

Hurricane Active Life Center

January 2023 Newsletter

Happy
New
Year

The center will be closed January 2nd & 16th for holidays.

6 week Grief Support Group. Starting January 5th.

The thrift store will be closed until January 9th.

Lunch is served in the dining room Monday-Thursday 11:30 to 12:30.

Suggested donation is \$3.00 per meal. Under 60 clients are welcome for \$7.00 per meal.

We are still looking for volunteers to help in the kitchen & the thrift store.

Thrift Store hours are Mon-Thurs 10:00am-2:00pm.

Hurricane Senior Center
95 N 300 W
Hurricane, UT 84737
435-635-2089

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Hours of Operation

Monday – Thursday
9:00AM – 4:00PM

Lunch served daily –
11:30AM - 12:30PM \$3

Dial-A-Ride Program

We offer an in town Dial-A-Ride service for grocery shopping or medical needs. Bus hours are 9:30 AM – 2:30 PM Monday – Thursday.

Our Dial-A-Ride service to St. George is available Wednesday afternoon for your shopping or medical needs.

Age 60+ suggested donation: \$5 round trip.

Call 435-635-2089 to schedule.



FOCUS ON DIAL-A-RIDE

Our Dial-A-Ride program provides

Transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip, age 60+. Under 60 is \$5.00. The bus runs from 9:30 am to 2:30 pm Monday, Tuesday & Thursday. Wednesday-:30 pm and St. George from 12:30 pm to 4:00 pm.

To schedule a ride during these hours, please call the Senior Center at 435-635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested pickup time. Please schedule rides at least one day in advance.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!

THRIFT STORE

OPEN MON – THURS

10:00 AM – 2:00 PM

DONATIONS ACCEPTED!

Monthly Events

Pathway Healthcare – Blood Pressure/Sugar checks – every Monday 11:00am-12:00pm
So. UT Home Health – Blood Pressure/Sugar checks 2nd & 4th Thurs @ 11:00am

Video Tai Chi – every Tues @ 10:00am

Video Sit & Be Fit – every Mon & Wed @ 10:00am

Video Yoga – every Thurs @ 10:00am

Movie – see Activity Schedule
** Free ** Popcorn **

Billiards – Daily 9:00am – 3:00pm

Wii Bowling – Monday @ 11:00am

Hand & Foot Card Game– Tues @ 12:30pm

Writing Group – Temp. Cancelled

Crochet Class – 2nd & 4th Thurs @ 1:00pm

Beginning Knitting – 2nd & 4th Thurs @ 1:00pm

Drawing 101 – Thursday @ 1:00pm

Caregiver Support – 1st & 3rd Wed @ 1:00pm

Craft Class – Wednesday @ 1:00pm

Neck/Shoulder Massage – see Activity Schedule

Toe Nail Trimming – 3rd Tuesday 10:00am

Bingo 60+ Only – 2nd & 4th Monday after lunch
Bingo is free to play **For 60+ only**

Happy Birthday/Anniversary Celebration – last Thursday of every month!



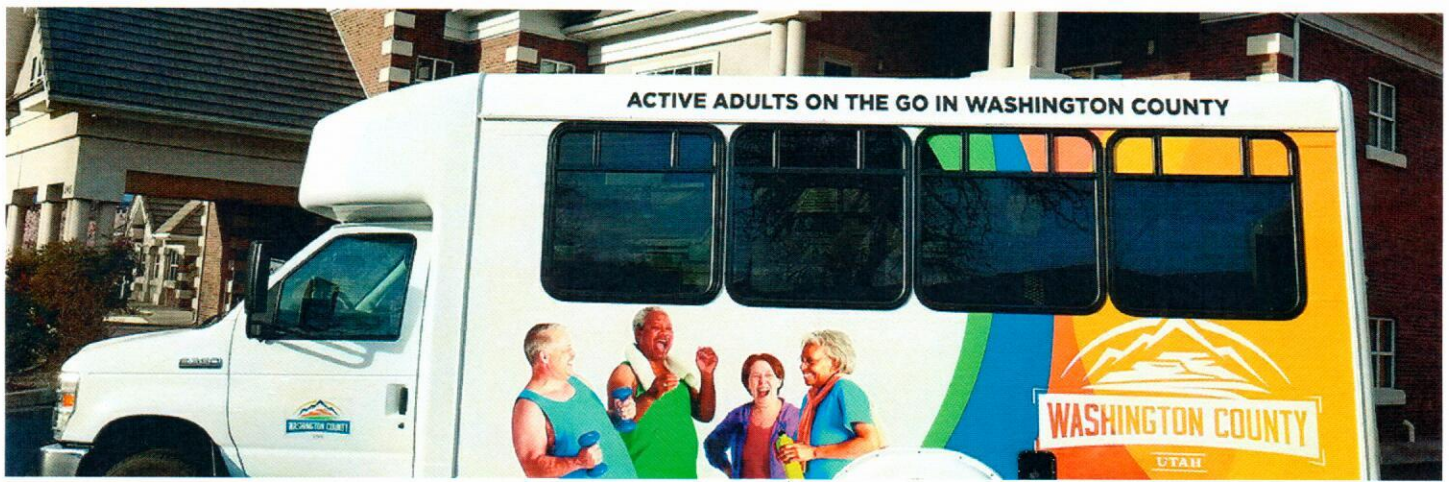
Did you know that your meal donation of \$3.00 helps ensure that programs and services continue to be offered and that any donations over \$3.00 help cover the cost of the lunch for those who cannot afford to make a donation?

Thank you for your donation to our meal program.

Washington County Council on Aging is committed to compliance with Title VI of the Civil Rights Act of 1964 and all related regulations and relevant guidance. The Agency assures that no person in the United States shall, on the grounds of race, color or nation origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

To request additional information on Washington County Council on Aging's Title VI policy, or to file a discrimination complaint, please contact Washington County Council on Aging at 435-634-5743.

The Complaint Procedure is located at 245 N. 200 W., St. George, Utah, 84770 or www.stg.coa.washco.utah.gov



FOCUS ON ***DIAL A RIDE***

Our Dial-A-Ride program provides transportation to:

1. Lunch at our Senior Citizens Center.
2. Various types of appointments including shopping and medical in the Hurricane area. The program is funded in part by your donations. The suggested donation is \$5.00 round trip. The bus runs from 9:30 am to 2:30 pm Monday through Thursday. The bus goes to St. George on Wednesday's from 12:30 pm to 4:30 pm. To schedule a ride during these hours, please call Senior Center at 635-2089.

So we can serve you better, please have the following information ready when calling to schedule transportation.

1. Your name, address and phone number.
2. Date you wish to schedule a ride.
3. Complete name and address of your destination.
4. Time you wish to be picked up at your home as well as your appointment time.
5. Time you wish to be picked up when finished with your appointment or shopping.

NOTE: Please allow a 15 minute window on either side of your requested Pickup time.

If you leave a message, we will only return your call if there is a conflict in scheduling or if additional information is required. Otherwise, consider your ride scheduled!



6 week Grief Support Group
starting January 5, 2023.

Thursday @ 1:00pm

Sponsored by:

Renew & Rocky Mountain Home
Health

Hurricane Active Life Center | January 2023

435-635-2089

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2	3	4	5
CLOSED in observance of New Year's Day	Homemade Meatloaf w/Gravy Dinner Roll Mashed Potatoes Parslied Carrots Brussels Sprouts Seasonal Fruit Milk Margarine	Turkey Breast w/Gravy Confetti Rice Wheat Bread Green Beans & Onions Mixed Green Salad Seasonal Fruit Milk Margarine Ranch Salad Dressing	Cuban Shredded Pork Tortilla Fiesta Rice Black Beans Corn Salad Fresh Grapes Milk Taco Sauce
9	10	11	12
Hearty Tomato Soup Ham & Cheese Slider Brioche Roll Mixed Vegetables Spinach Salad Seasonal Fruit Milk Lettuce & Tomato Mustard Ranch Salad Dressing	Salisbury Steak w/Gravy Roasted Red Potatoes Wheat Bread Green Peas Stewed Tomatoes Fluffy Fruit Salad <i>Diet - Mixed Fruit</i> Milk Margarine	Potato Crusted Pollock Tortilla Fiesta Rice Broccoli Coleslaw Seasonal Fruit Milk Taco Sauce	BBQ Breaded Chicken Sandwich Hamburger Bun Baked Beans Corn Sliced Pears Milk
16	17	18	19
CLOSED Martin Luther King Jr. Day	Enchilada Pie Tortilla Spanish Rice Fiesta Vegetable Blend Cucumber Salad Seasonal Fruit Milk	Turkey Cheeseburger Hamburger Bun Lettuce/Tomato/Onion/Pickles Potato Wedges Hot Cinnamon Applesauce Milk Ketchup Mustard	Meatball Stew Rotini Pasta Garlic Texas Bread Mixed Vegetables Spring Vegetable Blend Seasonal Fruit Chocolate Chip Cookie <i>Diet - Sugar-Free Cookie</i> Milk
23	24	25	26
Country Fried Chicken w/Gravy Biscuit Broccoli Glazed Beets Seasonal Fruit Milk	Sweet & Sour Pork Jasmine Rice Dinner Roll San Francisco Vegetable Blend Green Beans & Onions Fresh Grapes Milk Margarine	Chicken Cordon Bleu Texas Bread Mashed Potatoes Green Peas Spinach Salad Seasonal Fruit Milk Ranch Salad Dressing	Beef Chili Baked Potato Half Wheat Bread Mixed Vegetables Parslied Carrots Seasonal Fruit Vanilla Pudding <i>Diet - Sugar-Free Pudding</i> Milk Sour Cream
30	31		
Hawaiian Chicken Haystack White Rice Wheat Bread Japanese Vegetable Blend Cabbage & Carrots Pineapple Tidbits Milk Margarine	Beef Taco Soup Tortilla Chips Spanish Brown Rice Mixed Vegetables Mixed Green Salad Seasonal Fruit Milk Shredded Cheese Ranch Salad Dressing	A suggested donation of \$3.00 is requested from seniors 60 and older. Persons under 60 can enjoy a meal for \$7.00 Menu subject to change based on availability. Follow Us on Facebook @triocommunitymeals	

January Activities

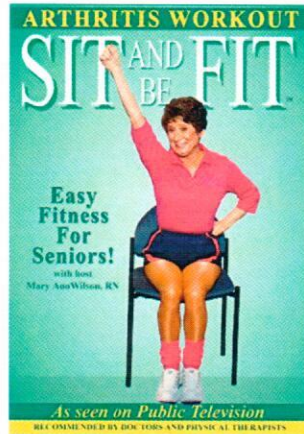
95 N. 300 W. Hurricane 435-635-2089

2-Jan	3-Jan	4-Jan	5-Jan
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch Caregiver Support Group 1:00	Billiards 9:00-3:00 Neck & Shoulder Massage 11:00 Grief Support Group 1:00 Drawing 101 1:00
9-Jan	10-Jan	11-Jan	12-Jan
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Grief Support Group 1:00 Drawing 101 1:00 Knitting/Crochet 1:00
16-Jan	17-Jan	18-Jan	19-Jan
Closed for Holiday	Billiards 9:00-3:00 Video Tai Chi 10:00 Nail-trim for feet 10:00 Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Dixie Can Do's to entertain @ lunch Caregiver Support Group 1:00	Video Chair Yoga 10:00 Rob Goulding to entertain @ lunch Grief Support Group 1:00 Drawing 101 1:00
23-Jan	24-Jan	25-Jan	26-Jan
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00 Bingo after lunch	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards	Billiards 9:00-3:00 Video Sit Fit 10:00 Crafts 1:00	Billiards 9:00-3:00 Video Chair Yoga 10:00 Grief Support Group 1:00 Knitting/Crochet 1:00 Drawing 101 1:00 Birthday Celebration
30-Jan	31-Jan		
Billiards 9:00-3:00 Video Sit Fit 10:00 Wii bowling 11:00 Health Screening 11:00	Billiards 9:00-3:00 Video Tai Chi 10:00 Hand & Foot Cards		

Thrift Store is Open Mon-Thurs 10:00 am to 2:00 pm

Exercise Classes

SIT & BE FIT — Monday's & Wednesday's @ 10:00am



TAI-CHI — Tuesday's @ 10:00am



YOGA — Thursday's 10:00am



Exercise Classes are a suggested donation for 60+ clients.

Under 60 clients-\$5.00.

NEW / NEW
YEAR / YOU

BOOST YOUR
GUT HEALTH

Food is truly medicine, and the gut microbiome is living proof. The gut or digestive tract is home to over 10-100 trillion bacterial cells referred to as microbiota and collectively are called the microbiome.

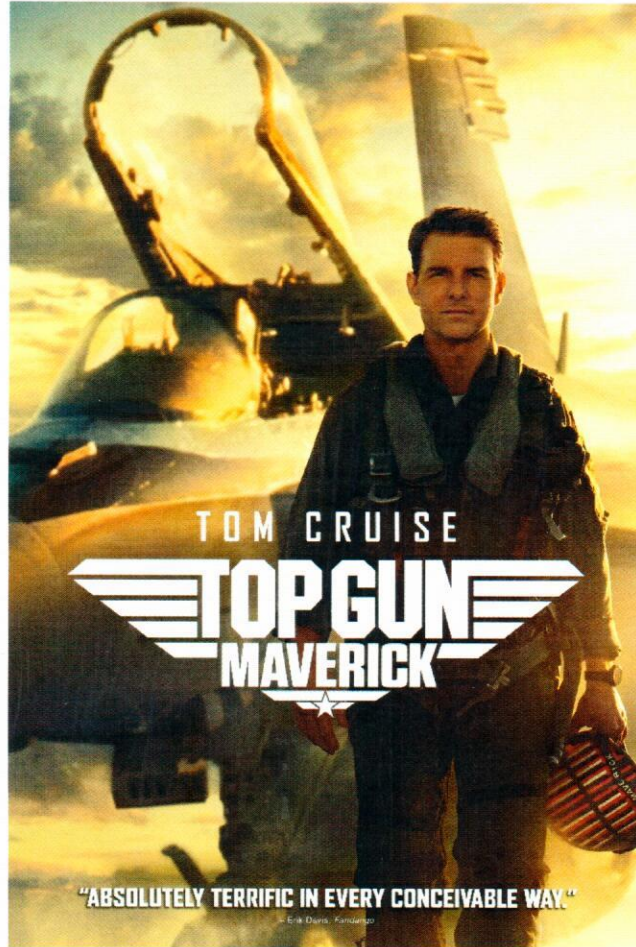
These bacteria are essential for digesting, absorbing and metabolizing food as well as supporting mental and immune health. In fact, 60-70% of our immune system is in our gut. We have a diversity of good and bad gut bacteria. When it is out of balance, our gut (and immune system) will not function optimally – giving us digestive issues and, in more severe cases, may trigger disease.

The gut microbiome changes with the individual over time; it is affected by several factors, including age, long-term dietary habits, lifestyle, environmental exposures, antibiotic use and stress. The good news is we can restore our gut microbiome with the foods we eat. In fact, dietary changes impact the gut microbiota within 24 hours. Diversity of bacteria is the goal: the more diverse the diet, the more diverse the microbiota.

What to Eat for a Diverse Microbiota

Foods containing prebiotic fibers which good gut bacteria needs to grow and survive	Leeks, onions, garlic, jicama, asparagus, apples, seaweed, Jerusalem artichokes, chicory root, dandelion greens, tomatoes, peas, soybeans, whole grains, flax seed, legumes, nuts, cooked and cooled potatoes or white rice
Probiotic foods that restore and maintain good gut bacteria	Kefir, yogurt, kimchi, krauts, kombucha, miso, other cultured dairy and dairy alternatives
Foods rich in omega-3 essential fatty acids	Best sources: oily fish such as salmon, sardines and tuna Good sources: walnuts, chia seeds and flax seeds
A balanced amount of plant-based and animal-based proteins	Plant-based whole foods like legumes, nuts, tofu and seeds & lean animal-based whole foods such as poultry, fish, shellfish, eggs and dairy products
Foods rich in vitamins, minerals and polyphenols	Vegetables, fruits, herbs, cacao, whole grains and nuts

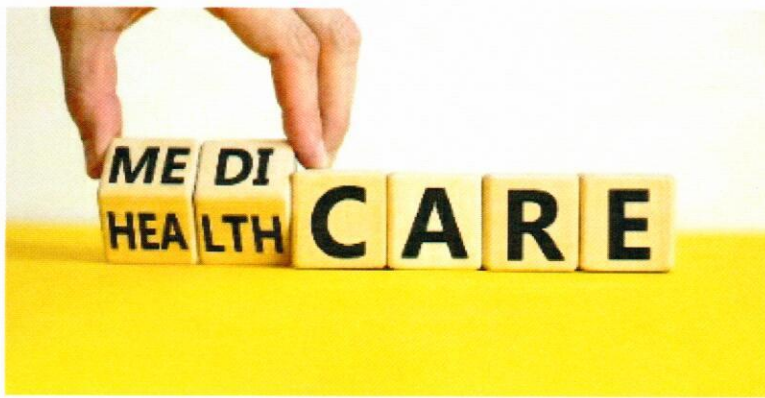
Movie of the Month:



Cast

- Tom Cruise●Val Kilmer●Jennifer Connelly●Miles Teller●
- Glen Powell●John Hamm●Lewis Pullman●

After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.



Medicare Part D

Medicare Part D, which is an optional prescription drug insurance program for people on Medicare. You pay a monthly premium to an insurance carrier for your Part D plan. In return, you use the insurance carrier's network of pharmacies to buy your prescription medications. To protect people, the law is very specific about how Medicare prescription drug plan providers conduct themselves.

- Medicare Part D plan representatives may enroll you on the phone *only if YOU call them*. To be on the safe side, call Medicare first to check out any provider you may be tempted to contact. The number to call is 1-800-MEDICARE (1-800-633-4227) and the TTY number is 1-877-486-2048. The Medicare phone line is open 24 hours a day.
- The government does not recommend any particular prescription drug plan — it simply verifies that a provider is legitimate.
- Anyone who contacts you about Medicare Part D without you seeking them out first is likely a scammer. Don't share your information, and don't pay them.
- Medicare Part D providers may come to your home only if you've invited them. Don't talk to anyone who comes to your door with unsolicited offers of drug coverage. The law says prescription drug benefit companies can't visit your home unless you've given them permission.

To report suspected Medicare fraud, contact your local Senior Medicare Patrol Program

OTC Hearing Aids

What are over-the-counter (OTC) hearing aids?

Over-the-counter (OTC) hearing aids are a new category of hearing aids that consumers can buy directly, without visiting a hearing health professional. These devices are intended to help adults with perceived mild to moderate hearing loss. Like prescription hearing aids, OTC hearing aids make sounds louder so that some adults with difficulty hearing are better able to listen, communicate, and participate fully in daily activities. In addition, OTC hearing aids are regulated as medical devices by the U.S. Food and Drug Administration (FDA).

OTC hearing aids are an alternative to prescription hearing aids, which are currently only available from hearing health professionals, such as audiologists, otolaryngologists (ear, nose, and throat doctors), and hearing aid specialists. The hearing health professional fits you for the hearing aid, adjusts the device based on your hearing loss, and provides other services.

You can buy OTC hearing aids as soon as mid-October 2022 directly in stores and online, where prescription hearing aids are not available. You fit them yourself, and you may be able to control and adjust the devices

in ways that users of prescription hearing aids cannot. Some OTC hearing aids might not look like prescription hearing aids at all.

OTC hearing aids are for adults with perceived mild to moderate hearing loss. They are not meant for children or for adults who have more severe hearing loss or significant difficulty hearing. If you have more severe hearing loss, OTC hearing aids might not be able to amplify sounds at high enough levels to help you.

Who are OTC hearing aids for?

OTC hearing aids are for adults (18 and older) who believe they have mild to moderate hearing loss, even if they have not had a hearing exam. You might have mild to moderate hearing loss if, for example:

- Speech or other sounds seem muffled.
- You have trouble hearing when you're in a group, in a noisy area, on the phone, or when you can't see who is talking.
- You have to ask others to speak more slowly or clearly, to talk louder, or to repeat what they said.
- You turn up the volume higher than other people prefer when watching TV or listening to the radio or music.

If you have trouble hearing conversations in quiet settings—or have trouble hearing loud sounds, such as cars or trucks, noisy appliances, or loud music—consult a hearing health professional. These are signs that you might have more severe hearing loss and that OTC hearing aids won't work well for you. A hearing health professional can help you determine if a prescription hearing aid or other device can help you hear better.

Why are some hearing aids available without a prescription?

Hearing loss significantly affects quality of life for tens of millions of adults in the United States and contributes to high health care costs. Untreated hearing loss can lead to isolation, and it has been associated with serious conditions such as depression, anxiety, low self-esteem, dementia, reduced mobility, and falls. Yet only one in four adults who could benefit from hearing aids has ever used them. Making hearing health care more accessible and affordable is a public health priority, especially as the number of older adults in the U.S. continues to grow.

A law established as part of the FDA Reauthorization Act of 2017 directed the FDA to create a category of OTC hearing aids for adults with perceived mild to moderate hearing loss. As part of this process, in October 2021, the FDA formally proposed a rule to establish the new OTC hearing aids category. Finalized in August 2022, the final rule allows hearing aids within this category to be sold directly to consumers in stores or online without a medical exam or a fitting by an audiologist. Hearing aids for more severe hearing loss or for users younger than age 18 remain prescription devices.

Where can I find more information about hearing loss and hearing aids?

The NIDCD maintains an online directory of organizations that provide information on the normal and disordered processes of hearing, balance, taste, smell, voice, speech, and language.

To read more about hearing loss and hearing aids, visit:

- [Age-Related Hearing Loss](#)
- [Hearing Aids](#)
- [Hearing Aids \(FDA\)](#)

Top 10 Healthy New Year's Resolutions for Older Adults

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats

In later life, you still need healthy foods, but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow, and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans, and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice, and whole grain pasta. Pick less fatty meats like chicken or turkey. Have heart-healthy fish, like tuna, salmon, or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong, Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add flavor when cooking, which reduces the need to add salt or fat.

Consider a multivitamin

Consult your healthcare provider about any nutrition issues that may need over-the-counter vitamins or nutrition supplements.

Be active

Physical activity can be safe and healthy for older adults—even if you have heart disease, diabetes, or arthritis! In fact, many of these conditions get better with mild to moderate physical activity. Exercises such as tai chi, water aerobics, walking, and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture, and mood.

See your provider regularly

You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. Screening tests might include checking your vision, hearing, and for other conditions such as breast cancer, colon cancer, or osteoporosis. At each visit, talk to your provider about all the medications you're taking, and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

Toast with a smaller glass

Excessive drinking can make you feel depressed, increase your chances of falling, trouble sleeping, interact with your medications, and can contribute to other health problems.

Guard against falls

One in every three older adults falls each year-and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Give your brain a workout

The more you use your mind, the better it will work. Read, do crossword puzzles or Sudoku. Socializing also gives your brain a boost, so join a bridge club or a discussion group at your local library or senior center.

Quit smoking

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy, and sleep better if you quit smoking. Additionally, ask your healthcare provider for help. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

Speak up when you feel down or anxious

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability, and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

Get enough sleep

Older adults need less sleep than younger people, right? Wrong! Older people need just as much-at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening.

<https://www.healthinaging.org/tools-and-tips/top-10-healthy-new-years-resolutions-older-adults>



Slips, Trips, And Falls Prevention in Winter

To help prevent a dangerous fall this winter, try implementing the following strategies:

- **Get and Remain Active**

It is important to remain active, routinely practicing special strengthening and balance exercises—especially those that help make your legs stronger. Try Yoga and Tai Chi to improve balance.

- **Have Your Vision Checked**

Consult with an optometrist at least once a year to make sure you have the correct prescription eyeglasses. Not many people realize that impaired vision more than doubles a person's risk of falling.

- **Proceed with Caution**

Be sure to “test” the ground before stepping out of the house, car, or any outdoor space. It can be difficult to see icy spots on the ground.

- **Winterize Walkways**

If you are unable to clear snow and ice from a walkway, do not be afraid to ask for help or consider hiring someone to do it for you. Spreading kitty litter or sand in walking areas can also help provide better traction for walking.

- **Watch for Slippery Indoor Floors**

Naturally, people track rain, snow, and sleet in with them from outside. And, once indoor temperatures melt snow and ice, it can make for a slippery floor.

- **Go Slow**

If you find that you are in a hurry, try to make a conscious effort to slow down. Being in a rush only exacerbates your chance of falling, especially if there is snow and/or ice present.

- **Evaluate Your Wardrobe**

Believe it or not, wearing the wrong kind of clothing can up an opportunity of falling. While worn shoes with a lack of tread likely come to mind, a loose robe, long skirt, or another trailing piece of fabric can easily serve as a tripping hazard. Wear warm clothing, including gloves and shoes with skid soles whenever going outside.

- **Take Your Phone**

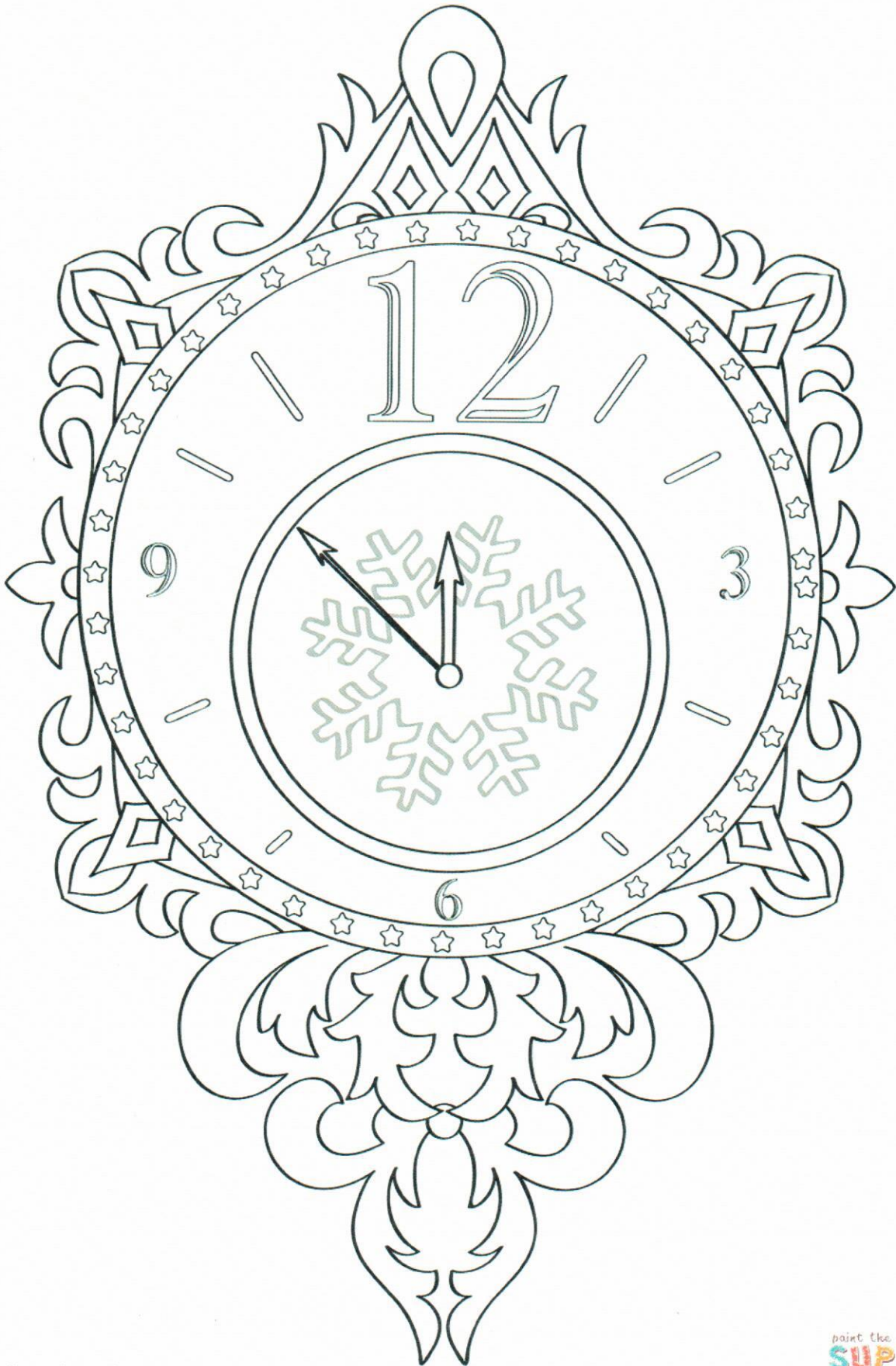
Be sure to have your cell phone with you to contact someone you know or call 911 in the event that you do fall and need assistance.

- **Talk with Your Doctor**

Do not be afraid to be open with your doctor about any fears you have concerning falling. It is also helpful to discuss any problems you have with medications that make you sleepy, dizzy, or affect your balance. You may also want to ask your physician about taking Vitamin D and calcium supplements to help reinforce your bone health.

<https://emergeortho.com/news/fall-prevention-winter-safety-tips/>





HAPPY NEW YEAR

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

By Jimmy and Evelyn Johnson - www.qets.com

Calendar
Champagne
Clock
Confetti
Family
Fireworks
First

Hangover
Happy
Hat
Holiday
January
Kiss
Midnight

Parade
Party
Resolution
Sing
Sparkler
Toast
Year

JANUARY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

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Bleak	Frosty	Resolution
Blizzard	Garnet	Skate
Blustery	Hibernate	Ski
Boots	Ice	Snow
Carnation	January	Storms
Fog	Parka	Winter
Frostbite	Quilt	Zero