

West Wimmera Health Service

Keeping you up to date with what's happening across our Service



COMMUNITY NEWSLETTER

West Wimmera Health Service welcomes hydrotherapy!

It is with great excitement we announce that the Jreissati Family Hydrotherapy Pool at West Wimmera Health Service is open to the community.

The Jreissati Family generously donated \$40,000 to the project and we would like to thank them for contributing to this important rehabilitation facility.

Hydrotherapy provides many benefits:

- Heated water soothes painful joints, aids mobility and can improve flexibility.
- Exercise in water can strengthen all muscles in the body.
- Buoyancy:
 - Less pressure through painful joints.
 - Can be used to assist movements that are difficult to do on land.
 - Body falls more slowly making it easier to keep your balance.
- Water exercise improves aerobic fitness.
- Water exercise can be used to safely improve your balance.
- Exercising in water can teach you new activities that you can use to help you manage your health and well-being in the future.

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Follow us on Facebook to keep up with news, events and health information:
www.facebook.com/westwimmerahealth

Some conditions that respond effectively to this type of treatment, include:

- Osteoarthritis
- Rheumatoid arthritis
- Ankylosing Spondylitis
- Back Pain
- Fibromyalgia
- Upper and Lower limb Disorders (including post fracture)
- Spinal Cord Injury
- Stroke
- Disabilities affecting children's mobility
- Post-surgery (including joint replacement)

The hydrotherapy pool is open for group exercise sessions by appointment only.

Clients interested in participating in hydrotherapy are required to attend an initial appointment with your physiotherapist or exercise physiologist for a health screen and to determine your treatment goals.

After the initial consult, you will have a one on one session with a therapist in the pool where together you will develop an individual exercise program before joining in one of our groups. Group sessions are held most days of the week.

Due to the high demand for this service you may be required to go on a waiting list before we can offer you a group.

We are very proud that this long awaiting program will offer a best practice treatment program, which is unique in rural Victoria.

If you would like to know more or book in please contact the West Wimmera Health Service Intake department on 5391 4292.



Community Care Christmas Hours

Allied Health will be closed from 5:00pm on Thursday 24 December 2020 and will reopen on Friday 4 January 2021 at 8:30am. For all Centrelink matters during this time, please contact Centrelink on 132 307.

Community Health Centres

The Goroke, Minyip and Murrumbateman Community Health Centres will be closed on the following dates:

- Friday 25 December 2020 - Christmas Day
- Monday 28 December 2020 - Boxing Day
- Friday 1 January 2021 - New Year's Day
- Tuesday 26 January 2021 - Australia Day

Meet the Board Director

Name:
Carlee Kennedy

Town:
Nhill

Occupation:
Branch Manager CBA Nhill

Hobbies / past time:
Supporting and chasing children with their interests uses most of my spare time out side of work, but I am also involved in Nhill College School Council and WWHS CAC.

Favourite sport team / player / athlete:
I don't really have a favourite sport but I suppose the thing we follow the most as a family is AFL, my family are very divided on teams but I do quite like Geelong (in support of my youngest daughter) and Gary Ablett.

Favourite food to eat / cook:
Definitely BBQ and salad

Time spent on board:
Just joined this year

Why did You join:
It's really important to have quality health care in rural communities. Health care is more complex than ever before with much broader services being offered. It's really important that we all take an interest to keep these services viable and thriving.

Where do you see WWHS in 10 years:
Predominantly dealing with aged care services with our communities getting older along with a heavy emphasis on general and mental health and well-being.



Carlee Kennedy
Board Director

MESSAGE FROM THE CEO

COVID-19 - General

With zero coronavirus cases in Victoria for the last 19 days (up to 19 November) it had appeared as though most services would be able to return to their normal pre-Covid levels very soon.

Unfortunately the recent outbreak in Adelaide has thrown the matter into some doubt and in particular may mean a further delay in resuming those services dependent on specialists visiting from South Australia i.e. orthopaedics and ophthalmology.

At the time of writing a hard closure of the border had been enforced for 48 hours with a permit system to commence at the end of that period.

The recent ironic twist of Victoria now being now virtually virus free but with South Australia experiencing a sharp spike in cases underscores the heightened level of uncertainty faced by everyone throughout 2020.

Once again, thank you to everyone for pretty much doing the right thing with restrictions, isolation, mask wearing etc. and in particular thank you to our frontline healthcare workers who continue to go about their business professionally and with minimal fuss despite all of the extra COVID related challenges that have come their way.

COVID-19 - Nhill Pop Up Testing Site

On Tuesday the 17th of November a hastily arranged meeting was convened by the Department of Health and Human Services to determine where and how best to quickly set up a “pop-up” coronavirus testing site either in or near Nhill. Those involved included Hindmarsh Shire, VicRoads, Victoria Police, WWHS and the regional testing team which operates out of Ballarat Health Service (BHS).

By the morning of Thursday the 19th of November a suitably sized air-conditioned tent was ready for service at the Nhill trailer exchange, 1km west of Nhill with testing commencing at 10am.

The purpose of this pop up site is to provide cross-border truck drivers with an extra opportunity to be Covid tested as part of their requirement to be tested every 7 days and also generally in response to the recent spike of cases in Adelaide.

WWHS staff are providing back-up and relief to the BHS testing team and our maintenance and catering teams have also played important roles in ensuring the site was established in accordance with Departmental requirements.

We are also grateful to Breuers Hire (large tent) and J&A Spreading (mobile office) for being able to set up the excellent testing site facilities at such short notice.

Fundraising

The final tally of the above fundraising initiative was \$81,156.50. While this exceeds the initial expected cost of the new machine, there is an optional extra to the machine’s functionality totalling \$4,500 which we will take up.

This option I understand allows detection of irregularities in the cornea including those associated with irregular astigmatism and keratoconus with up to 20% of all affected corneas expected to require and benefit from this additional tomography.

During November I visited our Goroke and Natimuk sites primarily to present certificates to the winners of our photography competition who live in those communities.

Once again, thank you to everyone who has contributed to this year’s fundraiser whether by direct donation or helping out with organising the various activities involved.

Ray and Violet Marshman Nhill Rehabilitation Centre and Community Gym

We are now on course for the gym to be opened for use in early December 2020. The gym will be privately operated but will remain available for use by our community health team for patient care as required.

The pool is also now being used for patient rehabilitation and is also planned to be put to use for children swimming lessons by a private operator early in the new year.

Annual General Meeting (AGM)

In a first for West Wimmera Health Service, this year’s AGM will be held virtually (via Zoom) commencing at 10:00am on Friday the 11th of December with Rob Grenfell, Director, CSIRO Health and Biosecurity Unit.

We are very fortunate to have Rob attend given the pivotal role he has played in Australia’s response to COVID-19 and also by virtue of him having worked as a GP at Natimuk for some 13 years.

Thank you to our communities for their ongoing support and wishing everyone a safe and happy festive season.

Ritchie Dodds – Chief Executive Officer

YEAR IN REVIEW



91%

**PERCENTAGE OF OUR EMPLOYEES WHO THINK
WWHS IS A GOOD OR A GREAT PLACE TO WORK**



576

Number of people
we employ



46

Average age of
our employees



24,774

Community care
hours provided to
our communities



2,040

Facebook
followers



1,545

Number of patients
we have admitted to
our Acute wards



10

Our employees
average years
of service

INTERNATIONAL YEAR OF THE Nurse & Midwife

Each month we will showcase a group of Nurses at WWHs. This month we were excited to do a Q&A with Casey Hiscock, our Refugee Nurse, here is what she had to say:

When did you start your nursing career?

I received my registration in 2009 and started on the Nhill Acute ward.

What drew you towards this profession?

An enjoyment in working with people and an interest in health and wellbeing.

What qualifications do you have?

Bachelor of Nursing, Post Graduate certificate in Primary Care Nursing and a Diploma in Beauty Therapy (my life before nursing).

Where did you graduate?

University of Ballarat.

What does being a nurse mean to you?

Helping individuals and the community understand and achieve their optimal health.

How long have you been employed at WWHs?

11+ years.

Can you please explain what your role entails?

Working with clients from a refugee background to access, understand, support and advocate for their healthcare that they have not had the opportunity to previously receive.

What days do you work?

Monday, Tuesday and half-day Wednesday.

Which site are you based at?

I am based in Nhill due to the large Karen refugee community.

What is the most rewarding/enjoyable part of your job?

When I can support a client in achieving their health concern or priority, meeting clients and their families, and learning about the Karen culture.

Why is this role important in our community?

Some clients would not access health services (as they are not aware of how or where to receive care from) for minor concerns/issues and therefore would require acute care more often.

What would you like the community to know?

Since starting in my position as Refugee Health Nurse in 2017, I have learnt a lot about the refugee experience - which has made me all the more aware and grateful for what security we have living in Australia. I have come to understand how resourceful, resilient and community-driven the Karen are.



STAFF AWARDS

2019 / 20



CERTIFICATE IV IN DISABILITY

Paul Whyment

CERTIFICATE IV IN STERILISATION SERVICES

Justine Stephens

Raja Nutakki

CERTIFICATE III IN INDIVIDUAL SUPPORT

Alicia Rosewall	Rebecca Bastin
Bronwyne Nalder	Rebecca Norris
Cassandra Albrecht	Wendy Nitschke
Fiona Williams	
Kerry Festa	

CERTIFICATE IV IN BUSINESS ADMINISTRATION

Jeremy Richelt

GRADUATE NURSES

Lillion Shee
Lynnelle Jefferies
Michelle Marra
Sarah Gavan
Tarlee Miller

ENROLLED NURSES

Alena Box
Nicole Crane
Nicole Henry
Sabrina Paw

GRADUATE CERTIFICATE IN AGRICULTURAL HEALTH AND MEDICINE

Emma Hawker

MASTER OF ADVANCED CLINICAL PHYSIOTHERAPY

Pawel Czupryn

PSYCHOLOGICAL FIRST AID

Joelle Browne
Lesley Hawker
Kayleen Kingwill

Vicky Loyden
Yvonne Jones

ROLE OF A RETURN TO WORK COORDINATOR

Yvonne Jones

ADVANCE DIPLOMA MANAGEMENT (HUMAN RESOURCES)

Yvonne Jones

ADVANCED DIPLOMA OF LEADERSHIP & MANAGEMENT

Darren Gebert	Luke Oldaker
Hannah Newton**	Michelle Barber
Janine Clark	Nicole Schneider
Jayne Oliver	Rebecca Schultz**
Jessica Borgelt**	Rhys Webb
Leanne Yew**	

CERTIFICATE IV IN BUSINESS

Bridget Tink
Vicky Loyden

35 YEARS OF SERVICE

Jacqueline Stevenson
Janine Clark
Judy Allen

30 YEARS OF SERVICE

Christine Dufty
Craig Henley
Darren Taylor
Robyn Clark
Jayne Oliver
Jennifer Dufty
Nicole Schneider

25 YEARS OF SERVICE

Catherine McKenzie
Deborah Delahunty
Janine Matthews

20 YEARS OF SERVICE

Bianca Jones
Brenda O'Leary
Christine McCallum
Cindy Bone
Judith Harrington
Leanne Wallis
Leonie Graham
Lindia Starick
Marianne Hicks
Ritchie Dodds
Robert Schneider
Rosemary Pritchett

15 YEARS OF SERVICE

Catherine Saul
Cheryl Johnson
Deborah Chaston
Dianne Knoll
Dorece Trotter
Elizabeth O'Shannessy
Karen Lockwood
Marlene Austin
Nerida Hall
Pamela Newton
Raelene Alexander
Rhonda Preston

10 YEARS OF SERVICE

Alicia Alexander
Anita Hassall
Ann Pearce
Carolyn Clark
Gary Allison
Janine Seater
Jennifer Grayson
Melissa Cahill
Michael Patrick
Sharon Dixon
Tamhika Dickinson
Tracie Peoples
Wendy Shalders

5 YEARS OF SERVICE

Ami Netherway
Bina Hastings
Bronwyne Nalder
Caroline Brant
Caroline Jackson
Corinne Rose
Daryl Tepper
Jacqui Robinson
Janice Pekin
Janine Fisher
Jayne Tucker
Jessica Borgelt
Joelle Browne
Josephine Lawrence
Kerry Festa
Leanne Yew
Lejo Punnoose
Nathan Ruge
Pawel Czupryn
Rachael McCartney
Rodney Mclean
Sarah Bartholomew
Sharon Bone
Sophie Jacobs
Steven Townsend
Tarrah Dodds
Vicky Loyden
Wendy Nitschke

**YEARS OF
SERVICE**

Introducing **MARGARET WILLIAMS**

In this edition, we introduce one of our residential aged care residents to chat about her life and living in one of our aged care facilities.

My name is Margaret (Marg) Williams and I was born in Kaniva on the 28th November 1938 at the Kaniva Hospital.

I grew up on a farm on Broughton Road, (Sandsmere) and went to primary school at Miram until I was 8 years old. I then attended Nhill Secondary School until I was 14 years old and there was a Polio outbreak in Nhill.

I have many happy childhood memories especially those of the times I spent with my pony. The hobbies I enjoyed later in life were handiwork, gardening and cooking. Handiwork gave me great enjoyment and a sense of accomplishment.

After a change in my health, I found it necessary to move into a residential aged care facility. I first lived at the Kainva Hostel and then moved into the nursing home when I required more assistance.

My community connections have changed but I am actively involved in the nursing home community.

I am happy living in the Kaniva Nursing home. I have lots of friends that live in Kaniva who visit me regularly.

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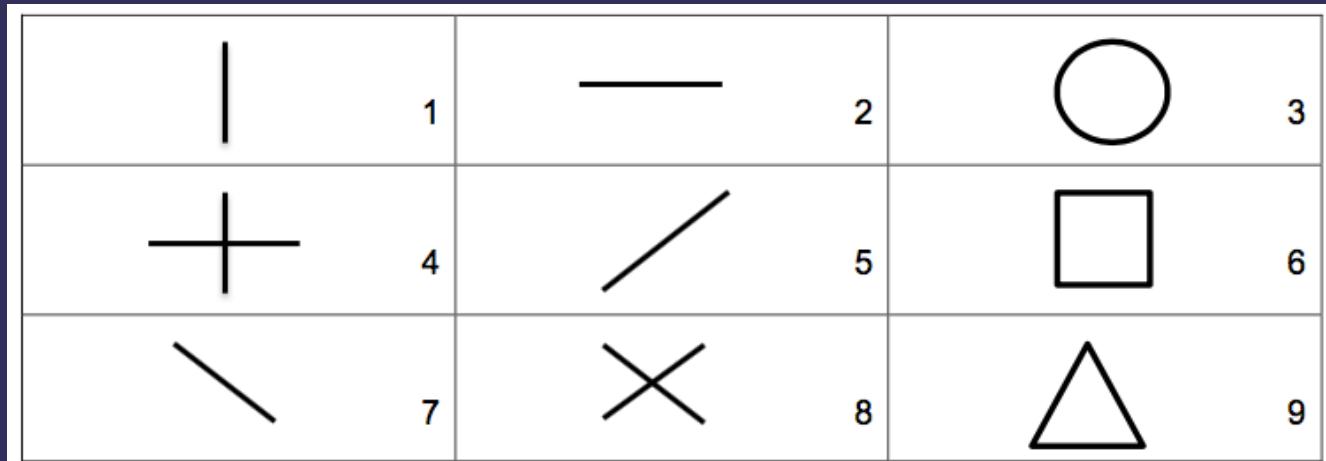
My advice to those considering moving into a aged care facility is not to be concerned about the move, all the staff are great and they take good care of the residents, like family.





IS YOUR CHILD STARTING SCHOOL?

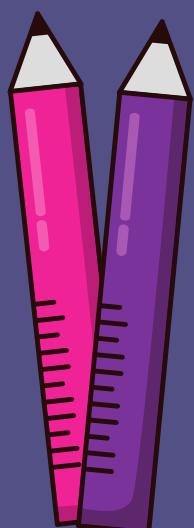
Did you know, before a child can learn to write they need to be able to draw these shapes?



You can help your child to learn these shapes by providing opportunities for copying and tracing. We recommend using multi-sensory activities, to create fun experiences and opportunities for other areas of development, when practicing these shapes.

Here are some multi-sensory activities that you can try at home:

- Use chalk to copy these shapes on the footpath
- Draw them on a whiteboard or blackboard
- Create these shapes using Play-Doh
- Using your index finger, draw the shape on someone's back
- Draw them on the shower screen using your index finger
- Using a stick, draw these shapes in the sand
- Draw them in shaving cream using the index finger
- Trace these shapes using different coloured crayons/pencils
- Copy these shapes onto a Magna-doodle



What other multi-sensory strategies have you tried?



If you have any questions regarding this information, please contact our Occupational Therapy Department in Nhill on (03) 5391 4267. 9



WE ARE EXCITED TO OFFER A NEW SERVICE!

Transition Care Program (TCP)

The Transition Care Program (TCP) provides short-term support for your recovery after discharge from hospital and assists with the efficient and effective transition of an individual between care types.

TCP offers case management and a package of low-intensity therapy and personal support to help you rehabilitate and optimise your functioning and independence (based on your desired goals) before entering your next step after an acute admission.

The benefits of this program include:

- Enabling care services and supports to be provided in a non-hospital environment
- Offering more time and support to make a decision on your long-term care options if needed
- Improving patient outcomes
- Minimising instances of inappropriate or extended lengths of stay in hospital or being prematurely admitted to residential care.

Who is eligible?

- To be eligible for TCP you need to be: aged 65 years and above or 45 years and above if Aboriginal or Torres Strait Islander
- An admitted patient of a public or private hospital
- Assessed in hospital by an ACAT as eligible for TCP.

Duration of care

- People can remain in TCP for up to 12 weeks with an option for a six-week extension.

Care recipients are also able to transfer from one service provider to another (within their state or territory, or interstate), provided there is no break in care.

The benefits of this program include:

- Enabling care services and supports to be provided in a non-hospital environment
- Offering more time and support to make a decision on your long-term care options if needed
- Improving patient outcomes
- Minimising instances of inappropriate or extended lengths of stay in hospital or being prematurely admitted to residential care.

Fees

The majority of the costs of the TCP are covered by the Government however, the Government also require a daily care fee contribution from people who are able to pay.

The maximum fees are calculated based on the single aged pension and are:

- Community clients - \$10.75 per day (17.5% of the single aged pension)
- Bed based clients - \$52.25 per day (85% of the single aged pension).

Service providers are able to waive care recipient fees in circumstances where a care recipient is experiencing financial disadvantage.

What types of care and services can TCP provide?

Transition care provides older people with a package of services that can include:

- Nursing support
- Personal care
- Domestic home care
- Allied health therapy
- Continence advice and support aids
- Provision of special equipment
- Case management, organisation of appointments and transport and medical support (such as GP oversight)
- Other support services as required.

Location of care?

TCP can be provided:

- In your home
- In the Nhill Hospital

Some people may move from one setting to another as their care needs change, within the same transition care episode

How to access TCP

The first step for a client who would like to access government-funded aged care services is to call My Aged Care to discuss their needs and arrange an assessment. To self-refer to the TCP and arrange an ACAS assessment you can call My Aged Care on 1800 200 422.

For more information or to request us to refer you to the program, you can contact WWHS TCP Manager Tracey Jarred on 5391 4222.



Great News...

**CAFE HEALTH IS
BACK!**

"...Cafe health brings people together"

According to the Population Health and Wellbeing Profile 2016, even before COVID-19, people in the Wimmera region were more likely to be lonely than the regional and Victorian average – and that's not great...

A 2016 survey of Lifeline reported that:

- Over 80% of respondent said that loneliness has been increasing in Australia.
- Two-third of the respondents said they often feel lonely.

COVID-19 has impacted in ways that may further increase loneliness. Quarantine and isolation measures related to COVID-19 brought an unfamiliar experience of separation from friends, close family and other relatives, and departure from everyday routines, which increased social isolation.

What was a necessary short term measure for our physical health also impacted on our social lives and some people may have felt lonelier during the pandemic.

So, what can be done about loneliness?

In order to tackle loneliness and social isolation, West Wimmera Health Service has a new initiative called CAFÉ Health.

Café Health brings people together – and that's good for your health!

Coffee and Friendly Engagement for Health (CAFÉ Health) aims to improve social inclusion, create networks, and empower communities through engagement for healthier, happier and more meaningful lives.

CAFÉ health operates on a monthly basis in three locations:

- Emma's Cafe in Minyip
- Wimmera Mallee Pioneer Museum in Jeparit
- Heartfelt in Kaniva

Everyone is welcome! We advertise the monthly gathering of CAFÉ Health in your location through your local Facebook pages, groups, newsletters, ads on noticeboards and word of mouth, too.

Keep your eyes open for dates and times or feel free to call the WWHS Health Promotion Team for more information. Abdul Basir is the program co-ordinator, he can be reached on 5391 4312.

Please come and join us for a chat and share some stories! We look forward to expanding the CAFÉ Health program to Rainbow, Natimuk, Goroke, Nhill and Rupanyup.





WEST WIMMERA HEALTH SERVICE

Christmas Appeal

Spark joy this Festive Season!

This year's focus will be on enabling people to experience the joy of choosing Christmas gifts themselves for their family members.

Giving people the opportunity to meet their own needs, for example buy their children a Christmas present, or groceries for a Christmas meal, is the best way to empower people within our local community.

Our Social Workers will convert your generous donations to vouchers, for local stores, for people in need this festive season.

**Donations can be made via wwhsdonate.net.au
or at any West Wimmera Health Service reception.**





24-7 GYM ACCESS FROM \$11.95 A WEEK

Elite Contender is an independent business. In July 2020, we opened our first gym in Stawell, employing local staff and trainers.

We are excited to become apart of the Nhill community.

We offer the following:

- Personal training and training programs
- Sports supplements for purchase
- 24/7 access



24-7 GYM * PERSONAL TRAINING * GYMWEAR * SUPPLEMENTS

For more information visit our website and follow us on Facebook.

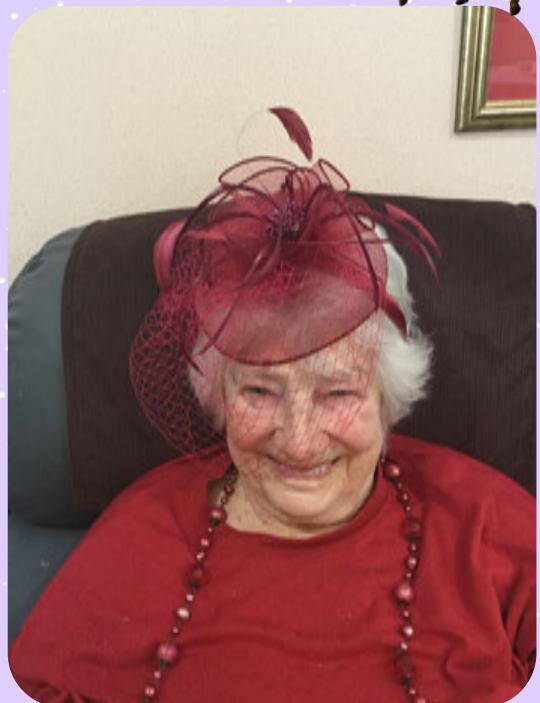
A LOOK INSIDE



Barb, Maureen and Shirley at the Oaks Day High Tea. Residents were wishing Shirley well for her retirement.



Win's Melbourne Cup Day Outfit.



Valerie's Melbourne Cup Day Outfit.



Zona and Colleen enjoying Melbourne Cup Day at Jeparit.



Nita and Marj at Jeparit's Melbourne Cup Luncheon.

OUR FACILITIES



Remembrance Day 2020 at Jeparit.



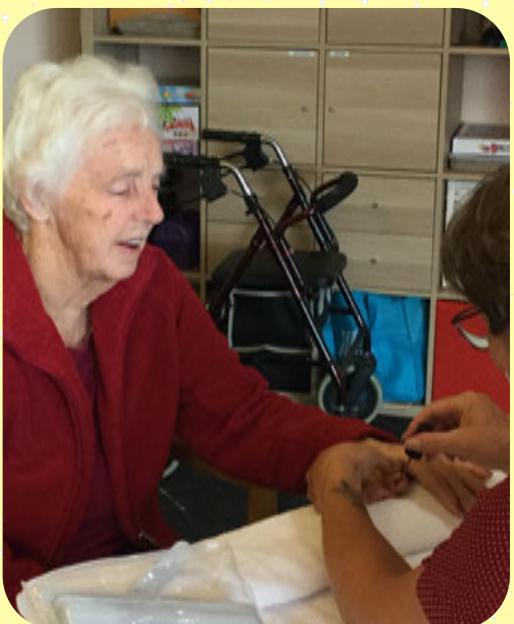
Geoff Aggy our pet therapy dog and Charlie enjoying their morning cuppa.



Noreen's Christmas bauble decorations.



Charlie cutting the ribbon to start our Mini Relay on our Relay For Life Day.



Kathleen's spa day with Kez.



Valda and Coral helping make poppies 17 for Remembrance Day.



Saskia Albrecht - 2020 Vision Winner.



Beverly Pohlner - As Far As The Eye Can See Winner.



Andrea Deckert - Birds Eye View Winner.



Annie Austin - I Spy In ISO and 2020 Vision Winner.



"SEE HOW WE CAN HELP YOU SEE"

PHOTOGRAPHY COMPETITION WINNERS

Congratulations once again to our 2020 Photography Competition winners!

Due to COVID-19 restrictions we weren't able to celebrate your images as we planned but we appreciate your participation in our fundraiser.



Louis Oliver - I Spy In Iso and Birds Eye View Winner.



Kaden Thomas - Rose Tinted Glasses Winner.

AGED CARE SERVICES

- Aged care facilities
- Commonwealth Home Support
- Home Care Packages

CONTACT

To make an appointment or arrange access to our services please contact our friendly receptionist on (03) 5391 4222 .

COMMUNITY SERVICES

- Asthma Education
- Cancer Resource Nurse
- Cancer Support Group
- Cardiac Rehabilitation
- Centrelink
- Community Health
- Continence Education
- Diabetes Education
- Dietetics
- District Nursing
- Endocrinology telehealth clinics
- Falls and balance groups
- Gentle exercise groups
- Health Promotion
- Healthy Lifestyle groups
- Initial Needs Coordination
- Interpreting services (Karen)
- Maternal and Child Health
- Occupational Therapy
- Physiotherapy
- Podiatry
- Quit smoking education
- Refugee Health Nurse
- Social Work
- Social Support Groups
- Speech Pathology
- Well Women's Health Clinic

CLINICAL SERVICES

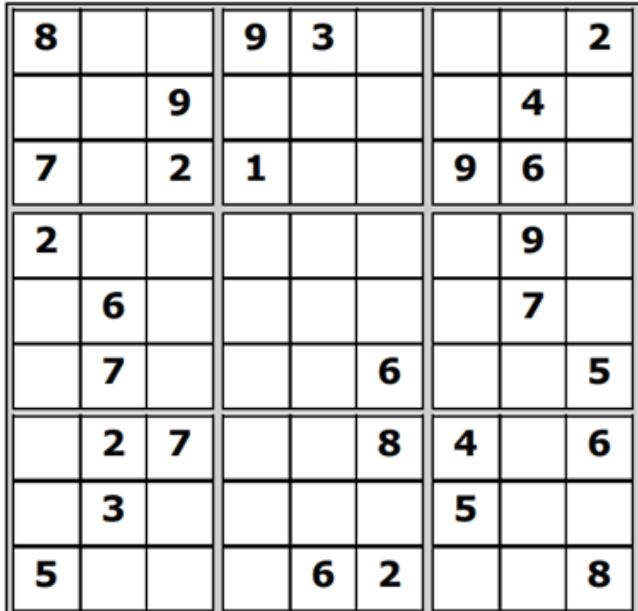
- Acute hospital care
- Audiology
- General Surgery*
- Geriatrician
- Immunisations
- Infection control
- Medical imaging (CT scanning, X-ray, ultrasound,dental orthopantomogram)
- Ophthalmic surgery
- Optometry
- Oral surgery
- Orthopaedic surgery*
- Palliative care
- Pathology
- Urgent care

DENTAL SERVICES

- General dentistry
- Mobile clinic
- Oral health education and promotion
- Oral health and hygiene therapy
- Oral surgery

COMMUNITY PROGRAMS

- Community and Women's Health Program (C&WH)
- GP Management Care Plan
- Domiciliary Care
- Home and Community Care (HACC)
- Hospital in the Home (HITH)
- National Disability Insurance Scheme (NDIS)
- Post-Acute Care (PAC)
- Chronic Conditions Models of Care
- Transport Accident Commission (TAC)
- Work Cover



Quiz Questions!

1. In the song ‘Twelve Days of Christmas’, how many ladies were dancing?
 2. From which country does the Christmas drink Eggnog originate?
 3. The Christmas Movie ‘Miracle on 34th Street’ is set in which city?
 4. What was the first name of the main character in the Christmas film ‘Home Alone’?
 5. If you were born on Christmas Day, what’s your star sign?
 6. Alphabetically, which of Santa’s reindeer comes first?
 7. Which Christmas carol includes the lines: The stars in the sky, look down where he lay, the little Lord Jesus, on the hay?
 8. Who wrote, “Maybe Christmas, he thought, doesn’t come from a store. Maybe Christmas, perhaps, means a little bit more?”
 9. In which Ocean is Christmas Island?
 10. Who stole Christmas?



Solution

Fun Facts

"Jingle Bells" was originally written for Thanksgiving, not Christmas.

Japanese people traditionally celebrate Christmas with KFC

Quiz Answers

1. Nine
 2. England
 3. New York City
 4. Kevin
 5. Capricorn
 6. Blitzen
 7. Away in a Manger
 8. Dr Seuss – How the Grinch stole Christmas
 9. Indian Ocean
 10. The Grinch

TEST YOUR BRAIN

WWHS Wordsearch

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

CAROLS
CELEBRATE
CHRISTMAS
ELF
FAMILY
HOLIDAY
LIGHTS
MERRY
PRESENT
REINDEER
RUDOLPH
SANTA
SLEIGH
STOCKING
TREE