

Happy New Year * Happy New Year



Happy New Year * Happy New Year

PAGE 2

SUNSHINE NEWS II JANUARY 2021

(Funded by Lehigh County taxpayers dollars) PUBLISHED MONTHLY CEDARBROOK SENIOR CARE AND REHAB 350 S. CEDARBROOK ROAD ALLENTOWN, PA 18104

> (610) 395-3727 Fax: (610) 395-0412 Hotline: 610-336-9604

> > Jason Cumello, MBA, NHA Director/Administrator

Do you have a problem? A question? Is something bothering you?

Come talk to us about it – so we can solve it for you. Our doors are open to you . . .

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> Gabe Robinson Director of Social Services

Jackie Mistiszyn Director of Business Development/Admissions Alice Christman, CTRS Director of Life Enrichment

Kerry Magliane Coordinator of Volunteer Services

Chaplain Fred Bartholomew, Chaplain Philip Baker *Faith Services*

Attention Visitors!!! We Want To Hear From You!!!

When writing to share positive comments, complaints, or suggestions for improvement, please include your name and contact information. We take your comments seriously, and we may need to ask questions, and of course, we'll want to share with you the action taken to address your concerns.



Thank You! 📥



It's all about

C.H.O.I.C.E.S.

at Cedarbrook Nursing Homes

A <u>C</u>ommunity with <u>H</u>eart <u>Off</u>ering <u>I</u>ndividualized <u>C</u>are and <u>E</u>xcellent <u>S</u>ervice.

Adopted October 2006

NURSING HOME HOTLINE 610-336-9604

If you have a question, concern, or complaint, which you believe has not been satisfactorily addressed by our staff, feel free to call our Administrative Hotline. Our Hotline can also be used to report suspected fraud, waste and abuse in accordance with the federal Deficit Reduction Act of 2005. The Hotline number is posted throughout the facility. An Administrative Assistant will take calls, or you can record a message when no one is available. Please follow the instructions when leaving а recorded message. Your call is confidential, but you do need to provide your name and telephone number, in case we need to contact you for more information, and to inform you of the action taken. You can report Fraud, Waste and Abuse to the Lehigh County Ethics Hotline at 610-782-3999. This information is confidential and caller may remain anonymous.

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New Year 2021

As I sit here in my room watching it snow,

Winter has found us, that I know.

Spring came,

then Summer, and then Fall.

It all happened so quickly,

Because Covid dropped the ball!

We had to stay in our rooms and keep the

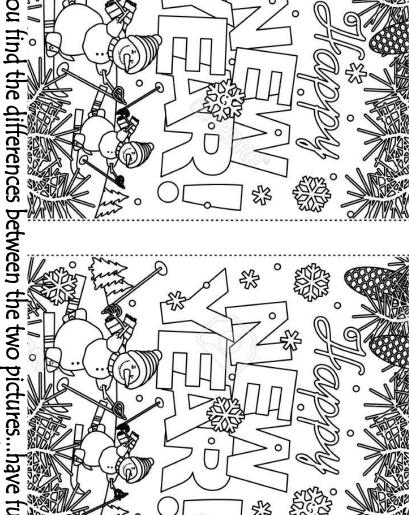
Social Distance. A year ago that thought wasn't in existence. As residents though, we have been pretty good.

If Santa comes to Cedarbrook, we will know we did as we should! The staff were **ALL super great** Soon we will **ALL** find that we can celebrate!

Now it's time to look forward to lots of fun Since on December 31 we are in twenty twenty one!



Written & Submitted by Jean Larison Unit C-3





PAGE 4

Residents' Celebrating JAN	IUARY Birthdays
IRENE BRINGENBERG	01-02
FRANCES HARRINGTON	01-02
LEROY FRANTZ	01-04
JOAN JACOBY	01-04
Brenda Fritz	01-04
CARLENE HAAS	01-07
Bonnie Harding	01-07
Merle Leh	01-09
Adeline Harbits	01-09
ROSEMARY RUTKIEWICZ	01-11
Helen Barrall	01-11
EARL SCHMOYER	01-11
DIANE CAVALLARO	01-13
CATHERIN MECKSTROTH	01-14
HUE NGUYEN	01-15
Anna Yudt	01-16
Alma Landis	01-16
Eleanor Funk	01-17
THERESA SANTIAGO	01-18
Betty Conrad	01-18
Margaret Kuster	01-19
ARLENE HUSSAR	01-20
WILLIAM LEE	01-20
PALMEATA DRYDEN	01-21
SUSAN SPOHN	01-21
LOUIS CARPENTER	01-22
GIACOMINA CARRER	01-22
SHIRLEY GERBER	01-22
WAYNE REISS	01-25
GLORIA MITCHELL	01-26
FRANK BARTMAN	01-28
Marlene Saeger Ruth Johnson	01-29
THERESA KUHNS	01-29
JEAN DREISBACH	01-30
CHARLES WIEDER	01-31

WE APPRECIATE THAT FAMILIES WANT TO SHARE PARTY TREATS WITH THEIR LOVED ONES' ROOMMATES AND FRIENDS. UNFORTU-NATELY, MANY OF OUR RESIDENTS HAVE SPE-CIAL DIETARY NEEDS. BEFORE GIVING FOOD TO OUR RESIDENTS, PLEASE CHECK WITH THE NURSE TO SEE IF IT IS ALLOWED.

Welcome New Residents

PATRICIA WETHERHOLD

PATRICIA HECKMAN

KENNETH MEINHART, JR.

THOMAS MCAVOY

GENE RICHARDS

MARY ANN ACKERMAN

HUE NGUYEN

ADELINE HARBITS



Cedarbrook Volunteers Are VERY IMPORTANT PEOPLE HAPPY NEW YEAR

Celebrating the holidays would not be complete without including our Volunteers who are such an important part of our Cedarbrook family. We celebrate you!!

You give the most precious gifts of all...time and yourself. Everyone at Cedarbrook appreciates your many hours of caring and dedication. You bring laughter, happiness, and comfort to so many. We hope that the happiness you bring to others will be yours at this special time of year. Our volunteers work with a heart full of kindness; they work to benefit others. This is what makes them so very special.

This year has been challenging for everyone and we are hoping for much better days in 2021. I know you are all anxious to return to Cedarbrook. Everyone at Cedarbrook is patiently waiting for your return as well. It has been wonderful that so many of you have kept in touch and found other ways to volunteer. As we are able to bring volunteers back in to Cedarbrook, there will be a training packet for everyone to complete. This will help us all keep up-to-date.

A great big THANK YOU from all of us at Cedarbrook for the work that you do to help us and our residents. Stay safe, happy and hopeful that this New Year will be the best year ever!

"A little smile, a word of cheer, a bit of love from someone near, a little gift from one held dear. Best wishes for the coming year." John Greenleaf Whittier, American Author

> Kerry Magliane Volunteer Coordinator 610-336-5684 kerrymagliane@lehighcounty.org

Chaplains Corner

I sometimes think New Year's Day comes at the wrong time of year. We all are usually facing a bunch of tasks left over from the old year. And we are anticipating the coming year to be different and that we ourselves are also going to change. Then the thought of trying to catch up with all the things that we put off during last year creeps up behind us. So, we feel behind before the New Year even starts. So, who can think about new beginnings or inspirational goals in the midst of the old concerns?

A husband came home from work and said, "Let me show you a gift I just received." He then began pulling an attractively wrapped package out of a gift bag. On it was a card: "May, this gift encourage you in the coming year." It was signed by a friend. His wife tore off the paper and lifted out a beautifully framed message, penned by a professional calligrapher. The message read: **Trust Me. I have everything under control. Jesus** So, let's think about some devotion towards the Father, the Son Jesus and the Holy Spirit. There is a great need to welcome the New Year with some type of devotion so that everything that comes our way can be adjusted from God's perspective. It is pretty important to have some devotion in our lives that will in turn help us seek God and His good. There are so many voices telling us what to do, what to stop doing, and what we're doing wrong that can be fixed in the New Year. And many of those voices will be telling us good things. Noble things. But as humans, we are so drawn to all this "self-help." But if we've read Scripture even a little, we know that humans are not very good at self-anything. And we can take even the best of intentions (even resolutions) and turn them into

the pitfall of self-sufficiency, self-seeking, and self-focus. So, a simple message of encouragement for us as we enter 2021 can be: Look to Jesus. Fix

our eyes on Him, and gaze on Him. Heb. 12:2 says, **"fixing our eyes on Jesus, the author and perfecter of faith."** We can do well as we look to Jesus and have our eyes locked on to Him. When He is our focus, our inspiration, and our example. In the Greek, looking to Jesus uses a verb that implies a definite looking away from other things and a present looking to Jesus.

When we are focused on Jesus, good things stay in their proper place. They are good things only so long as they do not displace Jesus as the Ruler of our hearts. When we remember our relationship to God through Jesus—that we are loved, forgiven and can be directed by Him—we won't feel the need to achieve some of those frustrating New Year's resolutions! Paul said in 2 Corinthians 12:9, **"My grace is sufficient for you, for power is perfected in weakness." Most gladly, therefore, I will rather boast about my weaknesses, so that the power of Christ may dwell in me".**

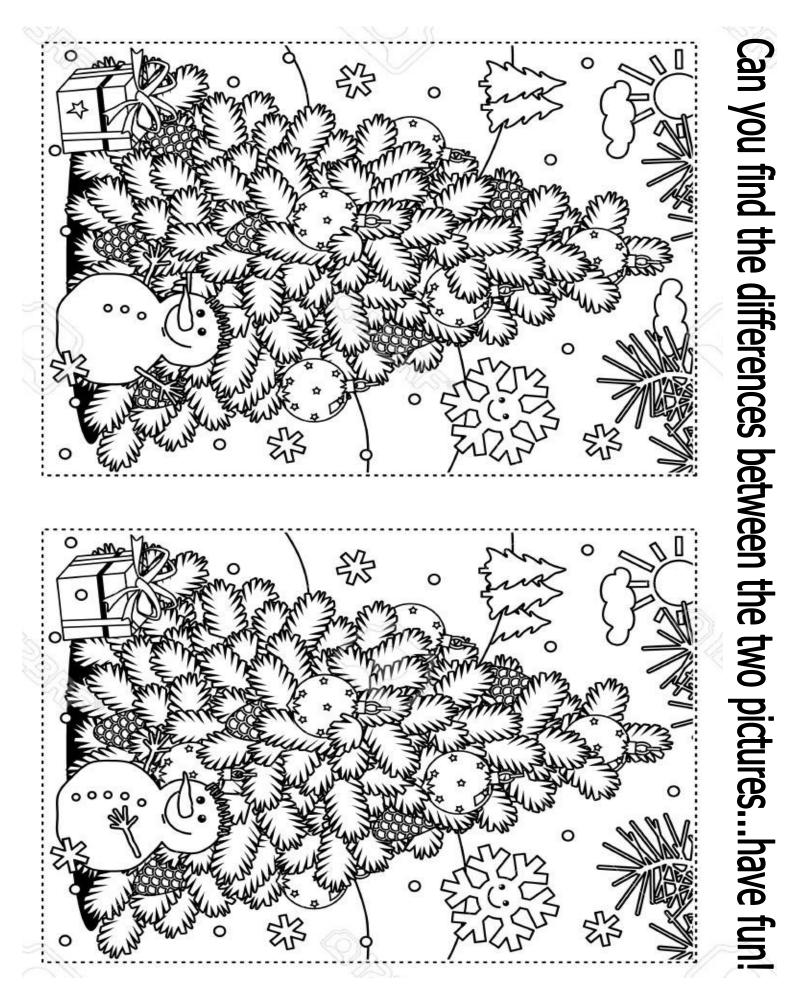
We despise weakness. We try to hide it as much as possible to appear strong and puttogether. But we deprive God of His honor when we hide our weakness. So let's not shy away from an opportunity to make God big in our weaknesses! God is our loving Father—not because we did anything to catch his eye and make Him love us. He loves us because He loves us!

Now, that's a good resolution; look to Jesus and remember that God loves us!

Chaplain Fred J. Bartholomew Cedarbrook Senior Care, and Rehab Allentown







Can you solve the following New Year Rhymes? Read each sentence below and see if you can come up with the solution. Answers are at the bottom of the page.

- 1. What hangs from the roof and rhymes with bicycle?
- 2. What's a small piece of snow that rhymes with cake?
- 3. What do you do that rhymes with me?
- 4. What do you wear that rhymes with loves?
- 5. What falls from the sky and rhymes with glow?
- 6. What covers your window and rhymes with lost?
- 7. What's a winter month that rhymes with remember?
- 8. What do you fight with that rhymes with hall?
- 9. What do you do that rhymes with wait?
- 10. What's another word for snowstorm that rhymes with lizard?
- 11. What makes you warm that rhymes with hire?
- 12. What do you skate on that rhymes with nice?

IC6 Fire		Snow Frost	-	
Blizzard	.0Į	səvol	_	
Skate	6	2K!	3'	
liga wonz	.8	Flake	.2	
Decemper	.Γ	Icicle	Τ.	Answers

Cedarbrook Employee Service Anniversaries

Employee	Department	Years	Employee	Department	Years
Lisa Barachie	Nursing	31	James Geiter	Nursing	6
Rebecca Schraden	Nursing	27	Eduardo Fernandes	Facilities	5
Lucia Villatoro	Nursing	26	Irena Waskiewicz	Nursing	5
Patrice Shafnicky	Nursing Office	26	Brenda Faust	Nursing Office	4
Charity Horn	Nursing	23	Dennis Getz	Facilities	4
Luz Maria Cortez	Nursing	23	Jamie Alkhoury	Environmental Services	4
Robin McFetridge	Nursing	23	Beverly Bortz	Nursing Office	4
Lisa Thomas	Educational Services	20	Lori Bione	Nursing	3
Jewel Martrich	Nursing	17	Mouna Zaghtiti	Social Services	3
Christine Boyer	Nursing	16	Cindy Carrasco	Nursing	2
Marisol Irizarry	Nursing	15	George Bonser	Life Enrichment	2
Karen Strohl	Nursing Office	15	Awilda Roman	Laundry/Linen	2
Brian Lebeduik	Facilities	15	Marie Saintfelix	Nursing	2
Allen Meck	Physical Therapy	11	Miranda Gunkle	Nursing	1
George Joseph	Nursing	10	Victoria Master	Nursing	1
Alison Monahan	Nursing	9	Kara Rice	Nursing	1
Jamie Lynn Schantz	Nursing	8	Deanna Bachman	Nursing	1
Racheal Dimmick	Nursing	7	Anisha Knight	Nursing	1
	•	<u>.</u>	Angelica Molina	Nursing	1
			Nancy Setzer	Nursing Office	1

If you prefer not to have your name listed in the SSN or HSN please call Human Resources. Thank You



New Year Word Jumble

Unscramble the letters to find words which have to do with New Year. The answer key is at the bottom of the page.

- 1. SMMEROIE 11. GIITMDHN RDAINTSOTI 12. LBAL 2. **CDLAERNA** 3. TATSO 13. TRAYP **ONASLBLO** 14. 4. 5. **LCETAEERB** 15. YALIMF
- 6. SRDINEF
- 7. COENTFTI
- 8. YJANRAU
- 9. RPDAAE
- 10. IOTUSNLREO
- 13. CDLAERNA
 14. ONASLBLO
 15. YALIMF
 16. ROSNH
 17. HSAB
 18. RCEHE
 19. KIRWESROF
- 20. KCLCO

Clock	.02	YlimeA	'ST	Resolution	.01	Celebrate	.s
Fireworks	.91	Salloons	14.	Parade	.6	Party	.4
Среег	.81	Calendar	13.	Yanuary	.8	tseoT	.5
ysea	.71	llea	17.	Confetti	۲.	Traditions	.2
Horns	.91	JheinbiM	11.	Priends	.9	Memories	.1

SABWSNA

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1	U	0	R	0	D	Е	х	U	т	0	υ	1	G	0	F	н	с	т	×
E.	A	1	A	т	в	s	X	в	۷	P	A	R	т	Y	1	М	1	0	w
	т	т	D	V	Q	0	A	W	A	R	Y	F	F	т	R	М	5	Т	G
	z	A	1	A	U	L	D	L	A	N	G	s	Y	Ν	E	т	U	L	F
	1	т	т	F	L	U	R	E	м	A	E	R	τ	s	С	F	м	м	N
PH	0	1	1	0	С	т	Y	E	с	F	т	x	S	s	R	G	N	с	w
	N	v	0	F	E	1	в	P	κ	D	1	Q	U	t	A	N	W	0	G
1	C	N	N	в	E	0	A	A	Ρ	A	U	R	к	ĸ	C	1	V	U	С
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B	1	H	Q	J	0	в	в	F	R	F	н	Ε	н	т	Ε	N	в	т	s
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111	R	L	Y	A	F	L	U	G	R	U	Ε	т	V	1	s	Q	R	L,	s
2H	L	A	p	A	κ	ε	N	Q	N	Y	E	w	M	G	v	н	Q	с	н
B	ε	s	E	D	D	Е	c	E	м	в	Е	R	G	н	F	т	s	Е	с
A111.	A	s	R	L	w	x	ε	м	1	т	R	E	н	т	A	F	M	F	м
	B/ BALL CALE ELEB HAW CU CON OUN	ANG SYNE FATHER TIME MUSIC ABY FIRECRACKER NOISE MAK ALL FIRST PARTY LOONS FLUTE RESOLUTIO ENDAR GAMES SPARKLER RATION GOWN STREAMEN MAGNE HAPPY TIMES SQUA OCK HAT TOAST NEETTI HOURGLASS TRADITION TDOWN INVITATION TUXEDO NCING JANUARY VOW EMBER KISS YEAR									MAKEI RTY UTION KLER AMER QUAR AST ITION EDO								



1950's Trivia Questions & Answers

Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?: Answer: Elvis Presley

Which rising young star from the movie Rebel Without a Cause died in an automobile accident in 1955? Answer: James Dean

Which television game show first aired in 1956 and is still running today? Answer: The Price is Right

Eating what type of live fish became popular in the 1950's Answer Goldfish

What piece of women's clothing, named after a dog, became popular in the 1950's Answer: Poodle skirt.

What famous cowboy of the 1950's was really named Leonard Slye: Answer: Roy Rogers.

What was the name of the circular plastic 1950's toy that was placed around the waist and operated by g/rating the hips? Answer: Hula hoop

Cedarbrook Allentown "Dream A Little Dream"

In Partnership With Second Wind Dreams®

An international organization changing the perception of aging, one dream at a time!

Second Wind Dreams Dream Discovery Form

Date:
Interview:
Resident Dreamer: Nursing Unit/Room:
1. Resident's past occupation:
2. Is there something related to your former occupation that you would like to do again?
3. Think of something you loved doing in the past that you would like to do again.
4. Name something that really gives you pleasure that you have not been able to enjoy recently:
5. Is there a favorite food that you love and have not had in a long time?
6. Is there a person you are missing and have not had a chance to see and where do they live?
7. Is there something you would still like to learn?
8. Is there something you would like to do for a particular person you know?
9. Is there something that you need that would make your life easier or more enjoyable?
10. If you were to dream of doing anything at all, what would it be?
11. Family member you would like to include in your dream:

Cedarbrook Allentown

"Dream A Little Dream"

In Partnership With Second Wind Dreams

An international organization changing the perception of aging, one dream at a time!

Second Wind Dreams Planning Form

Date: _____

1. Staff Captain (Unit Staff Overseeing Dream):_____

2. Summary of Dream: _____

3. Dream Details Including (Details / Dates / Phone Numbers)

4. Transportation (Details / Resident Mobility / Car or Van Lift Needed)

 5. Oxygen Needed: Yes _____ No _____

 6. Other Special Needs (Dietary Needs, etc.) _______

 7. Consents:
 Resident has an OOP order Physician is aware of dream _______

 Name of Responsible Party Informed of Dream _______

 Release of Liability Signed Photo Permission

 Completed By ______ Date ______



Wireless access to the Internet is now available at Cedarbrook-Allentown and Cedarbrook-Fountain Hill. Residents with wireless devices such as laptops, notebooks, tablets (Kindle, Nook, etc) may request access through their Social Worker or Therapeutic Recreation Aide. Our PC Specialist will assign a unique username and password, which must be kept confidential. Visitors may request access at the switchboard. Usernames and passwords for visitors will automatically expire after three days.



Visit us on www.cedarbrookseniorcare.com



official Welcome the Cedarbrook to website, designed to inform Lehigh County residents - and the world at large - about operations auality services and the provided here. It also offers dropdowns for both Allentown and Fountain Hill locations, with directions, departmental listings and the newsletters, posted every month. On the home page are slider segments that promote the institution and that will change from time to time. A highlight of the front page is the "Ratings & Reviews" section at the bottom where Cedarbrook users can submit their opinions on the quality of services. Please visit the site often, and please let your family and friends know about it. www.cedarbrookseniorcare.com is copyrighted by Cedarbrook Senior Care & Rehab.

Generous Friends

These generous memorial gifts and contributions enable Cedarbrook's residents to participate in exciting, fun, and challenging activities, appreciate fine entertainment, and have funded furnishings that allow our residents to live in a more home-like atmosphere.

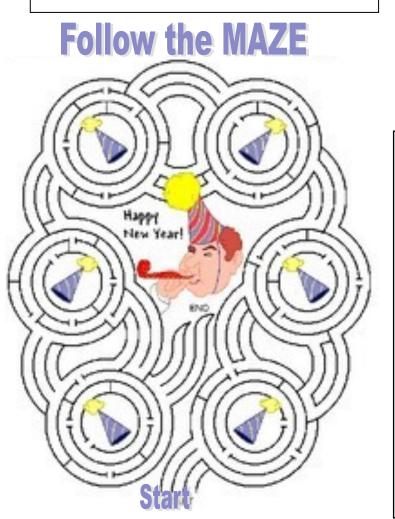
In Memory Of

Elizabeth Moyer

Gift Made By Richard and Linda Dorward

> In Memory Of Anna Plunkett

Gift Made By Donald Plunkett David Plunkett



Lost And Found

is located in the Financial Department. Many items await the claim of their rightful owner. If you think what you have "lost" may have been "found", please talk to your social worker or stop by.

How To Get Repairs Done

Any residents having difficulties with their equipment such as lights, radios, wheelchairs, beds, etc., please contact your unit clerk, nursing staff, or charge nurse on unit to send a work order to Facilities for repairs.

SUNSHINE NEWS STAFF

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Porkloin, Apples, and Sauerkraut

Ingredients

- 3 (32 oz. packages sauerkraut, drained
- 2Granny Smith apples, sliced
- 1/2 large onion, coarsely chopped
- 1 tablespoon caraway seeds
- 1 cup apple cider, divided
- 1/4 cup brown sugar

RUB:

- 1 Tblsp Thai seasoning
- 1 teaspoon salt
- 1/4 teaspoon ground black
- 1 (5 lb.) boneless porkloin roast

DIRECTIONS:

Preheat oven to 325 degreesF (165 degrees C). Step One Preheat oven to 325 degrees ((165 degreesC) Step Two Mix sauerkraut, apples, onion, and caraway seeds in a large roasting pan. Stir 1/4 cupapple cider and brown sugar together in a separate bowl; pour over sauerkraut mixture.

STEP 3 Stir Thai seasoning, salt, garlic powder, and black pepper together in a small bowl, rub onto the top and bottom of the roast.

STEP FOUR Make an indentation in the center of the sauerkraut mixture and place the seasoned roast I the indentation. Pour the remaining apple cider around the roast.

STEP FIVE Bake in the preheated oven for 1 hour; baste roast with juices. Continue baking roast basting every 30 minutes until cooked through, 2-1/2 to 3 hours. An instant -read thermometer inserted into the center should read at least 145 degrees F (63 degrees C)





RICH AND SIMPLE FRENCH ONION SOUP

INGREDIENTS:

- 1/2 cup unsalted butter
- 2 tablespoons olive oil
- 4 cups sliced onions
- 4 (10.5 ounce) cans beef broth
- 2 tablespoons dry sherry
- 1 teaspoon dried thyme
- Salt and pepper to taste
- 4 slices French bread
- 4 slices Provolone cheese
- 2 slices Swiss cheese, diced
- 1/4 cup grated Parmesan cheese

DIRECTIONS:

STEP 1 Melt butter with olive oil in an 8 quart stock pot on medium heat. Add onions and continually stir until tender and translucent. Do not brown the onions.

STEP 2 Add Beef broth, sherry and thyme. Season with salt and pepper, and simmer for 30 minutes STEP 3 Heat the oven broiler.

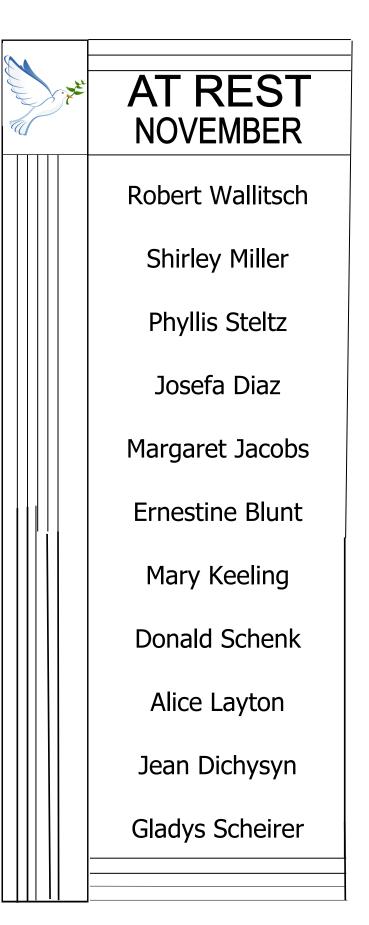
STEP 4 Ladle soup into oven safe serving bowls and place one slice of bread on top of each (bread may be broken into pieces if you prefer). Layer each slice of bread with a slice of provolone, 1/2 slice diced Swiss and 1 tablespoon Parmesan cheese. Place bowls on cookie sheet and broil in the preheated oven until cheese bubbles and browns slightly.



Tips for Keeping Your Money and Valuables Safe



Although we discourage residents from keeping money and valuables in their room, we realize that many of you will choose to do so. Therefore, we would like to offer these tips to help you keep your money and valuables safe from loss or theft. Since you have access to the money in your account during normal business hours Monday through Friday, we suggest that you only withdraw the amount you need for immediate use. If you need larger sums of money for gifts or to reimburse your family members for purchases made on your behalf, we suggest that you contact Financial Services to arrange for payment by check. If you choose to keep money and valuables in your room, we highly recommend that you secure such items in the locked drawer of your bedside cabinet. Keep your key with you, or keep your key out of sight in a safe place. As soon as you realize that your money or property is missing, it is important to report it immediately to the Charge Nurse. Cedarbrook will not assume responsibility for replacing missing property kept by residents on their person or in their room. However, we will take action to investigate, and to try to recover your property if possible. Finally, we ask that you help us maintain a current inventory of your personal property. Any property that you purchase or receive during your stay should be added to your Valuables Received After Admission Form, including a description of the property. This information is essential when trying to locate missing items.



PAGE 19

House Activity Schedule

WILL RESUME WHEN RESTRICTIONS ARE LIFTED. PLEASE REFER TO YOUR ON-UNIT SCHEDULES *Shank You!*

County of Lehigh Cedarbrook Nursing Homes 350 S. Cedarbrook Road Allentown, PA 18104

M J H Y Y K G R E M A E R T S N W A I XRYKSNOOLLABKUTR Х н J EOTLKSEJRGLKYQI V Н ΒV ESDWDI JNUE JDAN U С Ι NG **0 S K N X** S NVCEKI Ι E Т Υ Υ DSHXNETMIOAG Υ XR С Т R Ρ PEHAUWUI Ι түмws R S MA 0 Ε G Z C C Z M T Q T M T I H E W O С U L N Z V L E U P A V P E R D M S F Ν Ν A I J O P M R A R D Q S E A H Κ Ι Ε Α V E D V B B L G R U J S H R J R L J 0 Α D Z A A E O E E A N Y Q T Q T T Q N LADLXPLHRFEZWKUAWL Ρ **UOENRESOLUTIONKA** S F K A C N H O U R G L A S S T C D Ρ Ι RG MFIRECRACKERFMQSE В Ι LSCONFETTITAQJ D Т GOS **T H G I N D I M C O U N T** D 0 W J Ν В ΤΥΙЈΕΟΖΝΟΙΤΑΤΙΥΝ Ι Ν Т

		he puzzle.
3	-	py New Year SN Staff
Auld Lang Syne	Father Time	Resolution
Balloons	Firecracker	Sparkler
Celebration	Hourglass	Streamer
Champagne	Invitation	Times Square
Confetti	January	Tradition
Countdown	Kiss	Tuxedo
Dancing	Midnight	
December	Noise Maker	

Happy New Year

The new year is here! Happy 2020! Sit back and relax while you have fun finding all twentytwo words hidden in the puzzle.