. We hope we are able to minimise isolation by still providing a variety of activities for everyone. Our Pastoral Care Team and Lifestyle Team have been working very hard to ensure emotional needs and welfare of our residents is being respected and maintained.

Anzac Day this year was not the usual ceremony, however the day was still remembered with a service echoing throughout the home for all to hear. We celebrated Easter, with everyone receiving a Chocolate Easter Bunny. Residents also participated in Easter photos, and photos were then emailed to families.

Mother's Day was also celebrated on May 8 with a High Tea for all the ladies – some of the men were lucky enough to attend as well, much to the delight of the ladies. Visiting restrictions were lifted on May 4 with visitors booking in advance for a visit. This was well received from family and residents alike, and just in time for Mother's Day on May 10, 2020.

Staff are endeavouring that residents and families have been provided with ongoing support. Care consultations are underway. If you have not attended a care consultation, please speak to the Registered Nurse in your area or have your family call the facility to book one in for you.

Kind Regards, **Helen Handley**

- Director of Consumer Care & Services



# News & Upcoming Events



| JUNE               | JULY       | AUGUST    |
|--------------------|------------|-----------|
| Geoff C            | Mary B     | Aileen B  |
| Anthony C          | Alfred C   | Arturo C  |
| Iainn C.O.         | Jean C     | Joan C    |
| Irene D            | Margaret F | Faye F    |
| Patricia E         | Margaret G | Hazel H   |
| Louise G           | Venda K    | Keith H   |
| Bernice J (Billie) | Edward M   | Gladys J  |
| June L             | Kathleen M | Phyllis N |
| Bill L             | Keith O    | Robert G  |
| June M             | Annelize P |           |
| Marlene Mc         | Marie S    |           |
| Denis S            | Bev T      |           |
| Joyce T            |            |           |
| Maureen T          |            |           |



## UPCOMING EVENTS

### JUNE

- 1st - First Day of Winter
- 5th - World Environment Day
- 7th - National Chocolate Ice Cream Day
- 8th - Best Friends Day
- 8th - Queen's Birthday Weekend
- 26th - June Birthday Celebrations

### JULY

- 5th - 12th: NAIDOC Week
- 7th - World Chocolate Day
- 30th - Friendship Day
- 31st - July Birthday Celebrations

### AUGUST

- 1st - Horses Birthday
- 7th - International Beer Day
- 9th - World Indigenous Day
- 21st - Daffodil Day
- 28th - August Birthday Celebrations



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



[facebook.com/christadelphianagedcare](https://facebook.com/christadelphianagedcare)

**STAY INFORMED ON THE LATEST CORONAVIRUS (COVID-19) UPDATES.**

Coronavirus (COVID-19)

For the latest advice regarding Coronavirus (COVID-19) visit [australia.gov.au](https://australia.gov.au)

TOGETHER WE CAN HELP STOP THE SPREAD AND STAY HEALTHY.



# Activity Reviews

## MARCH

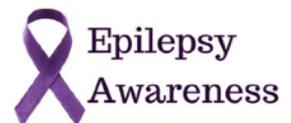
We were lucky to get a couple of concerts in this month before the lockdown and lockout rules came into play. We were entertained by The Gals, Nearly Vintage, our very own Lifestyle staff (which gives the residents a good laugh), which coincidentally was held on the International Day of Happiness; all concerts were enjoyed by many residents.



We also were able to get a few bus outings in. We celebrated St Patrick's Day with staff dressing in green and a Happy Hour in the afternoon.



We also had a purple day for Epilepsy awareness.



Epilepsy Awareness Day

# Activity Reviews

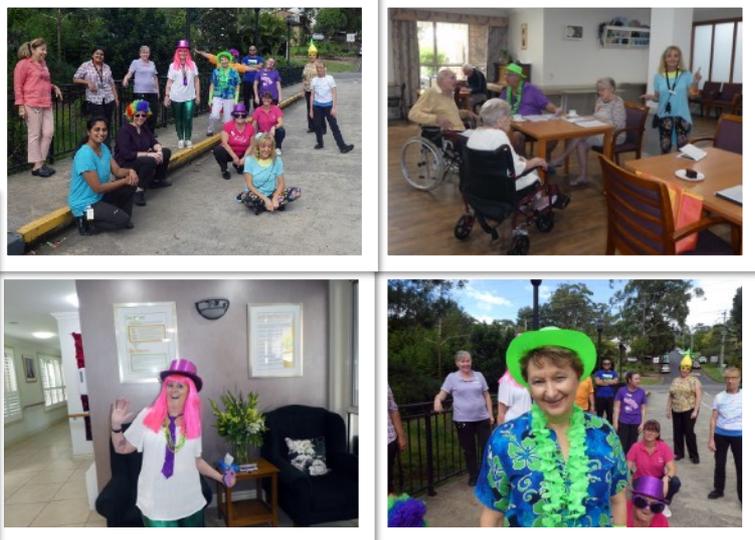
## APRIL

This month was definitely different to the way things are usually done. We weren't able to hold any of our regular activities such as Bus Outings and Concerts but it was business as usual with other activities albeit held a little differently. Social distancing became the new normal and many activities, such as bingo, were held in the hallways.



The facility had a COVID-19 Mufti day with staff dressing in bright colours to brighten things up and put a smile on resident's faces.

- C = (Colourful)
- O = (Original)
- V = (Vibrant)
- I=(Innovative)
- D=(Dress up)



Lifestyle staff decorated a frame with an Easter message and took photos of residents to send to family members, this was very well received with some great feedback from families.



# Activity Reviews

## APRIL CONTINUED

On Easter Sunday all the residents received a chocolate Easter bunny delivered by some of the Easter Bunnies' helpers.



We have been lucky with the weather and many activities were able to be held outside in the garden.

Lifestyle and Physio aids have been taking residents on walks out the front one at a time and residents have enjoyed getting out to see the big wide world.



# Activity Reviews

## APRIL CONTINUED



Anzac Day service was not able to be held out the front as in the past so a service was held over the PA system and feedback from residents was positive with some saying that they usually don't attend the service outside and were very moved by this service.

Residents made some poppies to decorate our display out the front of reception and enjoyed Anzac biscuits for morning tea.



Lifestyle helped residents with many window visits and Skype calls to family this month. Residents decorated the window where the visits were held with some hearts to pretty it up.

We used the sunshine again for our Coastal painting classes.

*Happy 80th Birthday James!*



# Activity Reviews

## MAY

This month regular activities were held although the social distancing continued, daily 1:1 walks with residents continued. Skype calls and window visits continued.

Mother's Day celebrations were held with a High tea with a Mother's Day quiz and trivia held in each area.

Our ladies all had their photos taken with a floral frame and sent to families.



## Horizon Artists



Hazel Humphreys



Marie Austin



Lorna Hogg



Marie & Lorna



Venda Kabriel

# Resident Story - Wendy



Wendy was born in the 1940s in Albsery Buckhamshire, UK. The middle child of three girls, Wendy attended primary school at West Cliff, UK and left school when she was 14 to enter the workforce, as it was after the Second World War and times were tough.

Wendy worked at a number of positions to make ends meet; her first job was at Boots the Chemist, West Cliff where Wendy helped with dispensary and book work. Wendy moved on to work for the factory Marconi's, working with the French testing the controls for the Concord Aeroplane.

Wendy met her husband (now deceased) at her sisters' 21st birthday party and they had a son named Richard. Wendy's parents and sisters had moved to Sydney so, in 1969, Wendy decided to move with Richard who was 14 months old to Sydney, becoming a "Ten Pound Pom". Wendy said she was on the last deployment of Ten Pound Poms, arriving on the ship Sheri Laura, which later sank around New Zealand. Wendy said it was a long 8 week trip, but they were lucky enough to get off the ship at different ports to have a look around. This was a relief, as conditions on the ship were not the best. Wendy said she will never forget the beautiful sight arriving in Sydney and seeing the Sydney Harbour Bridge and then the faces of her parents. When Wendy and Richard had left the UK it had been snowing, and on arrival, the sun was shining and the harbour looked beautiful.

Wendy was living in a flat at Dulwich Hill; she had only been there 3 months when her flat was robbed. Wendy worked at numerous jobs; a bakery, newsagent and Jewels Food store to make ends meet so she could bring up her son.

Wendy worked for many years for both Coles and Woolworths refurbishing their old shops, her specialty being the deli section. Over the years, Wendy became a supervisor and was in a managerial position. Wendy had to leave many years later due to declining health.

Wendy says she was always active; she loved to swim, play squash, walked twice a day, in the mornings with her dog and then later on her own. Wendy loves all sports except tennis; she played squash, attended water aerobics and loved her garden. Wendy said she enjoyed knitting, crocheting, tapestry, jigsaw puzzles and was never bored with her own company.

Wendy has two granddaughters to her son Richard, who live locally and he and his partner Leah are expecting a third child.

Wendy said she is happy living here; she had no choice, but has accepted her lot due to her declining health. Her son Richard has been a gem taking over the daily tasks for Wendy and ensuring her room at Chamberlain Gardens is looking homely.



# Staff Profile - Vicki



Ok, so I really don't like to talk about myself, so here goes....

I was born in Brisbane. My Mum was a stay at home mum and Dad was a carpenter. I'm the youngest of five kids.

Dad decided to pull the roof off our house and build a second floor. He would have a ladder against the house to gain access to upstairs while working on it. As he was upstairs working away one day, he heard a little voice say "Me help Daddy". He and I chatted away for a little bit, then he realised where he was and how he would get there... he turned and I was standing there with a teddy bear (according to Dad - "Nearly the same size as you!"). Surprised, he asked "How did you both get up here?" I shrugged, and replied "I climbed up the ladder and swung in like you did!" Well, after that,

the ladder would be pulled up to the top floor with him whenever he worked up there!

My beautiful Mother passed away as a result of a collision with a drunk driver.

Dad remarried another beautiful lady and she's been my 'Mum' now for about 35 years, and I'd be lost without her!

I married the love of my life when I was 20. We've just celebrated our 25th wedding anniversary with our four loving children (aged 23, 21, 19 & 13).

I was a stay at home mum for most of our married life, but when our youngest went to school I started looking for something I could do during school hours. This is how my cleaning business came about and I ran it for about 4 years.

I decided to pursue my childhood dream of being a nurse and trained to be an aged care nurse, finishing in November 2016. Last year, I decided to study again... and in November completed my Leisure and Lifestyle Certificate. I have the best job, with the best people to support me, and the greatest people to work with.



EVERYONE SHINES, GIVEN THE RIGHT LIGHTING.

SUSAN CAIN



# 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



## SPOTLIGHT ON A VOLUNTEER - Sue Ward



Hello Everyone,

My name is Sue Ward and I have been a volunteer at Chamberlain Gardens for 5 years, enjoying the company of our lovely residents whom I have grown very fond of. I had always worked in offices as a PA or in the accounts department but those jobs pale in comparison to doing a simple task like supporting a resident with their meal, calling out the numbers for their beloved bingo game or just sitting with them for a chat. These are things they look forward to every week therefore putting joy into their day.

I have been married for 46 years and have 2 daughters who have given us 3 grandsons who are the light of our lives. It has been extremely hard recently due to Covid-19, not being able to give them a cuddle and being that they are only 6, 4 and 3 years old it's hard for them to understand.

We moved to the Central Coast from Sydney in 1988 where we built in the leafy suburb of Wyoming. We were owner/ builders which we realised very early on was a massive task and we must have been a little crazy to attempt it. I left my job and took on work as full time "project manager" and in doing so learned many skills and also aged very quickly. The outcome was a beautiful home in which we still live today. One of my great loves is gardening so with such a large block of land to work with and the help of my mother, I quickly got to work on our many gardens which still bring me huge amounts of joy.

We are also big travellers. We have a campervan, so we love to take off to the bush or the coast and visit many places all over Australia. We have also seen a lot of the world (60 countries last count). The best of these being 6 months spent living the many cultures of Europe, staying a week in each. As my husband comes from Northern Ireland, it is always great to catch up with his lovely family.

We only hope that when this pandemic is over we are able to continue with our many journeys but for now, we are all in this together and health and safety comes first.



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

**Jan Murray on 4329 8016**

**or [jmurray@chomes.com.au](mailto:jmurray@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 :)



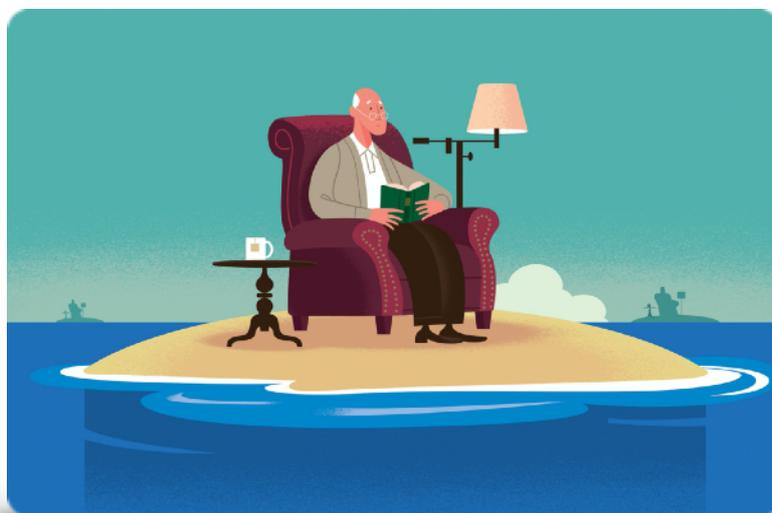
## 6. ARMCHAIR TRAVEL

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.



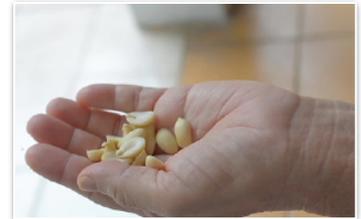
# Read, Rest & Relax!



## 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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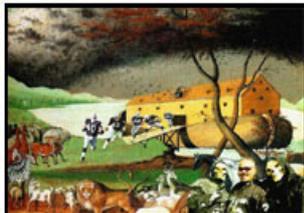
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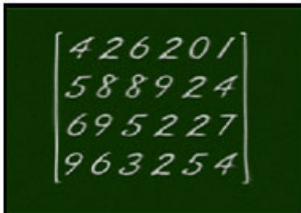
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## A TIME TO LAUGH...

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

**GET VACCINATED** Influenza is the only respiratory virus preventable by vaccination.

**WASH YOUR HANDS** Wash them often with soap and water.

**STAY HOME** Stay home for a full 24 hours after your fever goes away.

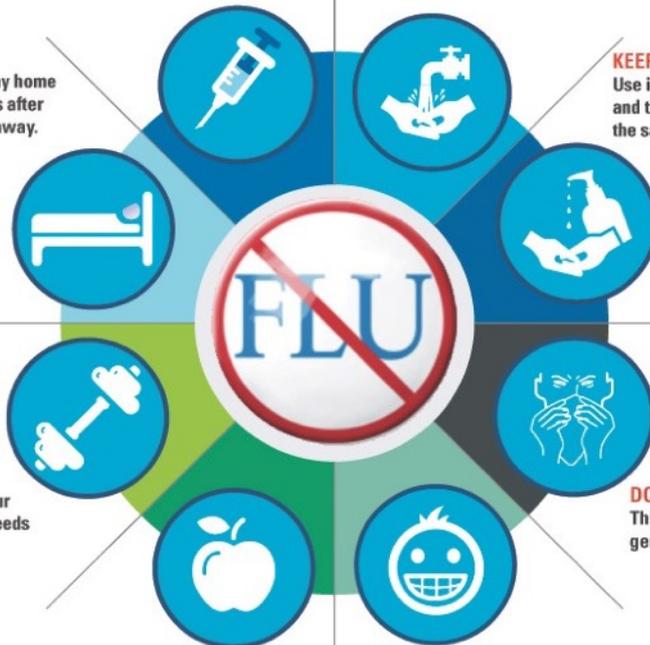
**KEEP SANITIZER CLOSE** Use it often and tell children and those around you to do the same.

**EXERCISE** It boosts your immune system and speeds recovery from illness.

**DON'T TOUCH YOUR FACE** This is the easiest way for germs to get into your body.

**EAT RIGHT** Eating healthy, balanced meals can strengthen your immune system.

**SMILE** Studies show that smiling can help boost your immune system.



## 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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| I | E | L | J | Q | T | O | I | E | L | J | Q | F | O | I |
| W | E | P | N | I | W | K | L | I | P | N | S | L | K | T |
| S | Z | Q | M | W | Q | D | S | D | Q | M | F | A | D | A |
| 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.