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CACHE COUNTY SENIOR CENTER
NEWSLETTER



Happy New Year!

We hope you enjoyed a wonderful holiday season filled with time spent with friends and family. We're excited to share that we will be hosting a fun New Year's Party on the 2nd at 6:00 pm. We hope you'll join us as we kick off the new year together!

As we begin the year, we also want to share a few updates from the Senior Center. One important change to note is our new hours of operation. The center will now be open from 8:00 a.m. to 4:20 p.m. Please keep this in mind, as staff will be locking up and leaving promptly at 4:30 p.m. If you are attending a class or group activity later in the day, we kindly ask that you visit the restroom before 4:30 p.m. so staff are not delayed. Thank you for your understanding and cooperation.

In observance of Martin Luther King Jr. Day, the Senior Center will be closed as we honor the life and legacy of Dr. King. He was a Baptist minister and leader of the civil rights movement who believed strongly in peaceful, nonviolent change and treating others with dignity and respect. Many remember his powerful "I Have a Dream" speech from 1963 and his receiving the Nobel Peace Prize in 1964. Here at the Senior Center, we love to see the unity and kindness with which everyone treats each other, and we know that Dr. King would be proud to see it. His message of compassion, justice, and standing up for what is right continues to inspire people of all ages today.

Looking ahead, we're also excited to celebrate a musical legend! Hailed as "The King of Rock 'n' Roll," Elvis Presley was born on January 8, 1935. If he were alive in 2026, he would be celebrating his 91st birthday. Join us as we honor Elvis, reminisce, and enjoy his unforgettable music together. We look forward to seeing you and starting the year off on a joyful note!

Giselle Madrid
Senior Center Director



Caregiving

Sharing Caregiving Responsibilities

Caring for an older person often requires teamwork with family, friends, or formal caregivers. While a person who lives nearby might take on most of the everyday responsibilities, people who live farther away can also play an important role in coordinating care.

Splitting up caregiving tasks

When deciding how to share caregiving responsibilities, consider these questions:

- Who is best at finding information and keeping people up to date on changing conditions?
- Who is most comfortable using email, text messages, and other forms of technology?
- Who do people call when they need emotional support and someone to talk to?
- Who is most confident about speaking with medical staff and conveying information to others?
- Who lives close enough to assist with day-to-day tasks, such as grocery shopping, cooking, and cleaning?
- Who likes coordinating larger tasks, such as helping to organize a move?
- Who is good with numbers? Could they take charge of tasks such as paying bills, keeping track of bank statements, and reviewing insurance policies and reimbursement reports?
- Other than the primary caregiver, who can step in to help occasionally? For example, can someone stay with the person needing care so the primary caregiver can take a short break or go on vacation?

Knowing your limits

Share this info and help spread the word about caring for yourself while caring for others.

No one can be expected to do everything. Be gentle with yourself and realistic about how much you can do and what you are willing to do. For example, you might ask yourself:

- How will my decision to take on caregiving responsibilities affect my work and home life?
- If I don't live nearby, how often, both mentally and financially, can I afford to travel?
- Am I emotionally prepared to take on what may feel like a reversal of roles between me and the older person — such as taking care of my parent instead of my parent taking care of me? Can I continue to respect their independence?
- Can I be calm and assertive when communicating with the older person and any other caregivers? Could I seek advice or training to get better at this?

Supporting a primary caregiver

In many cases, one person takes on most of the everyday responsibilities of caring for an older person. It tends to be a spouse or the child or sibling who lives closest. If you are not the primary caregiver, you can still play an important role in supporting that person.

A primary caregiver — especially a spouse or partner — may be hesitant to ask for help or a break. Maybe you can plan to visit on a regular basis so the primary caregiver can have some personal time. Or perhaps you can arrange for regular respite care in the form of a volunteer, an in-home aide, or an adult day care program. Read more about ways to support a primary caregiver.

Many people live far away from family or friends who may need help. Long-distance caregivers can help by providing emotional support to the primary caregiver and coordinating certain aspects of care from afar. Find more information about long-distance caregiving, including how you can help, ways to stay in touch, and resources for caregivers who live far away.

Resources

Transportation Vouchers

Clients can be reimbursed for travel costs to doctor appointments, to social service programs, like the Senior Center, and or other medical care. If you are 60, you automatically qualify. Call BRAG to schedule an assessment and see if you are eligible for this program that can reimburse friends and family for taking you to your doctor's appointments. BRAG 752-7242.

Medicare Cost Sharing Program

Medicare Savings Programs help individuals with some of the out-of-pocket costs for Medicare, including Medicare Part A and Part B premiums, deductibles, copayments, and coinsurance. Eligibility for certain Medicare Savings Programs automatically qualifies you for the Extra Help program as well, which helps pay the cost of prescription drugs. The BRAG office now has several days available to meet with clients. 435-713-1467

Extra Help

Do you need help paying for your prescriptions? You could qualify for a federal program that helps pay some or, in some cases, all of the Part D drug plan. If you make less than \$1,903.00 a month (\$2,575 for married couples), and your assets are below \$16,660 (\$33,240 for married couples) you may qualify for the "Extra Help" program. It could reduce your prescription costs for generics and for brand-name drugs. The BRAG office now has several days available to meet with clients. 435-713-1467

VA Benefit Program

A representative from the VA will assist you with all of your benefit needs. Please call Shanna Andersen at 713-1460.



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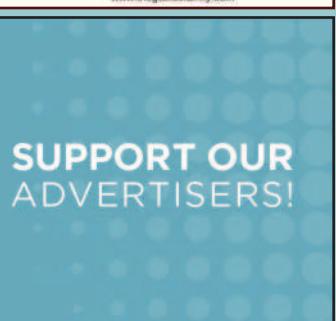
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How can I prevent medical identity theft?

Dear Marci,

I have been hearing about people stealing Medicare numbers. I'm starting to worry about my personal information being compromised. How can I be more vigilant and prevent medical identity theft?

- Pearla (Lewiston, ME)

Dear Pearla,

Great question! Medical identity theft can be a jarring experience. It can negatively affect your medical records, health insurance, and finances. I have outlined below steps you can take to avoid, identify, and respond to medical identity theft.

Steps to protect yourself from medical identity theft:

- Be careful about who you give your personal information to. This includes your Medicare number, Social Security number, credit card numbers, and driver's license number.
- Beware of unexpected texts, calls, or emails. A scammer may try to get you to click on a link or respond with your personal information. Remember that Medicare and Social Security will never reach out to you to ask for your personal information.
- Keep documents that contain your medical information somewhere safe. This includes your health insurance card, insurance enrollment forms, prescription bottles, and billing statements. If you want to get rid of these things, use a shredder or wait for a local shred day. Before throwing out prescriptions, use a marker to cross out any personal information on the bottle.
- Look out for common fraud schemes used to steal personal information. These include scams related to free COVID-19 tests, durable medical equipment that you didn't ask for, genetic testing or cancer screening kits, new Medicare card scams, and telehealth fraud.

If someone does manage to steal and use your medical information, look out for the following signs:

- Charges on your Medicare statements for services, equipment, or medications you didn't receive.
- Shipment of braces, testing kits, or other medical supplies in the mail that you didn't request.
- Outreach by a debt collection company for a provider bill you don't owe.
- Medical debt collection that you don't recognize.

If you believe someone has stolen and is using your medical information, contact your Senior Medicare Patrol, or SMP. Your local SMP can help guide you through what you need to do if you think your medical information has been stolen. Along with reporting any incidents to the authorities, an SMP may encourage you to:

- Review your Medicare statements. Look for any services, items, or prescriptions you didn't receive or any providers you don't recognize.
- Get copies of medical records. Explain the situation to your health care providers and request that they send you your records.
- Report errors. Report any mistakes you find in your medical records to your health care provider.
- Review your credit reports. Visit www.AnnualCreditReport.com or call 877-322-8228 to get your free credit report. Look for medical billing errors. This includes medical debt collection notices that you don't recognize.
- Make a recovery plan. Use the Federal Trade Commission's www.IdentityTheft.org to report identity theft and get a recovery plan.

Hope this helps!

-Marci

Burger Bowl

INGREDIENTS:

14 OZ. FROZEN FRENCH FRIES
KOSHER SALT
1/4 CUP MAYONNAISE
3 TBSP. KETCHUP
1 TBSP. SWEET PICKLE RELISH
1 TBSP. YELLOW MUSTARD
1 TBSP. CANOLA OIL
1 LB. LEAN GROUND BEEF
1 1/2 TSP. CAJUN SEASONING
3 OZ. SHREDDED CHEDDAR (ABOUT 1 C.)
8 CUPS CHOPPED ROMAINE
4 SLICES COOKED BACON, CRUMBLED
(OPTIONAL)
5 OZ. CHERRY TOMATOES, QUARTERED
(ABOUT 1 CUP)
1 SMALL RED ONION, THINLY SLICED (ABOUT 1 CUP)
1/2 CUP QUARTERED DILL PICKLE SLICES
WHITE SESAME SEEDS, FOR TOPPING

Directions:

Step 1

Bake French fries according to package directions; season with a pinch of salt.

Step 2

Meanwhile, in a small bowl, stir mayonnaise, ketchup, relish, and mustard until smooth.

Step 3

In a large skillet over medium heat, heat oil until shimmering. Add beef, Cajun seasoning, and 1/4 tsp. salt. Cook, breaking up beef with a wooden spoon, until cooked through and no longer pink, 5 to 6 minutes. Gather beef to one side of skillet in an even layer and top with cheese. Cover with a lid or foil and let melt 3 to 4 minutes.

Step 4

Divide lettuce among shallow bowls. Top with cheesy ground beef, bacon (if using), tomatoes, onion, pickles, fries, burger sauce, and sesame seeds.



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January 2026

Monday	Tuesday	Wednesday
 <p>Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Martin Luther King, Jr. BrainyQuote®</p>	<p>AARP SMART DRIVER COURSE To refresh driving skills and to get a DISCOUNT ON INSURANCE Thursday, Jan 8 12-4pm \$20 with membership of AARP \$25 otherwise To Register call Kent Haddock (435) 890-5901</p>	
<p>5 10:00 Journaling 11:00 Music Bingo: Elvis Presley 12:30 Jeopardy 1:00 Coloring</p>	<p>6 11:00 Good Grief Support Group 11:00 Mind Fitness 1:00 Movie: Eight Below</p>	<p>7 11:00 Craft: Pinecone Bird Feeders (\$2) 1:00 Knitting Group</p>
<p>12 10:00 Journaling 11:00 Bingo 11:00 American Sign Language 12:30 Jeopardy 1:00 Coloring</p>	<p>13 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: Ghost of the Mountains</p>	<p>14 11:00 Craft 'n' Chit Chat: Sock Snowmen (\$3) * * * * *</p>
<p>19 <i>Closed in observance</i>  </p>	<p>20 11:00 Mind Fitness 11:30 Cranium Crunchers 12:45-3:00 Commodities 1:00 Movie: Willy Wonka and the Chocolate Factory</p>	<p>21 11:00 Craft: Winter Candle Jars (\$2)</p>
<p>26 10:00 Journaling 11:00 Bingo 11:00 American Sign Language 12:10 Nutrition w/Jenna 12:30 Jeopardy 1:00 Coloring 1:00 Cooking Demo w/Jenna</p>	<p>27 11:00 Mind Fitness 11:30 Cranium Crunchers 1:00 Movie: True Grit</p>	<p>28 1:00 Paint 'n' Sip (\$5) 2:30 Book Club: Hidden Figures</p>

January 2026

Thursday	Friday	Daily Activities
1 <i>Closed in observance</i> 	2 9:00 Senior Swans Ballet 10:00 Sewing (\$10) 6:00 New Year's Party	Monday 8:00-2:30 Computers 8:00 Fitness Room 8:00 Library 12:00-1:00 Lunch 8:00 Pool Tables 8:00-2:30 Quilting
8 <i>Elvis' Birthday</i> 11:00 Elvis' Birthday Party 11:15 Card Making w/Brenda 12-4 AARP Safe Driving 	9 9:00 Senior Swans Ballet 11:00 Blood Pressure Clinic 11:00 Sculpt and Sweat	Tuesday 10:00 Bread & Jam Band 10:00 Poker 11:00 Ukulele Class 11:00 Bingo 12:30 Jeopardy 1:00 Coloring Group 1:00 Game: Hand & Foot 1:00 Tai Chi
15 11:00 Cooking: Veggie Pot Stickers (\$3) 1:30 Ping Pong	16 9:00 Senior Swans Ballet 11:00 Sculpt and Sweat 	Wednesday 8:30 Ceramics 10:15 Tai Chi 10:30 Writers Group 1:00 Mahjong 1:00 Movie
22 11:00 Art History: Annie Leibovitz 1:30 Ping Pong	23 9:00 Senior Swans Ballet 11:00 Blood Pressure Clinic 11:00 Sculpt and Sweat 	Thursday 9:45 Chair Yoga 11:00 Line Dancing 1:00 Bobbin Lace Group 1:00 Bridge 1:00 Tai Chi 1:00 Chinese Mahjong
29 11:15 Out to Lunch Bunch: Laan Thai (\$2) 1:30 Ping Pong	30 9:00 Senior Swans Ballet 11:00 Sculpt and Sweat	Friday 8:30 Ceramics 10:00 Bingocize 10:30 Sit & Be Fit w/ Darrell 11:00 Poker 1:00 Mahjong 10:00 Painting 10:00 Sewing 11:00 Board/Card Games 1:00 Tai Chi 2:15 Mindfulness Group

NEW EXERCISE CLASS

Introducing our new fitness instructor Cathy presenting:
Sculpt and Sweat

Fridays at 11:00
Starts January 9th

This fun exercise class is for **EVERYONE** and uses light weights & cardio



Homemade Pot Stickers



Join Kylie on Thurs., Jan 15th @ 11am in the cafeteria to make some homemade veggie pot stickers! This will be a create-your-own activity, so come ready to cook!

RSVP @ front desk | \$3 fee

Craft 'n' Chit Chat

Sock Snowmen

Wed., Jan 14th @ 11am in the sewing room.

By popular demand, we will create cute sock snowmen reminiscent of the well loved ornaments we did last Christmas!

RSVP @ front desk | \$3 fee



Winter Jar Lanterns

Wednesday, January 21st @ 11am in the sewing room.

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7 Tips for Navigating Grief During the Holidays

1. Learn about grief

Grief is complicated, but it's also completely normal to feel it sharply before, during, and immediately post-holidays. You aren't alone in your grief, and there is nothing "wrong" with you. The absence of the loved one may feel particularly hard at the first holiday gatherings. Recognizing this and acknowledging related feelings with others can be helpful. It's also helpful to know that there are many ways to grieve, and each person has the right to their feelings. It's important to have compassion for and avoid judgment of your own or others' feelings, as everyone is navigating grief in their own way.

2. It's okay to express your feelings

Expression is helpful for coping with grief. Concerns about the holidays can be explored with a trusted friend, family member, professional, or support group. Feelings can also be expressed without speaking with others, through therapeutic writing activities like journaling. One such activity is to set a timer for three or more minutes and write out any thought that comes to mind, without censoring or judging feelings. The process may lead to a better understanding of your headspace and grieving process. Another helpful writing exercise is to write a letter to the deceased loved one. Express what you miss about them, and how you are feeling about experiencing the holidays without them. This exercise may bring a sense of connection to the loved one and can help to move stuck feelings.

3. Be flexible with holiday traditions

Understandably, the holidays will feel different after a loved one has died, and all family members may need to manage expectations around traditions. It will be important to be flexible and creative with holiday traditions. Remember that it's okay to ask for a change of pace if doing your regular holiday routine feels too painful. **Continued on page 11**

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Cache County Senior Center, Logan, UT

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January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 Salisbury Steak Mashed Potatoes & Beef Gravy Sun-Shine Carrots Applesauce
5 Chicken Pot Pie Green Beans 5 Cup Fruit Salad	6 Tomato Beefy Mac Soup Peas & Carrots Peaches Breadstick	7 Chicken & Broccoli Casserole Glazed Carrots Melon	8 Supreme Pizza House Salad Warm Pears	9 Tuna Croissant Sandwich Broccoli Salad Pineapple
12 Loaded Baked Potato Soup Buttered Peas Ambrosia Fruit Roll	13 Chef's Choice 	14 Meatball Marinara Pasta Roasted Zucchini Grape Salad	15 Blueberry Lemon French Toast Bake Garden Omelet V8 Oranges	16 Chicken Tenders Waffle Fries Coleslaw Tropical Fruit
19 Closed Martin Luther King Jr. Day	20 Chicken Cordon Bleu Casserole Capri Vegetables Melon Salad	21 Creamy Parmesan Italian Soup Caesar Salad Apples	22 BBQ Ribs Mac & Cheese Peas Mixed Fruit	23 Lasagna Sautéed Italian Veggies Pears Garlic Bread
26 Chili Corn Bread Mixed Vegetables Mandarin Oranges	27 Hawaiian Haystacks Peas Pineapple	28 Chef's Choice 	29 Butternut Squash Soup Ham Sandwich Apples	30 Roast Beef Mashed Potatoes & Beef Gravy Glazed Carrots Fruit Salad

For those 60+ and their spouse the suggested donation is \$4.00 . Don't forget to call in by 3:00 p.m. the day before. The full cost of the meal is \$12.00 for those under age 60. Please pay at the front desk to receive your meal.
Menu is subject to change

For example, if a host who might typically cook for the family does not have energy to do so, shifting to a potluck meal might be helpful. If the person who died was in charge of a ritual, it will be important to either pass along the ritual to a different family member or create new rituals and traditions. Creating rituals to honor the loved one, such as sharing favorite memories, making one of their favorite foods, listening to one of their favorite songs, lighting a candle in their honor, or wearing clothes in their favorite color, can help to feel connected. Traditions may change, but holiday gatherings can still bring a sense of connection and meaning, as well as an outlet for honoring the loved one.

4. Draw from past coping skills and advice

Previous coping skills with any loss in life can be helpful when experiencing grief during the holidays. It can be difficult to bring coping skills to mind in the moment when we need them, so keep a running list of coping approaches to draw from. Many of us have blocks when it comes to giving advice to ourselves, yet we are able to give helpful advice to others. Pretend someone in your same position is standing in front of you, seeking support. What would you say to them? Write down what you would say to others so you can apply your own sage advice to yourself!

5. Take care of yourself

Grief often causes dysregulation in the body. It is essential to take care of yourself when grieving, even when it feels like too much work. A checklist can help you remember what to do to take care of yourself.

Make a list of actions that help to keep you moving, such as drinking water, getting fresh air, and eating meals, and a list of actions that can quickly bring a moment of calm, such as planting your feet on the ground and taking a few deep breaths or drinking a comforting cup of tea. Even two-minute actions can bring some relief, if done mindfully, with the intention to calm the body.

Continued on page 13

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Cache County Senior Center, Logan, UT

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celebrate
NEW YEARS
at the center

**January 2nd
6:00 in the evening**

Come dressed up and ready to mingle
Spaghetti dinner and entertainment provided
There is no cost, but please RSVP at the front desk

When you are at a holiday event, personal self-care rituals can help to bring comfort. Wear a soothing perfume, put on comfy clothes and don't worry about dressing up, and most importantly, don't be afraid to ask for space or time alone. It's okay to step outside for a moment or even go home early if things feel too overwhelming. Ask a trusted loved one to reach out to guests beforehand with recommendations about what you will feel comfortable talking about.

6. Don't be afraid to cry

We put a lot of pressure on ourselves to act a certain way during the holidays so that everyone has a fun and positive time. But if you've lost a loved one, pretending to be happy can do more harm than good. Remember, you are more important than one family dinner. It's okay to be outwardly sad and even cry in front of others if that's how you're feeling. Sometimes, being open about your sadness can invite others to do the same, which gives space for people to comfort each other.

7. Plan ahead and set boundaries

As you anticipate any potential challenges around the holidays, you can gain a sense of control by planning ahead, thinking carefully about what you can and can't handle and remembering that you have choices. For some people, the holidays will pose challenges, while for others, the holidays may be comforting. If visiting all day with others sounds overwhelming, you might decide to attend a gathering for a short time or not attend altogether. It's not always easy to let others know that your own plans are changing, but you can practice ahead of time how to communicate what you need, and you can offer compassion and understanding to yourself and to others regarding decisions about the holidays.

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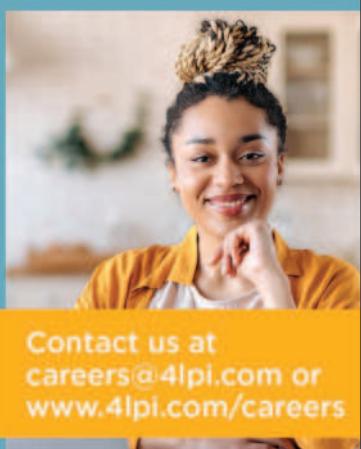
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Cache County Senior Center, Logan, UT

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Medicare

What is the benefit of having a Medicare Advantage plan?

There are five key advantages to choosing a Medicare Advantage plan compared to original Medicare only:

1. **Lower costs.** Although you must pay the monthly Part B premium with both options (\$202.90 in 2026), Medicare Advantage premiums are often less expensive (sometimes \$0) compared to original Medicare combined with a Medigap policy. In 2016, the predicted average monthly Medicare Advantage premium is \$14.00. What's more, Medicare Advantage plans have a maximum out-of-pocket spending limit for each policy period. In 2026, this cap is \$9,250 for approved services (but some plans set lower limits). Once the cap is reached, no additional payments are required for covered services for the rest of the year. Original Medicare does not offer an out-of-pocket maximum, so your expenses could be much higher.
2. **Similar to employer health insurance.** If you're leaving a job where health insurance was offered in the form of an HMO plan, a Medicare Advantage plan will look similar. Deductibles, co-insurance, drug coverage, and physician networks are all part of the package.
3. **One plan instead of several.** A Medicare Advantage plan is an "all in one" system. Often, you have only one insurance card to keep track of, not three. Some people prefer to deal with one plan versus the separate plans of original Medicare, Part D, and Medigap.
4. **More coordinated care.** HMO Medicare Advantage plans require you to have a primary care physician (PCP). They are the "gatekeeper" for all your care, responsible for making sure your team collaborates with other medical professionals on your treatment. For people with complicated health conditions, this kind of coordinated effort can be valuable.
5. **Additional benefits** (not covered by original Medicare). Medicare Advantage plans often include prescription drug coverage, plus vision, hearing, and dental benefits—all of which are not part of original Medicare. In some cases, an additional premium may be required, but that is not true for all plans. Most Medicare Advantage plans also offer non-medical benefits as well, such as nutrition counseling, meal and grocery delivery, transportation access, and falls prevention aids.

What are the disadvantages of a Medicare Advantage plan?

There are four key disadvantages of choosing a Medicare Advantage plan versus original Medicare:

1. **Getting coverage for procedures can be more complicated.** Since managed care plans aim to keep health care costs within budget, they try to prevent overuse through various means—such as "prior authorization" requirements for surgery, home health care, hospital stays, and medical equipment. Doctors often must provide additional proof of necessity for a service before the plan will pay.
2. **Billing before you receive treatment.** With Medicare Advantage, copayments are paid prior to treatment. For multiple physician visits, there may be several copayments required upfront before you can see a doctor or receive care. In contrast, if you have original Medicare plus Medigap, you would owe a 20% coinsurance (billed after the service) that would be covered by your Medigap policy.

3. Less freedom in choosing health care providers. With original Medicare, you can see any physician who accepts Medicare, which gives you access to providers and major medical centers nationwide. In contrast, Medicare Advantage plans are more restrictive in terms of provider networks. A network is a list of doctors, hospitals, and/or pharmacies that negotiate prices with insurance companies. In some areas, it can be difficult to find a local doctor or hospital that works with Medicare Advantage. And if you visit a doctor or a hospital that isn't "in-network," you will pay higher out-of-pocket costs.

4. Less compatible with other forms of retiree coverage. There are also some limitations in how Medicare Advantage works with other types of retiree coverage. For example, people with TRICARE for Life need to enroll in original Medicare (versus Medicare Advantage) in order to keep their TRICARE coverage. Prior to enrolling in a Medicare Advantage plan, be sure to find out how it will work with other retiree coverage you have.

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Cache County Senior Center, Logan, UT

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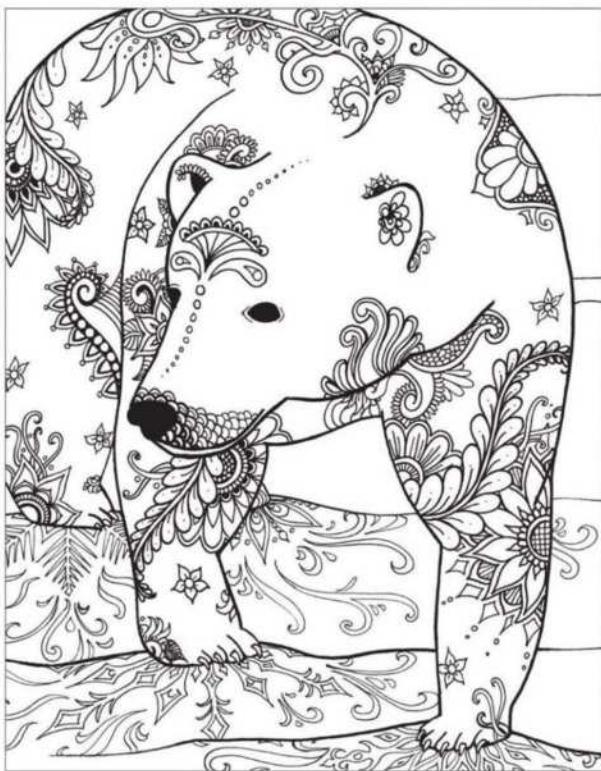


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Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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ARCTIC OCEAN
CANADA
CARIBOU
CARNIVORE
CLAWS
CUB
DEN
FAST
FAT
GREENLAND
HUNT
ICE
MAMMAL
MARINE
NORTH
NORWAY
POWERFUL
RUSSIA

Polar Bear

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

DID YOU KNOW?

Polar bears have black skin under their white fur, which helps them to absorb more heat from the sun.