



OLD GLORY

Volume 6, Issue 10

October 2020



pennsylvania
DEPARTMENT OF MILITARY
AND VETERANS AFFAIRS
SOUTHWESTERN
VETERANS' CENTER



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- | | |
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| R. Whorten | G. Franks |
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| R. Kotler | J. Turton |
| D. Carnprobst | R. Lenk |
| J. Martin | |



Commandants Corner...

October brings our 8th month of response to the COVID19 pandemic. We truly did not foresee in March that the Policies and Procedures we quickly put in place to keep our residents and staff safe would still be in place in October. We did not predict the frequent and significant changes in guidance regarding COVID19 from the Centers for Medicare and Medicaid Services, Pennsylvania Department of Health, and Centers for Disease Control. The donations received from our Veterans Service Organizations, Corporate Partners, and Private Donors have been generous and we are so thankful for the continued support.

Our goal through the entire pandemic has been to be transparent, timely, and thorough with our communication while maintaining the highest level of emotional and physical health for our residents and staff. Our staff's response to COVID19 has been nothing short of amazing. Each day they go above and beyond to celebrate and comfort our residents. Their out-of-the box ideas to celebrate birthdays, anniversaries, and communicate with loved ones have helped to bring some comfort, although we know nothing can replace actual time spent with their loved ones.

We receive many questions on the timing of reopening and lifting restrictions on skilled nursing facilities. We are following the guidance from the Pennsylvania Department of Health that specifically details visitor policies, dining services, activities, non-essential personnel, volunteers, and outings.

The guidance can be found on the Department of Health website at this link:

<https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/SNF-Guidance.aspx>

As we move into the Holiday Season, we welcome any suggestions or ideas on how to make our residents Holidays wonderful, regardless of which phase of reopening we are in. Please reach out to Chris Veitch, Therapeutic Recreation Supervisor, at 412-665-6744 with any suggestions or requests for Holiday Celebration ideas that can accommodate with COVID19 restrictions.

If you have any questions, concerns, or comments please do not hesitate to call the Commandant' Secretary, Cheri McAfee, at 412-665-6708.

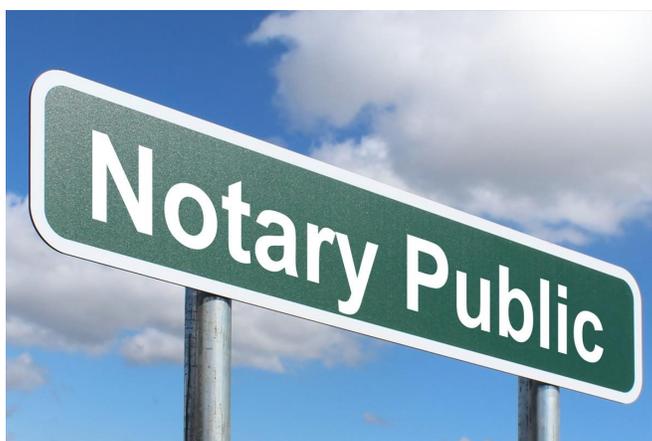
Social Services

INVENTORY ITEMS...

When new items are obtained, please stop at our Security desk and have a Security Officer complete an inventory form. Security will ensure the items such as clothing & blankets get sent to laundry for labeling. There are also other things that need inventoried such as TV's/radios and chairs.

Inventory is vital in case an item needs to be replaced.

****If you have any questions regarding this process, please contact a Social Worker for clarification.****



If any resident needs something notarized please see your Social Worker.

Natalie Fewell is now the facility Notary if anything is needed.

I am not an attorney licensed to practice law in this Commonwealth. I am not allowed to draft legal records, give advice on legal matters, including immigration, or charge a fee for those activities.

No soy un abogado con licencia para ejercer la abogacía en esta Commonwealth. No se me permite redactar registros legales, dar asesoramiento sobre asuntos legales, incluyendo inmigración, o cobrar una tarifa por esas actividades.

Social Services

John A. volunteer department shared this resource from AARP. They are doing a Community Connections program, which are just volunteers to talk via phone with our residents. I have attached the flyer. Please share with any Veterans you feel my benefit from additional support.



SOMEONE WHO CARES IS JUST A PHONE CALL AWAY.

Being connected is important—especially during the COVID-19 pandemic when people see fewer visitors and many regular activities are postponed. You don't have to face this difficult time alone.

If you or someone you love is feeling isolated or anxious in these challenging times, a friendly phone call may help. That's why we created the AARP Friendly Voice program – a trained, caring group of volunteers standing by ready to chat, listen, or just say hello.

AARP Friendly Voice is part of AARP Community Connections, a new website that offers steps to find help – or give it – during the coronavirus pandemic. Visit aarpcommunityconnections.org to learn more.

It's easy.

Request a call by dialing AARP at 1-888-281-0145 for English or 1-888-497-4108 for Spanish, between 9 a.m. and 5 p.m. local time.

AARP Real Possibilities
Pennsylvania

Breast Cancer Awareness Month 2020:

The importance of **early detection**. According to studies, early detection of breast cancer can increase the survival rates of the patient. It is important to check for the signs and symptoms of breast cancer.



October is...

Breast Cancer Awareness Month



Columbus Day, October 12

Columbus Day is a national holiday in many countries of the Americas and elsewhere which officially celebrates the anniversary of Christopher Columbus's arrival in the Americas on October 12, 1492

HALLOWEEN, Saturday October 31st



On Friday October 2nd, Certified Nursing Assistant Thomasina Gilbert was commended by Commandant Richard Adams for her quick response in performing the Heimlich Maneuver on a Veteran in distress. She was presented with the coin of the Deputy Adjutant General for Veterans Affairs.

Thank you Thomasina for the excellent care you provide to the residents of Southwestern Veterans' Center!



*Thank
You*

Congratulations

New to Administration, Amanda Schwarz (Admissions Clerk)

Hello! I'm Amanda and I'm not sure about what to put in this blurb. So, I enlisted the help of some of the residents on 2 South for ideas.

Things they told me to include were

“cat woman” (just think about it),

“museum employee” (my other job and maybe a slight pastime),

“having fun working with Veterans” (who are never wrong and always call me marvelous),

“future polyglot” (muchos gracias), and finally,

“writer, just not about [myself]” So yeah, I think that about sums it up.

Special thanks to Mr. G, Mr. Ellis, Mr. Powell, Mr. Stubbs, Mr. Kargle, and Mrs. Kajut for helping me come up with some pretty cool ideas about myself.

Please feel free to ask me in detail about anything written above.

welcome

SOUTHWESTERN VETERANS CENTER ACTIVITIES AND EVENTS



October 2020



SOUTHWESTERN VETERANS CENTER ACTIVITIES AND EVENTS

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>4</p> <p>8:45-10:30 DONUTS AND COFFEE CART 10:45-12:00 PHONE CALLS/VIDEO CHATS/VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-3S 2:15-3:00 OUTDOOR ACTIVITY-4N 3:30 OUTDOOR ACTIVITY-4S</p>	<p>5</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:30-3:00 OUTDOOR ACTIVITY 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-8:00 OUTDOOR ACTIVITY-UNITS</p>	<p>Family Visits/ Video Chats Please call to schedule @ 412-665-6745</p> <p>6</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-11:45 OUTDOOR ACTIVITY-3NJS 1:15-2:15 OUTDOOR ACTIVITY-2S2N 2:30-3:30 CERAMICS-UNITS 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-4S 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p><i>Calendar subject to change</i></p> <p>7</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 11:00 DISTRIBUTION COUNCIL FORMS 1:30 ON-UNIT BINGO- 2N 4:00 HYDRATION STATIONS/ROOM VISITS 6:30 OUTDOOR ACTIVITY-3NJS 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>1</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:30-3:00 ICE CREAM CART 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-2NJS 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>2</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:15-2:15 OUTDOOR ACTIVITY-2S 2:45-3:45 OUTDOOR ACTIVITY-3NJS 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-8:00 OUTDOOR ACTIVITY-4N4S</p>	<p>3</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-2S 2:15-3:00 OUTDOOR ACTIVITY-2N 3:30 OUTDOOR ACTIVITY-3N</p>
<p>11</p> <p>8:45-10:30 DONUTS AND COFFEE CART 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-3S 2:15-3:00 OUTDOOR ACTIVITY-4N 3:30 OUTDOOR ACTIVITY-4S</p>	<p>12 Columbus Day</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:30-3:00 OUTDOOR ACTIVITY 4:00 HYDRATION STATIONS/ROOM VISITS 6:30 VW VIDEO GAME-1:1 6:30-8:30 OUTDOOR ACTIVITY-UNITS</p>	<p>13</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:30-11:00 PRESIDENT FUNNEL CAKE-DAY 11:00-11:45 OUTDOOR ACTIVITY-3NJS 1:30-3:00 CERAMICS-UNITS 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-4N4S 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>14</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:00 MEETING WITH COUNCIL PRESIDENT 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:30 ON-UNIT BINGO- 3S 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-3NJS 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>15</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/ VISITS WITH FAMILY 1:30-3:00 ICE CREAM CART 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-4N4S 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>16</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:15-2:15 OUTDOOR ACTIVITY-2S 2:45-3:45 OUTDOOR ACTIVITY-3NJS 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-8:00 OUTDOOR ACTIVITY-4N4S</p>	<p>17</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-2S 2:15-3:00 OUTDOOR ACTIVITY-2N 3:30 OUTDOOR ACTIVITY-3N</p>
<p>18</p> <p>8:45-10:30 DONUTS AND COFFEE CART 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-4N 2:15-3:00 OUTDOOR ACTIVITY-4S 3:30 OUTDOOR ACTIVITY-4S</p>	<p>19</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:30-3:00 OUTDOOR ACTIVITY 4:00 HYDRATION STATIONS/ROOM VISITS 6:30 VW VIDEO GAME-1:1 6:30-8:00 OUTDOOR ACTIVITY-UNITS</p>	<p>20</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-11:45 OUTDOOR ACTIVITY-3NJS 1:15-2:15 OUTDOOR ACTIVITY-2S2N 2:30-3:30 CERAMICS-UNITS 4:00-4:15 ON-UNIT BINGO- 2N 4:15-5:15 OUTDOOR ACTIVITY-4N4S 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>21</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00 VETERANS FUND 11 MEETINGS 1:30 ON-UNIT BINGO- 2N 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-4N4S 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>22</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/ VISITS WITH FAMILY 1:30-3:00 ICE CREAM CART 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-3NJS 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>23</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:15-2:15 OUTDOOR ACTIVITY-2S2N 2:45-3:45 OUTDOOR ACTIVITY-3NJS 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-8:00 OUTDOOR ACTIVITY-4N4S</p>	<p>24</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-2S 2:15-3:00 OUTDOOR ACTIVITY-2N 3:30 OUTDOOR ACTIVITY-3N</p>
<p>25</p> <p>8:45-10:30 DONUTS AND COFFEE CART 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-3S 2:15-3:00 OUTDOOR ACTIVITY-4N 3:30 OUTDOOR ACTIVITY-4S</p>	<p>26</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:30-3:00 HOTDOG GRILLING FOR RESIDENTS- UNIT TO UNIT 4:00 HYDRATION STATIONS/ROOM VISITS 6:30 VW VIDEO GAME-1:1 6:30-8:00 OUTDOOR ACTIVITY-UNITS</p>	<p>27</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-11:45 OUTDOOR ACTIVITY-3NJS 1:15-2:15 OUTDOOR ACTIVITY-2S2N 2:30-3:30 CERAMICS-UNITS 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-4N4S 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>28</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:30 ON-UNIT BINGO- 4S 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-3NJS 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>29</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/ VISITS WITH FAMILY 1:30-3:00 ICE CREAM CART/32998 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-7:15 OUTDOOR ACTIVITY-3N-2S 7:30 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY</p>	<p>30</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:15-2:15 OUTDOOR ACTIVITY-3N-3S-2S 2:45-3:45 OUTDOOR ACTIVITY-3NJS 4:00 HYDRATION STATIONS/ROOM VISITS 6:30-8:00 OUTDOOR ACTIVITY-4N4S</p>	<p>31 Halloween</p> <p>9:00-10:30 ROOM TO ROOM COFFEE AND CONVERSATION 10:45-12:00 PHONE CALLS/VIDEO CHATS/ VISITS WITH FAMILY 1:00-1:45 OUTDOOR ACTIVITY-2S 2:15-3:00 OUTDOOR ACTIVITY-2N 3:30 OUTDOOR ACTIVITY-3N</p>



Activities department is outside with a few residents.



Ray and his daughter for a visit.





Mr. Morris and his ceramics

Photos by Amanda and Mark E.





Photos by Amanda and Mark E.

REVENUE DEPARTMENT...

2021 ANNUAL ENROLLMENT PERIOD DATES

Dates and deadlines you need to know



OCT. 15, 2020	DEC. 7, 2020	JAN. 1, 2021
<small>ANNUAL ENROLLMENT PERIOD BEGINS</small>	<small>ANNUAL ENROLLMENT PERIOD ENDS</small>	<small>FIRST DATE COVERAGE CAN START</small>
<small>This is the first day you can enroll for 2021 health coverage.</small>	<small>This is the last day you can enroll for 2021 health coverage.</small>	<small>Even if you enroll in December 2020, your new Medicare plan won't go into effect until Jan. 1, 2021.</small>

The Medicare Open Enrollment Period is an annual period of time (October 15 - December 7) when current Medicare users can choose to re-evaluate part of their Medicare coverage (their Medicare Advantage and/or Part D plan) and compare it against all the other plans on the market.

The Revenue Department at SWVC will use this enrollment period to re-evaluate the current Medicare D plans and make changes if another plan is found. Remember, the Medicare D plans are a deduction from the bill. We will not change prescription drug coverage through a HMO/PPO including any employer coverage.

****If you do not want your Medicare D coverage changed, notify us at 412.665.6736 (Cheryl) or 412.665.6776 (Alicia). ****

Volunteer Department



The American Red Cross donated Mums, Hay bales, and Pumpkins to Southwestern Veterans' Center to help bring some Fall cheer to our Veterans!

Pauline Duncan helped to facilitate the donation, and SWVC staff decorated the grounds for all to enjoy. Thank you to Pauline, SWVC staff, and the American Red Cross!

Thank you



Volunteer Department

Mary Ann Raymer and John Ayers, Volunteer Coordinator.



Mary Ann and Erin Rakow, Deputy Commandant.



*Thank
you*

**AARP Representative Mary Ann Raymer, delivering Fall Decorations!!
Thank you AARP for these wonderful gifts to enhance the outside beauty of the Southwestern
Veterans' Center.**

Autumn Word Search



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

autumn
fall
season
leaves
brown
yellow
red
rake
bonfire
leaves



SUDOKU easy

		4			7	3		
	6		2	3			4	
7		8	5			9		6
2				5		4	8	
	1		4		3		5	
	5	3		7				9
1		5			8	6		4
	8			6	4		9	
		9	3			2		

Sudoku is a logic-based, number-placement puzzle. The objective of Sudoku is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids contains all of the digits from 1 to 9.



HAPPY HALLOWEEN

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

BAT

BEWARE

BOO

BROOM

CANDY

CAULDRON

DRACULA

GHOST

GRAVEYARD

MONSTER

MUMMY

PUMPKIN

SPIDER

SPOOKY

TREAT

TRICK

VAMPIRE

WAREWOLF

WITCH

ZOMBIE

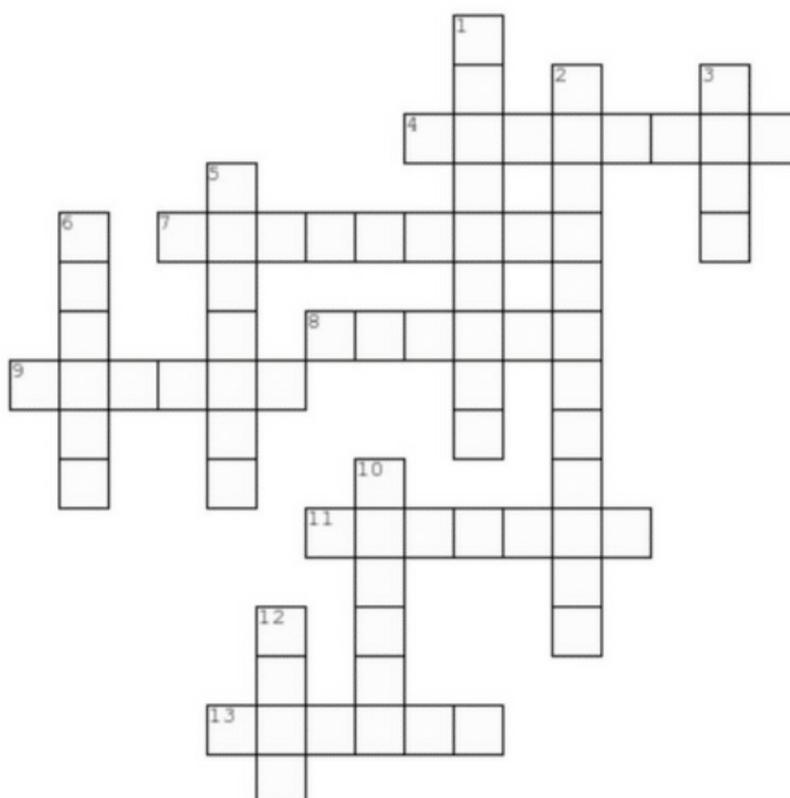
SUDOKU hard

	1				8		4	
2	7	8	4				3	
		4				1		7
			3			9		
			8	9	6			
		9			5			
6		7				3		
	5				2	8	1	6
	8		6				9	

Sudoku is a logic-based, number-placement puzzle. The objective of Sudoku is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids contains all of the digits from 1 to 9.



Fall Crossword

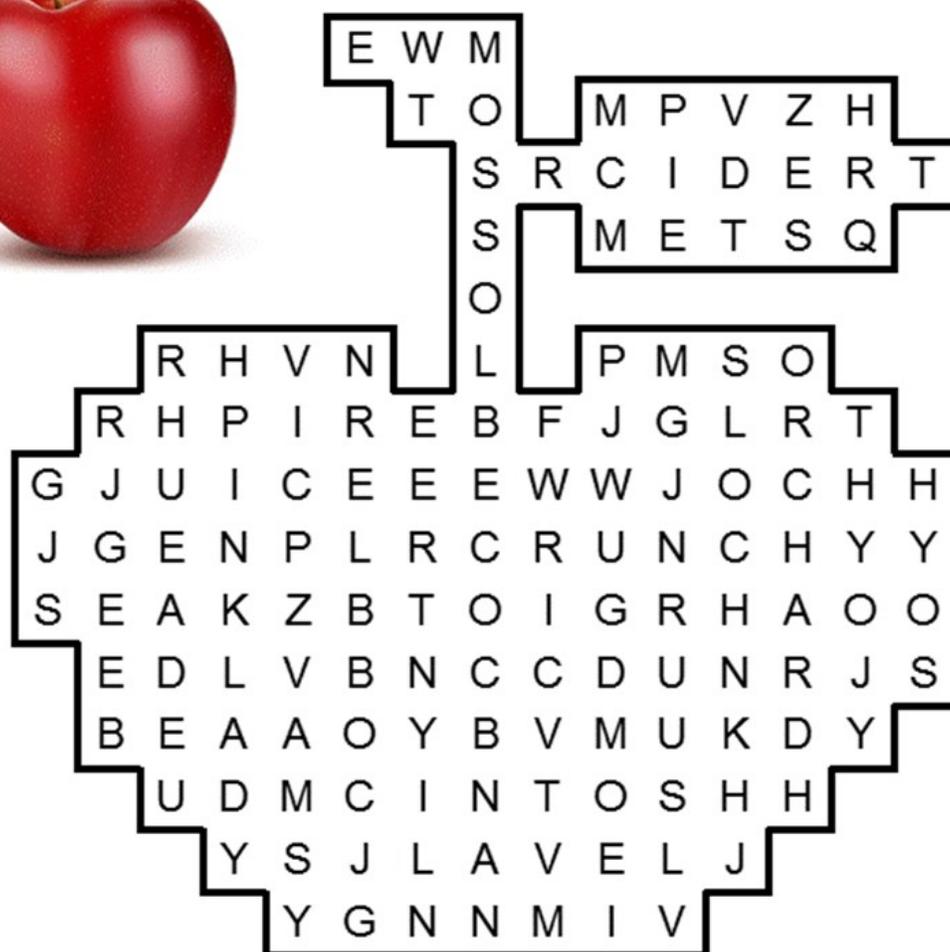

**Across**

4. Jewish Holiday, Rosh _____
 7. Scary Holiday
 8. Fall from oak trees
 9. Change colors
 11. For carving and pie
 13. Color

Down

1. Used to frighten birds
 2. Feast Holiday
 3. Tool to clean the grass of leaves
 5. Marks the end of the growing season
 6. Squirrel
 10. Another name for Fall
 12. Grows on stalks

Apple Word Search



BLOSSOM
CIDER
COBBLER
CORE
CRUNCHY
GALA
GREEN

JUICE
JUICY
MCINTOSH
ORCHARD
PEEL
PIE
PINK LADY

RED
SEEDS
STEM
TREE
WORM

SUDOKU EASY

		9	4		6	3		
	5	8	7				9	
6				9			7	4
9				5			2	3
		5	8		9	7		
1	4			6				5
5	9			3				7
	3				1	2	6	
		1	9		4	5		

****Sudoku is a logic-based, number-placement puzzle. The objective of Sudoku is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids contains all of the digits from 1 to 9.****

COLORING FUN



paint the world
SUPER
COLORING

COLORING FUN





September Answers

Insects Word Scramble

All of the scrambled words below are names of insects you have probably heard about. Can you put the letters in the right order to spell the 19 different insect names correctly?

OUTMQISO	MOSQUITO	
BTLTEUYFR	BUTTERFLY	
MTHO	MOTH	
LEEBET	BEETLE	
CCIDAA	CICADA	
ELVFSRHO	HORSEFLY	
PAWS	WASP	
ITKSC 6BU	STICK BUG	
AYGPRNI NMATSI	PRAYING MANTIS	
EBE	BEE	
ALFE	FLEA	
LNFOAYGRD	DRAGONFLY	
AGDBLYU	LADYBUG	
PSESHRA GPOR	GRASSHOPPER	
EIRETTM	TERMITE	
COOCHRKAC	COCKROACH	
NAT	ANT	
RIEKCTC	CRICKET	
YLF	FLY	

Hand Hygiene Crossword Puzzle

Name: _____ Date: _____



Across

- Use _____ while washing your hands
- Clean your hands before and _____ treating a wound
- Name of the hand sanitizer in your hospital
- Wash your hands for at least _____ seconds
- Do not forget the _____ of your hands!
- Be sure to lather the back of your hands and _____ your fingers
- _____ your hands with clean and running water

Down

- _____ is essential!
- Use an _____ based hand sanitizer
- Wash your hands _____ eating food

7	2	9	8	3	6	4	5	1
1	3	6	4	5	9	8	7	2
4	5	8	7	2	1	9	3	6
9	6	5	3	1	7	2	8	4
2	4	3	9	8	5	6	1	7
8	1	7	6	4	2	3	9	5
5	9	2	1	6	8	7	4	3
3	8	1	2	7	4	5	6	9
6	7	4	5	9	3	1	2	8

***If you would like to send me your answers to the puzzles I will put them in the next issue. ***

September Answers



holiday tribute parade picnics observe working
workers celebrate leadership occupation union labor

Labor Day

A 15x15 letter grid with the following words circled in blue:

- tribute
- picnic
- observe
- working
- union
- labor

Sandwiches Word Scramble

All of the scrambled words below are different sandwiches. Can you put the letters in the right order to spell the different words correctly? Careful! Some of the "words" are actually two words.

OGLOANB	BOLOGNA
RMBGUERHA	HAMBURGER
TMEYLAPT	
TALBMLAE	MEATBALL
EESCHETAESK	CHEESESTEAK
RUANZ	
EARSFBKAT	BREAKFAST
NUBREE	REUBEN
UMBAISRNE	SUBMARINE
ERLDIS	SLIDER
NAUT	TUNA
BCUL	CLUB
EBCFNREOD	CORNED BEEF
DCPNIRHFE	FRENCH DIP
DVERNE	
GALGEDSA	EGG SALAD
STEKA	STEAK
MNESIOIOTCRT	
YSJOOPLP	SLOPPY JOE

September 11, 2001

A 15x15 letter grid with the following words circled in blue:

- AL QUAEDA
- AFGHANISTAN
- AMERICAN
- ATTACK
- BIN LADEN
- BOMBS
- BOX CUTTERS
- COLLAPSE
- CRASH
- DEBRIS
- DUST
- EVIL
- FEAR
- FIREMEN
- FUEL
- GROUND ZERO
- HEAT
- HEROES
- HIJACKED
- JETS
- LET'S ROLL
- NORTH TOWER
- PENTAGON
- PILOTS
- POLICEMEN
- RUBBLE
- RUN
- SMOKE
- SOMERSET COUNTY
- SOUTH TOWER
- STAIR WELL
- SUICIDE
- TALIBAN
- TERROR
- TRAPPED
- RUBBLE
- UNITED
- VICTIMS
- WAR

5	2	3	6	4	9	1	7	8
6	7	4	8	1	3	9	5	2
1	9	8	7	5	2	6	3	4
2	3	9	5	8	7	4	6	1
7	1	5	9	6	4	2	8	3
8	4	6	3	2	1	5	9	7
4	5	7	1	3	6	8	2	9
9	6	1	2	7	8	3	4	5
3	8	2	4	9	5	7	1	6



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In Memory of our Comrades-In-Arms

*Lee Edwards
Thomas Borowitz
Francis Liberatore
Steve Cumbay
George Adams
William Campbell*



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