The Willows
PRIVATE NURSING HOME PTY LTD

ISSUE 44. August 2023

Whispers from the Willows NEWSLETTER

Welcome to our newsletter for August.
We hope that you enjoyed our previous newsletters.

We will continue to bring you as much news, important facts and fun things in our upcoming newsletters and continue here with our August issue. Hope that you our residents and your family on the outside as well as our staff here at The Willows Private Nursing Home enjoy.

OUR PHILOSOPHY

To provide optimum health care and rehabilitation in an environment which respects the rights, dignity and feelings of the residents.
Our health care is given with compassion, care, love and encouragement with every consideration for privacy, comfort and the independence of our residents.

IT'S AUGUST ALREADY?

I DON'T EVEN KNOW WHAT DAY IT IS ANYMORE!

From the Admin Desk

Hi All

We are in the middle of winter, and it's been quite cold, so we haven't taken the residents out to the garden much. We were very lucky with the weather on our Christmas in July lunch and managed to have it outside and it was a fun day with entertainment and a hot turkey lunch. We even managed to get some Christmas pudding. I'm looking forward to the weather warming up and having more outside activities.
David has changed his days and is now here Monday – Friday and Tess on Saturday and Sunday so we now have full coverage in our Lifestyle department.

As always please let me know if you have any questions or concerns, either by email or pop in for a tea and a chat.

A reminder to please go to our Facebook page where we regularly post photos and other interesting content.

Maryann Inbari - CEO

From the Lifestyle Desk

Hi Everyone

So, here we are near the end of Winter. It might be cold, but it won't stop our fun and indoor activities! The leisure activity Soak Up the Sun, of course, will resume in the Springtime.

In the meantime, let us enjoy the Wintertime, The mornings are cool and soon the sun will come and give us happiness. This month in August we've introduced Men's Business monthly for a social group opportunity for the male residents get together, have a chat, a cold beverage, and to play cards or chess and talk men's business. We are hoping that Men's Business activities including different social opportunities.

Cheers,

David and Tess

Aged Care Employee Day

Thanks for caring

Aged Care Employee Day gives the whole of Australia an opportunity to celebrate and honour the people who care for all the older people in our community.

MONDAY 7 AUGUST 2023

accpa.asn.au/aged-care-employee-day

#ThanksforCaring

ANXIETY

LIMIT YOUR ALCOHOL AND CAFFEINE

Alcohol and caffeine can aggravate axiety and trigger panic attacks.

TAKE A TIME OUT

Practice yoga, meditate, listen to music, get a massage. It can help you clear your head

TAKE CARE OF YOURSELF

Taking care of yourself can make you feel good and lift your spirit

TALK TO SOMEONE

Tell friends and family you're feeling overwhelmed

GET HELP

If you're struggling with stress and anxiety consider getting help with a professional. It's okay!

GET A HOBBY

Hobbies can help you be more present and relax your mind

ANXIETY TIPS

ANXIETY IS ONE OF THE MOST COMMON MENTAL ILLNESS IN THE WORLD

liveweli

THE WORLD'S POPULATION IS RAPIDLY AGEING

The number of people aged 60 years or older will rise from 900 million to 2 billion between 2015 and 2050 (moving from 12% to 22% of the total global population).

Population ageing is happening more quickly than in the past.
For example, while France had almost 150 years to adapt to a change from 10% to 20% in the proportion of the population that was older than60 years, places like Brazil, China and India will have slightly more than 20 years to make the same adaptation.

Source: World Health Organisation – Summer 2022

Most famous misheard song lyrics

Have you ever been guilty of singing the wrong song lyrics? It's called a mondegreen and here, for your entertainment, are 22 of the most famous misquoted song lyrics.

Mondegreen: There's a bathroom on the right.
Should be: There's a bad moon on the rise.
Bad Moon Rising – Creedence Clearwater Revival
Mondegreen: And there's a wino down the road.
Should be: And as we wind on down the road.
Stairway to Heaven – Led Zeppelin
Mondegreen: Bake me a pie of love.
Should be: Bring me a higher love.
Higher Love – Steve Winwood
Mondegreen: I want a piece of bacon.
Should be: I wanna be sedated.
I Wanna Be Sedated – The Ramones
Mondegreen: I sometimes wish I'd never been boiled in oil.
Should be: I sometimes wish I'd never been born at all.
Bohemian Rhapsody – Queen
Mondegreen: No Dukes of Hazzard in the classroom.
Should be: No dark sarcasm in the classroom.
Another Brick in the Wall – Pink Floyd

Mondegreen: We are living in a Cheerio world, and I am a Cheerio girl.
Should be: We are living in a material world, and I am a material girl.
Material Girl – Madonna
Mondegreen: Wrapped up like a douche, another runner in the night.
Should be: Revved up like a deuce, another runner in the night.
Blinded by the Light – Manfred Mann's Earth Band
Mondegreen: Take your pants down and make it happen.
Should be: Take your passion and make it happen.
Flashdance – Irene Cara
Mondegreen: Back in '55, we were makin' fun that hurts.
Should be: Back in '55, we were makin' thunderbirds.
Makin' Thunderbirds – Bob Seger
Mondegreen: I can see you … your bra-strap's shining in the sun.
Should be: I can see you … your brown skin shining in the sun.
The Boys of Summer – Don Henley
Mondegreen: A year has gone since I broke my nose.
Should be: A year has passed since I wrote my note.
Message in a Bottle – The Police
Mondegreen: Your legs move but I can't hear what you're saying.
Should be: Your lips move but I can't hear what you're saying.
Comfortably Numb – Pink Floyd
Mondegreen: See that girl, watch her scream, kicking the dancing queen.
Should be: See that girl, watch that scene, digging the dancing queen.
Dancing Queen – Abba
Mondegreen: There's nothing that a hundred men on Mars could ever do.
Should be: There's nothing that a hundred men or more could ever do.
Africa – Toto
Mondegreen: Joy to the visions that the people see.
Should be: Joy to the fishes in the deep blue sea.
Joy to the World – Three Dog Night
Mondegreen: Are you ringing in the ears?
Should be: Are you reelin' in the years?
Reelin' In The Years – Steely Dan
Mondegreen: I got my first real sex dream, I was 5 at the time.
Should be: I got my first real six-string, bought it at the five-and-dime.
Summer Of '69 – Bryan Adams
Mondegreen: Money for nothin' and chips for free.
Should be: Money for nothin' and your chicks for free.
Money For Nothing – Dire Straits
Mondegreen: Every time you go away, you take a piece of meat with you.
Should be: Every time you go away, you take a piece of me with you.
Every Time You Go Away – Paul Young
Mondegreen: It doesn't make a difference if we're naked or not.
Should be: It doesn't make a difference if we make it or not.
Livin' On A Prayer – Bon Jovi
Mondegreen: Then I saw her face, now I'm gonna leave her.
Should be: Then I saw her face, now I'm a believer.
I'm a Believer – The Monkees

Guiding Your Loved One's Transition to Aged Care

1 Determine Your Loved One's Care Needs

2 Research Aged Care Facilities

3 Consider the Financial Implications

Moving a loved one to an aged care facility can be a difficult decision for families. Whether it's due to health reasons or the need for specialised care, the decision to move a loved one to aged care is never easy. However, with the right planning and preparation, families can make the process smoother and less stressful for everyone involved.
The following includes some key steps to consider when looking at moving a loved one to aged care in Australia.

Step 1:
Determine Your Loved One's Care Needs

The first step in the process is to determine your loved one's care needs.
This includes their physical, emotional, and medical needs. You may want to consider getting a professional assessment from a healthcare provider to determine the level of care required. This will help you determine the type of facility and services needed.
For Australians, there are two main Aged care assessment programs, the Regional Assessment Services (RAS) and Aged Care Assessment Program (ACAP).

1. RAS:

Assessors conduct home support assessments under the RAS program.
These assessments are intended for individuals who require basic support to remain at home and are provided through the Commonwealth Home Support Programme (CHSP). Home support assessments are generally conducted in the individual's home.
The Australian Government finances organizations nationwide to provide RAS services.

2. ACAP:

Under the ACAP, comprehensive assessments are conducted by Aged Care Assessment Teams (ACATs), which consist of a group of healthcare professionals including medical practitioners, nurses, and allied health practitioners. These assessments are specifically designed for individuals with complex care needs, such as those who require a higher level of home care or short-term restorative care. ACATs may conduct comprehensive assessments in the older person's home or in a hospital setting. The ACAP program is funded by the Australian Government and delivered by state and territory governments.

Step 2:
Research Aged Care Facilities

The next step is to research aged care facilities in your area. This involves visiting different facilities and speaking with staff members and residents. During the visits, it is important to ask questions regarding the facility's services, including the types of care provided, the range of activities offered to residents, and the qualifications and experience of the staff members. It is also crucial to understand any fees or costs associated with the care and to discuss the options for payment or financial assistance.

Additionally speaking to and gaining referrals from friends and family could be another great staring point.

Choosing the right aged care facility involves finding one that meets your loved one's care needs and provides a comfortable and safe environment. By conducting thorough research and asking the right questions, you can make an informed decision and provide your loved one with the best possible care.

Step 3:
Consider the Financial Implications

Moving a loved one to aged care can be a significant financial investment, and it's essential to consider the costs involved to ensure that your loved one's finances are protected. Understanding the financial implications can help you make informed decisions about the type of care and the facility that best suits your loved one's needs.

One of the key considerations is the cost of the facility, which can vary depending on the type of care required, the level of support needed, and the location of the facility.
In addition to the cost of the facility, it's also important to consider any government subsidies that may be available, such as the Aged Care Pension or the Home Care Packages program, which can help offset some of the costs associated with aged care.
Additionally, when considering the costs involved its important to understand the options available to you, including but not limited to:

1. **A refundable lump sum – Refundable accommodation deposit (RAD) or a Refundable accommodation contribution (RAC)**
2. **Daily payments – Daily accommodation payment (DAP) or a Daily accommodation contribution (DAC)**

Here at EPG Wealth, we have a team of advisors available to assist with choosing the right option based on your personal financial position.
It's also important to consider any ongoing costs associated with care, such as medical expenses, medication costs, and additional services or activities provided by the facility. Speaking with a financial planner or adviser can be helpful in understanding your options and ensuring that your loved one's finances are protected. They can provide guidance on available government subsidies and help you to develop a financial plan to cover the costs of aged care while also protecting your loved one's assets.

To speak to a financial advisor to gain greater insight into the financial aspects of moving a loved one to an aged care or if you would like to improve your current investment strategies, click here to organise a complimentary 20-minute phone call with an EPG Wealth adviser.

AUGUST BIRTHDAY CELEBRATIONS

Sylvia Dulaurence 13th

Tony Oliva 18th

GRANDPARENTS HELPING LOOK AFTER GRANDKIDS

A new study says grandparents love caring for their grandchildren and would spend more time with them, but face barriers such as family relationship breakdowns, distance, work commitments and personal health.

The study by the Australian Institute of Family Studies surveyed 2,300 grandparents about their views on what is often a contentious subject of family childcare, and commentary that parents are 'dumping' their kids on their parents who would otherwise travel and enjoy retirement.

The study did not find that, and indeed found something else – that the overwhelming number of grandparents did not find regular care burdensome but as an important way to build relations with their grandkids, and they did so out of love not duty.

Amount of childcare

The study found 6 in 10 grandparents provide at least some childcare if they have a grandchild under the age of 10. Just over one in four grandparents with a grandchild under 13 help out at least once a week, with around 60 per cent caring on a more casual basis. One in five grandparents provide 20 or more hours of childcare per week.

Reasons for caring

The most common are to support their children to continue to work or study, reduce the expense of formal child-care and to give the parents a break.

Other motivations are:

- wanting to spend time with grandchildren (96% agree/strongly agree)
- helping their children in other ways [than financial] by providing support and care to the grandchildren (93% agree/strongly agree)
- preferring the grandchildren were not cared for by strangers (77% agree/strongly agree)
- helping children financially by reducing their childcare costs (71% agree/strongly agree)
- feeling they could not say no when asked (28% agree/strongly agree).

While many grandparents found providing care to be tiring 97 per cent said they enjoyed providing the care, and 86 per cent said caring gave their lives added meaning. The key reason being it deepened family connections.

There was strong disagreement that grandparents were resentful about being asked or expected to do it.

"There was just this overwhelming positivity coming through in the survey about the time these grandparents spend with their grandchildren," AIFS researcher and report author Jennifer Baxter told The Australian.

Grandparents were clear-eyed about the challenges. Do you share the positivity of these grandparents?

Source: Australian Institute of Family Studies

Here to help

HOW TO TAKE BETTER SELFIES

Selfies are a great way to capture memories and show off your best self, but taking a good selfie can sometimes be a challenge. With these tips, you'll be taking better selfies in no time!

1. FIND GOOD LIGHTING
Lighting is key to a good selfie. Try to position yourself near a window or a source of natural light and avoid using the flash if possible. If you're taking a selfie outdoors, avoid direct sunlight that can cast unflattering shadows on your face.

2. USE THE FRONT-FACING CAMERA
Most smartphones have a front-facing camera specifically designed for selfies. Use it instead of the rear-facing camera to get the best results.

3. EXPERIMENT WITH ANGLES
Different angles can make a big difference in how you look in a selfie. Try tilting your head or holding the camera at different angles to find the most flattering position for you.

4. RELAX YOUR FACE AND BODY
One of the most common mistakes people make when taking selfies is looking too stiff or tense. Try to relax your face and body before taking a selfie and take a few deep breaths to help you loosen up.

5. USE PROPS OR YOUR SURROUNDINGS
To create interesting and unique selfies, try holding a book, a cup of coffee, or a piece of jewelry – or use a colorful wall or natural landscape as your backdrop.

6. DON'T BE AFRAID TO EXPERIMENT
The great thing about selfies is that you can take as many as you want until you get the perfect shot. Don't be afraid to experiment with different poses, facial expressions, and angles until you find the one that works best for you.

7. EDIT, BUT DON'T OVERDO IT
Just like with regular photos, a little editing can go a long way in enhancing your selfies. Stick to simple adjustments like brightness, contrast, and saturation to enhance your photos without making them look too artificial.

Best Senior-Friendly Apps and Programs

FACEBOOK
Seniors aged 65 and older are the fastest-growing population on Facebook, according to Pew Research Center. From 2018 to 2019, the number of Facebook users in this group increased by 11%. Facebook is a great way to connect with friends from the past and the present and family members.

NEXTDOOR
Nextdoor is a social media app that brings neighborhoods and local communities together. When you join, you're asked to verify your neighborhood, which connects to the local Nextdoor website so you can start connecting with your neighbors.

FACETIME
FaceTime is a video and audio chatting app available on iOS devices such as the iPhone, iPad, iPod touch, and Mac. If you have an Apple iOS device, FaceTiming is about as easy as making a phone call. FaceTime is a nice way to see friends and family that you can't see in person.

GOOGLE DUO
Similar to FaceTime, Google Duo is a video call app available to Android and iOS users. It is also available on web browsers.

GOOGLEMEET
Zoom, FreeConferenceCall, and GoogleMeet are similar apps that allow users to host and participate in webinars, audio calls, video chats, and more. Seniors can use the video chatting feature of these apps to stay virtually connected with loved ones. You can use Zoom, FreeConferenceCall, and GoogleMeet to virtually do activities you'd like to do in person – yoga, painting, etc. – but can't for whatever reason.

WHATSAPP
Group texts are great, but they can sometimes be a bit intrusive and distracting. WhatsApp is a great alternative way to chat with friends and family. It is an app you can download onto virtually any smartphone. Create groups (for example: "Family," "Knitting Group"), and you can opt in or out to receive notifications when someone has sent a message to the group.

OTHER IDEAS
Watch movies together through Netflix Party, read books to grandkids virtually through Readeo, and play games together through apps like Words With Friends or Fun Bridge.

Travel well

Stay healthy on your holiday with a little forward planning

JALA MOUSHI
Community pharmacist

Overseas travel is well and truly back on the agenda, so knowing how to stay healthy on your holiday is important.

Your health risks will vary depending on your destination, length of stay and mode of travel, so it is advised you talk with your GP or pharmacist and be aware of strategies to help prevent travel-associated problems.

Medical check-up

Vaccinations are an essential part of travel medicine, not only to protect you, but also to prevent the spread of infectious diseases.

Before you travel, visit smartraveller.gov.au for information about vaccination requirements.

Book a long consultation with your doctor a few months before travelling to discuss how to prevent infectious diseases, as well as routine or destination-specific vaccinations, sexual infections, insect bite prevention, and food and water hygiene.

Ensure you discuss managing any pre-existing chronic illnesses such as hypertension, diabetes and asthma.

Be prepared with enough medicine for your time away — speak to your doctor and pharmacist about this before you travel, as well as how best to store medicine in various temperatures.

It is advised you carry a detailed list of your medical history, medication and any other relevant information, including your doctor's contact details.

Flight socks

Research shows that wearing compression stockings when travelling long distances may help to reduce your chance of getting deep vein thrombosis, a form of blood clot. It is advised you choose stockings with at least 18-24mmHg compression. Ensure you are well hydrated with water on the flight and do simple exercises at regular intervals to flex the ankles.

Sleep reset

Jet lag occurs due to a disruption to the body's circadian rhythm caused by travel. You can try to reduce the chance of jet lag a few days before you travel by shifting your sleep and wake time by 30 minutes a day to align your sleep cycle closer to the time zone at the final destination.

After boarding your flight, set your watch to the destination time. Once you arrive, keep active during the day and try to maximise your exposure to sunlight. Delay sleeping until night-time at the new time zone.

Medications such as immediate-release melatonin may also help prevent and reduce jet lag. Speak to your doctor or pharmacist for more information.

Medical kit

It is a good idea to pack a first-aid kit including non-prescription and prescription medications, as well as items to treat common travellers' ailments.

This can include paracetamol for pain and/or fever; insect repellent; sunscreen (preferably SPF50+); antihistamines for insect bites or allergic reactions; solutions to prevent dehydration after diarrhoea or vomiting; cold and flu medication; and antacids. ●

TAKE NOTE

1 **Eat and drink safely**
Choose bottled water over tap water and avoid raw or undercooked food, which may contain harmful bacteria, viruses or parasites that can cause significant illness, such as travellers' diarrhoea.

2 **Avoid insects**
Wear long-sleeved protective clothing, apply insect repellent and sleep in a screened room or airconditioned accommodation to help reduce the risk of contracting insect-borne illnesses, such as malaria.

3 **Adopt safe sex practices**
Use protection such as condoms to help prevent sexually transmissible infections such as HIV, gonorrhoea, chlamydia or syphilis.

4 **Have adequate travel insurance**
This is particularly important in the event of a medical situation, as international healthcare can be costly.

5 **Remember**
Before travelling, seek accurate information from your health professional and act accordingly to enjoy your trip without any unwanted health concerns.

Bon voyage!

SOCIAL MEDIA SAFETY

DO'S AND DON'TS

Many of us share our photos and activities on popular social media websites, but it's wise to use caution about when and what you post.

TAKE A VACATION WHILE ON VACATION

- The best practice is to not post anything alluding to your holiday while you are away from home. If you are a consistent poster, feel free to keep reposting articles or fun pictures but steer clear of sharing anything that alludes to your being away.
- Resist the temptation to make posts referring to your vacation in the days and weeks leading up to it.
- Once home it is safe to post; however, make sure that your posts include the information that your photos were taken in the past so that bad actors don't get the impression you are still away.

HOW TO AVOID BEING HACKED AND WHAT TO DO IF IT HAPPENS

- The first line of defense is a secure network connection. Anytime you are away from your home network you are exposing yourself to web environments lurking with danger. A simple solution for this is consistent usage of a Virtual Private Network or VPN whenever you are using a public domain.
- The most important and controllable factor is the consistent use of diverse and complex passwords. Password manager tools make this easy and will save you time in the long run. On top of that, use a two-factor authentication process for all apps and services that offer it.
- If you do get hacked there are two immediate things that you should do: 1) change your passwords 2) freeze your credit and block any accounts that have been compromised.
- Consider purchasing an identity protection tool like Aura or LifeLock to help you in the journey to reclaiming your identity and offsetting the expenses associated with that.

ARE THOSE QUIZZES SAFE?

- Generally, quizzes from reputable brands and websites are safe, but always double-check the domain Uniform Resource Location or URL to make sure you're not on a fake site. The URL is the website address. If the quiz asks you questions you are uncomfortable answering, don't take it.

NOTABLE SOCIAL MEDIA SITE SCAMS

- If it sounds too good to be true it probably is. Whenever money is required on your end, it is worth reconsidering taking part in an online offer. The number of scams proliferating on social media is growing exponentially.
- Imposters, poor or fake investments, and promises of prizes/sweepstakes are some of the most common scams on social media.

HOW TO KNOW YOU'RE ON A SAFE SITE

- Secure website addresses should always begin with "HTTPS" vs "HTTP," so always check the URL.
- Look out for misspellings in the URL, a sign that it may not be a reputable website.

DOUBLE-CHECK GOOGLE

- Keep in mind the first result or two in a Google search is usually an advertisement or paid placement. Look to see if there is a notation that the search result is "sponsored," and understand that it is not guaranteed to be a legitimate search result.
- Even apparently legitimate search results may not be the best option to take when you are spending money online. Stick with the brands you know and trust like Stubhub, Expedia, or Delta, and avoid websites offering prices that are too good to be true.
- Whenever possible, purchase tickets or make reservations directly with the concert venue, hotel, or airlines you wish to use.

from our kitchen
to yours

Homemade Belgium Waffles

Yields 4 Waffles

How to remove a wine stain

There are several ways to remove wine stains.

Blot (don't rub) the stain with a mixture of one part dishwashing liquid and two parts hydrogen peroxide.

If that doesn't lift the stain, apply a paste made from water and cream of tartar and let it sit for a while before washing.

Watch this space in every issue for a Tip of the Month

WHAT'S ON?

DURING THE MONTH OF AUGUST

LADIES GROUP
2.00pm Friday 7th

SPIRITUAL SERVICES
Every Sunday 11.00am
VIDEO TV and LAPTOP
Catholic Mass, Italian, Arabic, Greek, Orthodox, Tamil and Croatian Mass

ITALIAN GROUP
2.00pm Wednesday 16th

BIRTHDAY CELEBRATIONS
2.00pm Friday 31st

ART GROUP THERAPY
2.00pm Every Monday
3rd, 10th, 17th, 24th and 31st

MENS BUSINESS
2.00pm Friday 11th

GARDENING
Last Friday of the Month

HAPPY HOUR
2.00pm Friday 18th

BUS OUTING
9.00am Wednesday 9th and 23rd

KNITTING GROUP
2.00pm Wednesday 30th

BINGO
1.00pm Every Monday
3rd, 10th, 17th, 24th and 31st

* Subject to change.

LAUGH FACTORY

FUNNY BUT TRUE

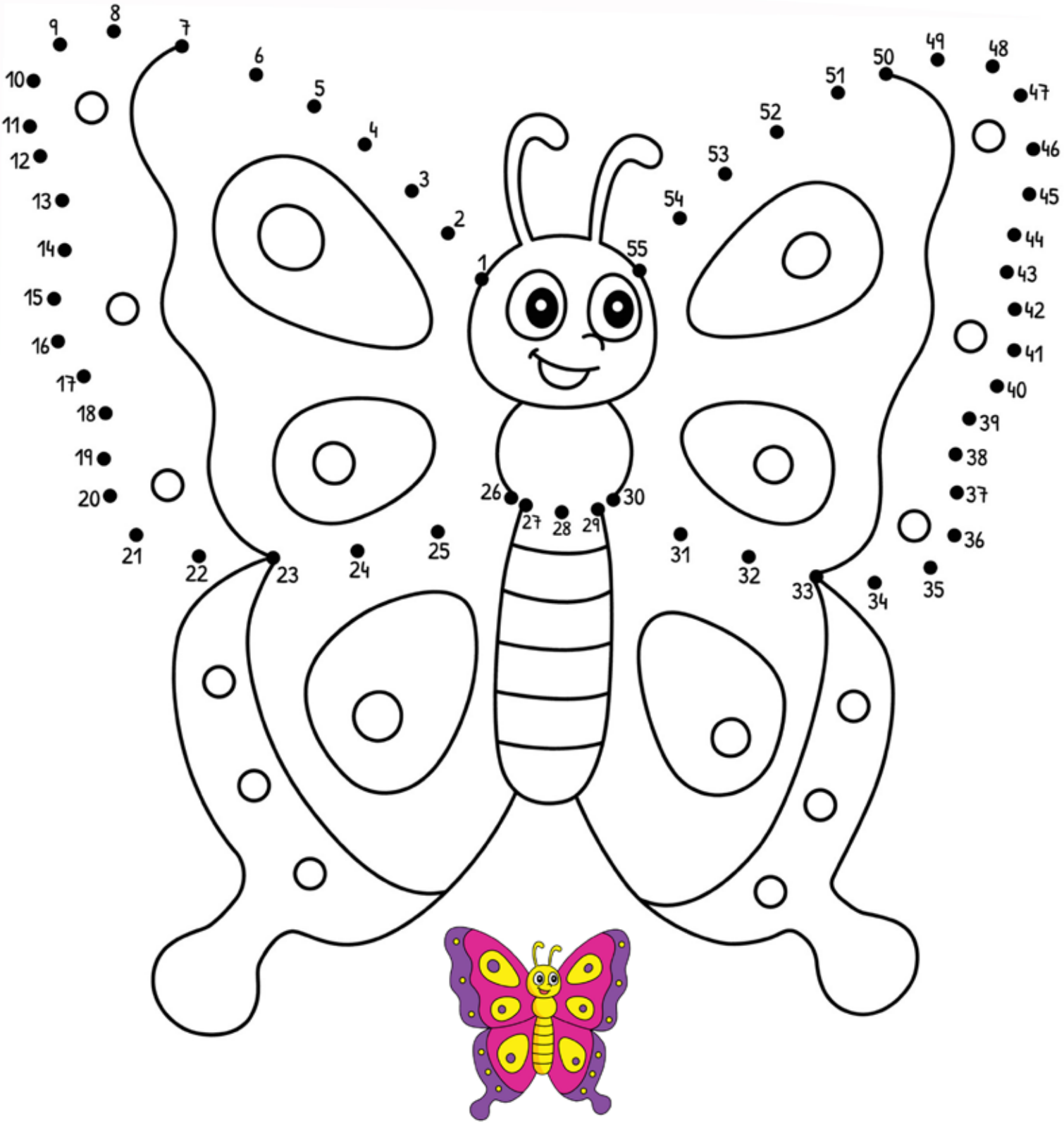
Alphabet for seniors will make you laugh

A is for apple and B is for boat, that used to be right but now it won't float!
Age before beauty is what we say but let's be a bit more realistic instead
The alphabet for seniors:

- **A's** for **arthritis**,
- **B's** for **bad back**,
- **C's** for **chest pains,** perhaps **cardiac**?
- **D** is for **dental decay** and **decline**,
- **E** is for **eyesight**, can't read that top line!
- **F** is for **fissures** and **fluid retention**,
- **G** is for **gas** we'd rather not mention.
- **H** is for **high blood pressure**;
- **I** for **incisions** with scars you can show.
- **J** is for **joints**, out of socket, won't mend,
- **K** is for **knees** that crack when they bend.
- **L's** for **lots of love**
- **M** is for **memory**, I forget what comes next.
- **N** is **neuralgia**, in **nerves** way down low;
- **O** is for **osteo**, bones that don't grow!
- **P's** for **prescriptions**, I have quite a few,
  just give me a **pill** and I'll be good as new!
- **Q** is for **queasy**, is it fatal or flu?
- **R** is for **reflux**, one meal turns to two.
- **S** is for **sleepless nights**, counting my fears,
- **T** is for **Tinnitus**, bells in my ears!
- **U** is for **urinary**, troubles with flow,
- **V** for **vertigo**, that's 'dizzy,' you know.
- **W** for **worry**, now what's going 'round?
- **X** is for **X ray** and what might be found.
- **Y** for another **year** I'm left here behind,
- **Z** is for **zest** I still have - in my mind!

have fun.

Connect the dots then colour me in.



COLOUR ME IN

BRAINPOWER

SUDOKU

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

Answers on last page

CAN YOU FIND THE

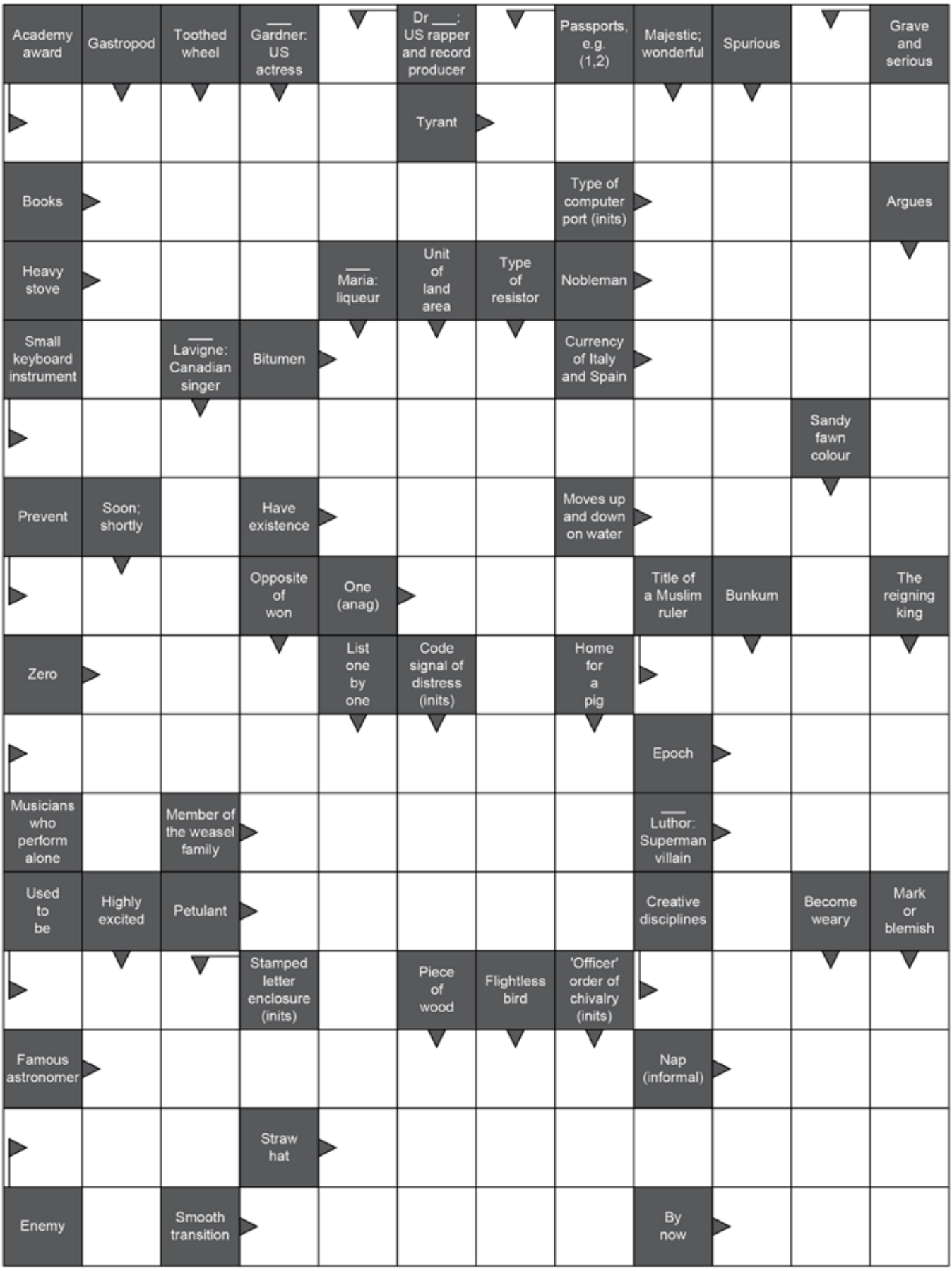
ODD ONE OUT?

Answer on last page

Jumbo Arrow-word

Complete the clues to fill the grid

The arrows show the direction in which the answer to each clue should be placed.



Answers on last page

Answer to ODD ONE OUT?

SUDOKU

Answers

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

Jumbo Arrow-Word Answers

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

Hope you enjoyed our newsletter

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