

ReFocus

Nov.



ORIGINAL ART
By Jim Scanlon

A REPORT OF THE CLEVELAND STROKE CLUB

Nov. 2023

Cleveland Stroke Club
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*The MISSION of the Cleveland Stroke Club is
to enhance the lives of stroke survivors and
their families through support, fellowship and
socialization, education and advocacy.*



Caregiver/Survivor Meeting
In-Person Wednesday Nov. 1st from 6:30–8:30 PM

General Meeting, In-Person
Wednesday, Nov. 15th from 6:30–8:30 PM
Bingo starts at 6:00 PM

Speaker: Our new member and lawyer, Jim Brown
Topic: “Social Security Disability, Medicare, Medicaid”
Menu: Traditional Thanksgiving Meal!

The Cleveland Stroke Club was founded on the basic self-help concept. That is, stroke survivors and their families banded together to exchange coping techniques for the many stroke-related problems they experience.

Our Caregiver & Survivor meetings are held on the **first Wednesday** of the month at **Select Medical (formerly Kindred Hospital)** at **11900 Fairhill Road, Cleveland, OH 44120**. We dine together at 6:30 and then breakout into separate meetings for caregivers and survivors from 7:30 until 8:30--when the meeting ends. (Map and more info: <https://clevelandstrokeclub.files.wordpress.com/2023/05/map-select-specialty.pdf>)

Our General Meetings will be held on the **third Wednesday** of the month at **Disciples Christian Church at 3663 Mayfield Rd, Cleveland Heights, OH 44121**. Usually, we host Bingo at 5:30, dinner at 6:30, and a presentation by community professionals from 7:30 until 8:30. Meetings end at 8:30.

Please RSVP for both meetings to Kay 440-449-3309 (or her back-up, Deb 440-944-6794). New members and community professionals are always welcome. Our zoom schedule, newsletter, resource list, & papers are online: www.clevelandstrokeclub.org. See more info. about this month's meetings inside.

Officers 5/2023-5/2024

President
Linda Davis

Asst. to the President
Linda Pfeffer

Vice-President
Deena Barrett
216-410-2306

Secretary
Kay Exl

Treasurer
John Pumper

Asst. Treasurer
Damon Smith
Dave Zabo

Founder
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EXECUTIVE DIRECTOR
Geri Pitts
330-975-4320

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Kay Exl

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440-552-3970

Phone Caller
Linda Pfeffer

Caregiver Meeting Set-Up
Joyce Levy
Marge Robinson
Damon Smith

ReFocus Editor
Deb Felt

FROM THE DESK OF THE EXEC. DIRECTOR

By Geri Pitts



I hope you've had a chance to enjoy the fall colors. My reward for being so far away from Cleveland is traveling 271 and 71 to and from Medina County which gives me many chances to see how beautiful the trees are. There are wide stretches of goldens, oranges, yellows and reds mingled with dark green spruces, firs, etc. I remind you, though, that this won't last and soon it will be over. I remind you, too, that we will **not** have in-person meetings during January through March. We will then hold our Survivor/Caregiver meetings on the Zoom platform on the first and third Wednesdays of those months. Watch for more details next month.

We had well-attended Zoom meetings in October. Thanks to **Kay, Linda** and **Arlene** our weekly bingo games went smoothly with an average of 15 people attending each week. It's much more than bingo. We get to bring each other up-to-date, brag about grandkids and more. We also are in touch with people who cannot attend our in-person meetings. Here are October's bingo winners: **Joyce, Louise, Peggie, Gary, George, Paulette, Vivien, Rick, Arlene, Charles, Jarmelia, Delores** and **Marge**.

FROM THE DESK OF THE PRESIDENT

By Linda Davis



I'm looking forward to our upcoming meetings.

Our General Meeting in November will be a traditional Thanksgiving celebration with turkey, gravy, mashed potatoes, sweet potatoes, stuffing, and rolls. A surprise guest will bring her famous green beans. Our board members will bring pies.

We want to welcome all of our new members who started the Club this year. They have all contributed greatly to our meetings and our lives. We can't wait to get to know you better. Welcome!

One new member, Debbra Brown, asked her husband, Jim, to speak at our November General meeting. Jim is a lawyer that specializes in Medicare, Medicaid, and Disability regulations. He is very kind and will answer questions about benefits and filing rules. Thank you so much Debbra and Jim!

The board is planning our calendar for next year. If you have any suggestions for speakers or topics for our general meeting, please let Deena or me know.

We are planning to make our annual picture calendar for 2024. We will have copies of this year's calendar available at our November and December meetings. You can make any corrections or send an updated pic to Deb. Order forms will be available. We use this calendar as a fundraiser. The cost will be 15 dollars. We will try to have them available by Dec. 15th.

We are not planning to schedule any more outings in this newsletter until Spring. We schedule outings on the 4th Wed. of the month **but** the 4th Wednesdays in November and December bump up against holidays. Also, it's hard to schedule a winter outing in the newsletter because if the weather turns bad, we can't contact everyone to cancel it. However, we encourage smaller groups of friends to meet in person or Zoom throughout the winter to kick winter to the curb.

NOV. HOLIDAYS

- 1 Natl. Author's Day
- 1 World Vegan Day
- 3 Love your Lawyer Day
- 4 Natl. Sandwich Day
- 5 Daylight Savings Ends
- 7 Election Day
- 11 **Veteran's Day**
- 12 Diwali
- 14 Natl. Pickle Day
- 16 Great Am. Smokeout
- 19 Int'l Men's Day
- 20 Children's Day
- 23 **Thanksgiving Day**
- 26 Nat'l Cake Day
- 27 Nat'l French Toast Day

<https://www.wincalendar.com/Holiday-Calendar-with-Today>

NOV. WISHES**Happy Birthday**

Patricia Albeny	11/4
Roberta Wallace	11/9
Bethany Chos	11/10
Bonnie Pastor	11/12
Boff Delores	11/12
Joe Chos	11/15
Fran Kemelhar	11/16
Dan Sekeres	11/16
Jagdish Mude	11/19
Cathi Ellsworth	11/21
Kay Exl	11/24

Happy Anniversary

Linda & George Pfeffer	11/10/1979
Arlene & John Beinhart	11/25/1967
Kathy & Carl Wendorff	11/30/1996

Get Well Soon

Cathi Ellsworth
 Roger Gulbranson
 Raj Sagar
 and to all of our loved ones
 who are ill or in the hospital.

Deepest Sympathy

To Jon Colston and Linda
 Davis and others, who lost
 loved ones in October.

NOV. MEETING CALENDAR

(Contact Geri Pitts for a Zoom link: pittsgeraldine@yahoo.com)

11/1	Caregiver/Survivor	6:30 – 8:30	1st Wednesday of Mo. in person at Select Medical Hospital, 11900 Fairhill Blvd., CLE, 44120
11/1	Caregiver/Survivor	7:30 – 8:30	1st Wednesday in Zoom
11/2	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/9	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/14	Family Feud	7:00 – 8:00	2nd Tuesday on Zoom
11/15	General Meeting	6:30 – 8:30	3rd Wednesday of month at: Disciples Christian Church 3663 Mayfield Rd., CLE Hts. 44121 (No Zoom at this meeting)
11/16	Bingo	7:00 – 8:00	Every Thurs. on Zoom
11/21	Zoom Lunch	Noon- 2:00	3rd Tuesday on Zoom
11/22	Zoom Bingo	7:00 – 8:00	Wednesday before Thanksgiving (No Bingo on Thanksgiving)
11/28	Board Meeting	4:00 – 5:00	4th Tuesday on Zoom
11/30	Bingo	7:00 – 8:00	Every Thurs. on Zoom

This schedule is on our website: www.clevelandstrokeclub.org (scroll down). It can also be downloaded: select the link to "Newsletters and Calendars and Flyers."

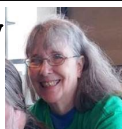
NOTE 1: All of the Zoom meetings open a half-hour early, for conversation.

Feel free to pop in for conversation, even if you don't want to stay for the meeting.

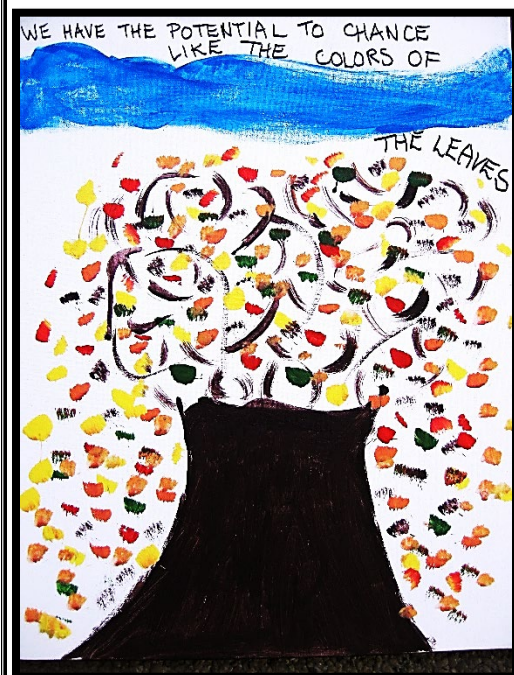
NOTE 2: Outings will not be scheduled until April due to holidays & weather.

I Learned Something New about Stroke and Heart

By Deb Felt



I thought that if your first stroke was a bleed and you had no history of blood clots, you could not have another stroke caused by clots. But that is not true. Apparently, as we age the blood can stay a little too long in a heart chamber or a valve and form small clots that are pumped to the inner brain. The usual culprit of "small clot strokes" is Afib – for which you can be tested. If you are in the hospital, the nurses can apply skin patches to monitor your heart. Outpatients can be given Zio skin patches to wear for two weeks. If you are at risk of clots, doctors can prescribe a new blood thinner (for example, Eliquis) that comes in tablet form and does not require finger-prick monitoring and does not have the side effects of Coumadin/Warfarin. Also, cholesterol medication like Atorvastatin Calcium can be prescribed. Plaque in the veins is part of aging. The same is true about high blood pressure.



**Original Painting by
Shirley Patterson**

IT'S A MATTER OF THE MINUTES!
Notes from Last Month's General Meeting
 By Geri Pitts



A SHOUT OUT! To Deena for being our M.C. for Talent and Interest Night. Thank you to all who shared their stories and showed us their gifts. After a meal of pizza and salads contributed by Bonnie and George & Linda, as well as dessert from Kay we began the program of showcasing some of our members strengths. Thanks, too, to Dave for being our assistant treasurer for the night. We welcomed Pat Curtis, a first-time attendee.

- Roger couldn't join us, but he sent his beer and instructions for making this smooth home brew.
- Shirley showed us things she had made at camp: a ceramic dish, a fragrant candle and a bag or purse recycled out of plastic grocery store shopping bags.
- Joyce Zaid spoke about an interesting book, "A Medieval Family," by Frances and Joseph Gies.
- Nelly brought her knitting and crocheting projects and also samples of her stippling work.
- Pat shared a fascinating experience as "Santa's Little Girl" where her late father visited her through a Santa Christmas decoration.
- George shared slides of his and Linda's recent trip to Ireland, along with detailed commentary.
- Malcolm sang us a beautiful song accompanied by four family members.



Deena: Roger's beers



Shirley showing crafts



Joyce Zaid sharing a book



Nelly sharing sewing and...



Stippling



Pat: Xmas story



George: Ireland



Malcolm's musical family

LAST MONTH'S CAREGIVER and SURVIVOR MEETING

We had another great caregiver and survivor meeting. Food for Thought provided our entrée and our members provided salad, rolls, dessert, and drinks.

Caregiver Breakout Group Sue Sheridan and Geri kindly facilitated the group. Geri kindly provided her notes: We had a full house again at our Caregivers Meeting and welcomed two new members, **Alice** and **Barb**. After introductions, Alice and Barb had a chance to ask our “panel of experts” many questions about transfers, training to bring someone home from rehab, prognosis, emotions, guilt and the process of healing from a stroke. Our members were willing to share experiences, despite the memories being difficult to remember. One way to help caregivers to survive: it's easy to say and hard to do – to have patience...for both the survivor and caregiver.



Survivor Breakout Group Jean Nisenbom kindly facilitated the meeting. She spoke for a minute about neuroplasticity—the ability of the brain to grow new pathways. She also spoke about forced-use therapy--therapeutic techniques that restrain your strong side and force you to use your weak side. Diondre said that at the Vets Hospital, he used forced use therapy to regain the use of his weak hand and arm. She said, one example is that many people hate to speak in a big group. So in the Survivor Group, we try to hear from each person. Jean challenged each of us to think of one way we can break out of our comfort zone and try something new or learn something new or teach something new. She took notes and said she would check back with us to see how we were accomplishing our “new” goals. She suggested that we show our new skills at our next talent night in the spring.

ZOOM LUNCH/BOARD MEETING

Interest in these Zoom lunches is waning. For the last few months, only Linda, Kay, Deb and I have attended, so we talk about club business. We spent some time talking about difficulties in getting members to respond with their RSVPs for dinner reservations for our two in-person meetings. Our members are letting us know if they are coming, but they do not respond to text or emails if they are not coming. Because we want to be welcoming, we have been ordering a lot of extra food, just in case the non-responders (who are usually new members) just forgot to RSVP. Our meals from the caterer cost 8 dollars per meal and we pass that cost on to the attendees. Ordering extra meals dips into our Club's savings. We want to encourage our members to tell us when they will not be attending a meeting, so we don't bug you and so we have an accurate meal count. If we don't hear from you, we will assume that you will NOT be attending. (If you **decide to come to a meeting last minute, great**—but you might want to bring a sandwich--just in case we did not order enough food.) We know that when you are struggling with health, fatigue, and life problems it's hard to predict your energy level. Just keep in touch with us. **When you receive the email, text, or phone calls, please let us know if you are planning to attend, not attend, or maybe attend – this will help us plan the food, meal set-up, handouts, name tags, and room set-up. THANKS!**

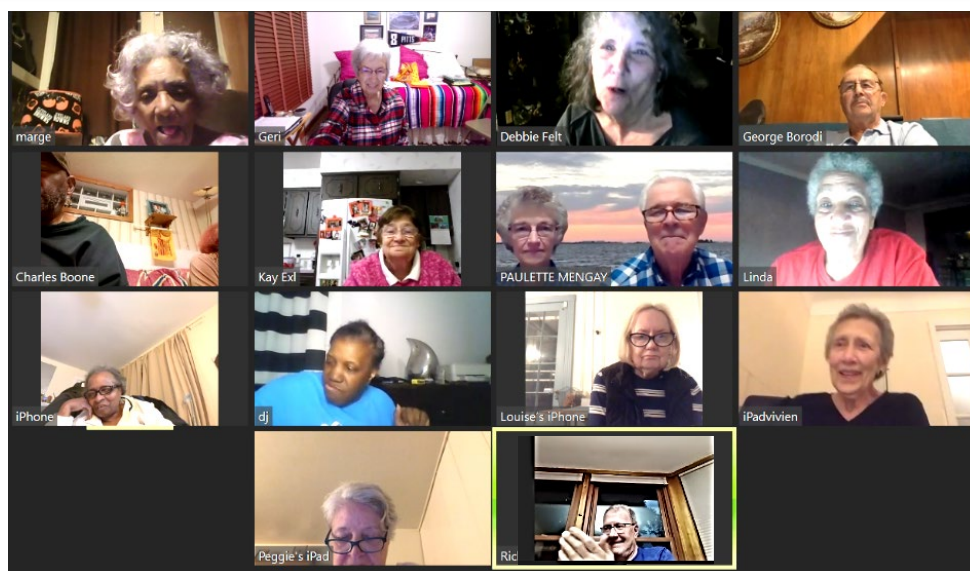
We will continue to schedule Zoom Lunches during the winter months (when we don't schedule in-person meetings and outings) but discontinue Zoom lunches after that when we begin to meet in person. The last couple of years we've found attendance at Zoom Lunches picking up during the winter months and waning the rest of the year. This change will be reflected in our 2024 calendar that we'll send out next month.

ZOOM MEETINGS FROM LAST MONTH

FAMILY FEUD On Tuesday evening, October 10, 2023, we met on Zoom our monthly Family Feud game. Geri's grandson came over to cook dinner for his grandmother, so Kay led Halloween Family Feud. It was a small group, so we each had lots of chances to answer the questions and tell not-so g-rated stories. Damon was the star of the night. He knew the most about Halloween antics. When it came to Halloween movies, we would start describing a favorite scary movie and within seconds Damon knew the title, the director, and the stars.



BINGO



BEER COLUMN, ETC.

By Dr. Roger Gulbranson



I'm planning my winter brewing schedule. I am going to make the same beers that I brewed the last 2 years: Hoegaarden, Saison Dupont, Chimay Red, and Pauwel Kwak

MOVIE REVIEW

By Damon Smith

***Oppenheimer***

During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

This movie was full of interesting parts, but also a lot of dry parts that make it 6 hours long. I enjoyed this movie. But I won't buy or rent it unless it's free at the public library. I give it 1 thumb up for teaching lessons about the making of the first nuclear bomb.

**THANKSGIVING**

By Jocelyn J



Living with the after-effects of a stroke lead me to needing a counselor to keep me from wearing my friends down. A person in need can tell when the conversation that you needed to have was getting old for the listener. I use to ration my dialogue of urgency to only certain associates.

Talking to family members and lifelong friends sometimes was a guarantee for a bout of depression and unforgiveness. Their frankness was always hard to digest. Basically, they meant well but I could not communicate my needs to achieve that understanding place.

I searched for a counselor and that was an irritating task at best. I would go on websites and after giving all my information a simple call back was not received. I had one counselor during my search who snapped me up during our session. Growing more out of sorts, I happened upon a gentleman who had time for me and my weariness. I was in need of that professional listener. Before Covid19, I was able to attend a face-to-face meeting. I am so appreciative for the technology of video conferencing. I had near perfect attendance.

It has taken some time to benchmark that trust and peace of mind with a perfect stranger. I had so much baggage that I was often embarrassed and frightened by the direction of our conversations.

Duane has been a key contributor to my newfound wellness. I could not do this recovery without him. He has unexpectedly gone into private practice and I decided not to discontinue our work because of medical insurance support and ridiculous policies.

In thanksgiving, I am looking forward to advanced coping skill mastery and peace of mind while in counseling.

Let's Have an Honest Conversation About What to Expect as You Age

By Pat Hill



By Judith Graham

How many of us have wanted a dependable, evidence-based guide to aging that explains how our bodies and minds change as we grow older and how to adapt to those differences?

Creating a work of this kind is challenging. For one thing, aging gradually alters people over decades, a long period shaped by individuals' economic and social circumstances, their behaviors, their neighborhoods, and other factors. Also, while people experience common physiological issues in later life, they don't follow a well-charted, developmentally predetermined path.

"Predictable changes occur, but not necessarily at the same time or in the same sequence," said Rosanne Leipzig, vice chair for education at the Brookdale Department of Geriatrics and Palliative Medicine at the Icahn School of Medicine at Mount Sinai in New York. "There's no more heterogeneous a group than older people."

I called Leipzig, 72, who works full time teaching medical residents and fellows and seeing patients, after reading her new 400-plus-page, information-packed book, "Honest Aging: An Insider's Guide to the Second Half of Life." It's the most comprehensive examination of what to expect in later life I've come across in a dozen years covering aging.

Leipzig told me she had two goals in writing this guide: "to overcome all the negatives that are out there about growing older" and "to help people understand that there are lots of things that you can do to adapt to your new normal as you age and have an enjoyable, engaged, meaningful life."

Why call it "Honest Aging"? "Because so much of what's out there is dishonest, claiming to teach people how to age backwards," Leipzig said. "I think it's time we say, 'This is it; this is who we are,' and admit how lucky we are to have all these years of extra time."

The doctor was referring to extraordinary gains in life expectancy achieved in the modern era. Because of medical advances, people over age 60 live far longer than people at the dawn of the 20th century. Still, most of us lack a good understanding of what happens to our bodies during this extended period after middle age.

Several months ago, a medical student asked Leipzig whether references to age should be left out of a patient's written medical history, as references to race have been eliminated. "I told her no; with medicine, age is always relevant," Leipzig said. "It gives you a sense of where people are in their life, what they've lived through, and the disorders they might have, which are different than those in younger people."

What questions do older adults tend to ask most often? Leipzig rattled off a list: What can I do about this potbelly? How can I improve my sleep? I'm having trouble remembering names; is this dementia? Do I really need that colonoscopy or mammogram? What should I do to get back into shape? Do I really need to stop driving?

Underlying these is a poor understanding of what's normal in later life and the physical and mental alterations aging brings.

Continued on next page.

Let's Have an Honest Conversation About the Way You Age, Continued



Can the stages of aging be broken down, roughly, by decade? No, said Leipzig, noting that people in their 60s and 70s vary significantly in health and functioning. Typically, predictable changes associated with

aging “start to happen much more between the ages of 75 and 85,” she told me. Here are a few of the age-related issues she highlights in her book:

- ❖ Older adults often present with different symptoms when they become ill. For instance, a senior having a heart attack may be short of breath or confused, rather than report chest pain. Similarly, an older person with pneumonia may fall or have little appetite instead of having a fever and cough.
- ❖ Older adults react differently to medications. Because of changes in body composition and liver, kidney, and gut function, older adults are more sensitive to medications than younger people and often need lower doses. This includes medications that someone may have taken for years. It also applies to alcohol.
- ❖ Older adults have reduced energy reserves. With advancing age, hearts become less efficient, lungs transfer less oxygen to the blood, more protein is needed for muscle synthesis, and muscle mass and strength decrease. The result: Older people generate less energy even as they need more energy to perform everyday tasks.
- ❖ Hunger and thirst decline. People’s senses of taste and smell diminish lessening food’s appeal. Loss of appetite becomes more common, and seniors tend to feel full after eating less food. The risk of dehydration increases.
- ❖ Cognition slows. Older adults process information more slowly and work harder to learn new information. Multitasking becomes more difficult, and reaction times grow slower. Problems finding words, especially nouns, are typical. Cognitive changes related to medications and illness are more frequent.
- ❖ The musculoskeletal system is less flexible. Spines shorten as the discs that separate the vertebrae become harder and more compressed; older adults typically lose 1 to 3 inches in height as this happens. Balance is compromised because of changes in the inner ear, the brain, and the vestibular system (a complex system that regulates balance and a person’s sense of orientation in space). Muscles weaken in the legs, hips, and buttocks, and range of motion in joints contracts. Tendons and ligaments aren’t as strong and falls and fractures are more frequent as bones become more brittle.
- ❖ Eyesight and hearing change. Older adults need much more light to read than younger people. It’s harder for them to see the outlines of objects or distinguish between similar colors as color and contrast perception diminishes. With changes to the cornea, lens, and fluid within the eye, it takes longer to adjust to sunlight as well as darkness.
- ❖ Because of accumulated damage to hair cells in the inner ear, it’s harder to hear, especially at high frequencies. It’s also harder to understand speech that’s rapid and loaded with information or that occurs in noisy environments.
- ❖ Sleep becomes fragmented. It takes longer for older adults to fall asleep, and they sleep more lightly, awakening more in the night.

This is by no means a complete list of physiological changes that occur as we grow older. And it leaves out the many ways people can adapt to their new normal, something Leipzig spends a great deal of time discussing.

Continued on the next page.

Let's Have an Honest Conversation About the Way You Age, Continued



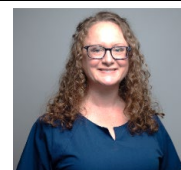
A partial list of what she suggests, organized roughly by the topics above: Don't ignore sudden changes in functioning, seek medical attention. At every doctor's visit, ask why you're taking medications, whether doses are appropriate, and whether medications can be stopped. Be physically active. Make sure you eat enough protein. Drink liquids even when you aren't thirsty. Cut down on multitasking and work at your own pace. Do balance and resistance exercises. Have your eyes checked every year. Get hearing aids. Don't exercise, drink alcohol, or eat a heavy meal within two to three hours of bedtime.

"Never say never," Leipzig said. "There is almost always something that can be done to improve your situation as you grow older, if you're willing to do it."

K kffhealthnews.org/news/article/navigating-aging-expectation-adjustment-change/
Submitted by Pat Hill, MBA, Pat Hill, The Medicare Problem Solver, 216-570-9236, pthmba@att.net

TOE TIPS

By Jenifer Vanek, RN Foot Care Specialist,
Reliable Nurse Foot Care (www.RNfootcare.com)



Let's talk fit! Feet are more likely to swell with advancing age or injury. When trying on shoes, fit for the larger foot, and try on shoes later in the day, as feet have a tendency to swell as the day goes on. A softer material shoe will help accommodate swelling and decrease friction, while a stiffer material shoe will provide stability. Not sure what you need? Ask your provider! Disclaimer: sudden swelling, redness, pain, warmth in lower leg/foot should be assessed by your healthcare provider. DISCLAIMER: these are tips to keep feet healthy, not to treat illness or injury. If your health care provider advises differently, listen to them. Let's talk toes! (and feet)

VIRTUAL SUPPORT GROUP FOR MOMS WITH STROKE-RELATED DEFICITS

Being a mom can be challenging under the most ideal circumstances, but when faced with the additional hurdle of a stroke-related deficit it may sometimes feel overwhelming.

One Handed Mommas is a Virtual Support Group, exclusively for moms who have suffered any type of deficit(s) as a result of a stroke.

This virtual platform aims to create a safe and understanding environment where you can connect with other moms who can relate to your circumstances, share your stories, and support each other.

WHEN: Second Sunday of every month (**First Meeting is October 8, 2023**)

TIME: 3:00 P.M. to 4:00 P.M.

WHERE: Zoom Virtual Platform

HOW TO JOIN:

1. Send an email to onehandedmommas@aol.com with the subject line "Virtual Support Group Registration."
2. In the email, kindly provide your email address and any additional information you'd like to share.
3. Once we have your email, we will add you to our email list and send you the Zoom invitation for our next meeting.

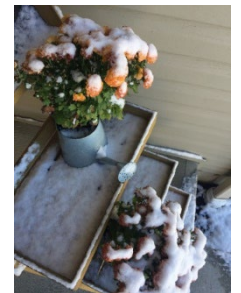
Editors' Note: There are many of our survivors who are also one-handed grandmas and aunts who are regularly babysitting. I hope you would be welcome also.

SPEAK EASY HALLOWEEN PARTY

By Jean Nisenbourn

Our costume winners were: women category-tie between Vivien as a witch and Lisa as Beyonce. Tie in the male category – Bill as the grim reaper and Rick as Dr. Seuss. Couple category: George and Nellie as cowboy and cowgirl! We had a VERY competitive game of Halloween Jeopardy...it was close but the team of Linda, Damon, Lisa, Ike and Allison won! We also celebrated Linda's birthday and our Zoom friends joined in for the fun! Also big shout out to Kay who helped with everything!





PUZZLE: Hungry? Let's Hear it for National Sandwich Day, November 4th!

By Brenda Koos



(Use every letter and word only once.)

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

BBQ

Club

Falafel

Gyro

Pattymelt

POBoy

Ruben

Sub

Veggie

BLT

Cuban

Fish

Ham

PBJ

pork

Sabich

Tuna

Wrap

Cheese

Egg

Grilled

Montagu

Philly

Pulled

Steak

Turkey

Make your own puzzle here:

<https://puzzlemaker.discoveryeducation.com/word-search>

NASA GLEN

By Gary & Paulette M.

