

WINTER 2022 QUARTERLY NEWSLETTER

www.ageconcern.org.nz



Age Concern Marlborough

Serving the needs of older people



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Contact Information

Phone: (03) 579 3457

Email: admin@ageconcernmarlb.org.nz

Address: Marlborough Community Centre,
Room 1, 25 Alfred Street, Blenheim 7201

OFFICE HOURS

Community Welfare Coordinator

Bobby Houlahan

9.00am - 3.00pm Monday to Thursday

Office Administrator

Meryl Jones

10.00am - 1.00pm Monday to Friday

Volunteer Coordinator

Meryl Jones

volunteer@ageconcernmarlb.org.nz

Office Email: admin@ageconcernmarlb.org.nz

The views expressed in this newsletter are not necessarily those of Age Concern Marlborough. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.

A Word from the Chair

As winter approaches the days are drawing in and we will be able to use the Winter Energy Supplement which you should have received from May 1st and continues until October 1st. (In case you are worried this is tax free). If you have any problems over this allowance contact MSD or our office for assistance. Do keep warm this winter.

Did you know that:

You can get free COVID-19 RAT tests if you have flu or cold symptoms, or are a household contact. Requesting RATs to use at home is an easy step-by-step process. RATs can be requested on behalf of someone else. You will need access to a mobile phone to validate your order. Go to:

- Website: requestrats.covid19.health.nz
- or call 0800 222 478, choose option 3 (8am-8pm, 7 days a week)

You will be issued an order number. You can then collect your RAT order from a collection site listed on Healthpoint, or have someone collect it for you. Once again, if you have any problems with this, please ring our office. We all hope that COVID is now under control and we will be recommencing some of the programmes that we have had to put "on hold". It will be great when we return to a new "normal" as it has been a difficult time for most of us.

One of the local services that I have loved is the Marlborough District Libraries. These are located in Picton, Havelock, Ward and Renwick with the central Blenheim library in 33 Arthur Street, but won't it be great when they move to their lovely new building in Wynen Street? The services they offer are amazing and one of them, which may be of interest to some of you, is their Housebound membership (free) and you can get talking books, DVDs, Music CDs and jigsaw puzzles, as well as books and magazines, all brought to your home. For those of you with access to the internet there are over 100 Magazines and Newspapers available free to members. If you don't belong, I highly recommend this wonderful asset. Keep warm and healthy and if you are not fully boosted or if you have not had your flu injection (all free) please do not forget.

Marge Scott | Chair



**Age Concern
Marlborough Inc**

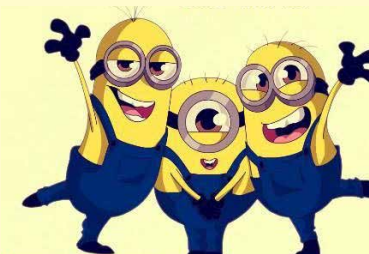
FRIENDSHIP GROUP

FOR AGE CONCERN MEMBERS

A social club for a cuppa and a chat with a monthly guest speaker. Meetings are held on the 2nd Tuesday of the month from 10am - 11.30am @ Sowmans (Hutcheson St)

**Please call (03) 579 3457
to confirm attendance**

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lonely...
Disturb them
all the time



Friendship isn't a big thing
it's a million little things.



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Please contact us on (03) 578 7966

www.aberleigh.co.nz

From DRAB to FAB!!

Thank you to our friends at The Warehouse Blenheim for your support in giving our office a much needed makeover! The flash flooding last year effected us badly, so with your help and donations we were able to make it a warm and welcoming place for our clients to visit.



PLEASE SUPPORT OUR ADVERTISERS

Our advertisers support enables the continuation of our newsletter. Please support them where you can and let them know where you found them.

Many thanks



8 Tips For Keeping Warm This Winter

As we settle into another Kiwi winter, frost, rain and very low temperatures, it's important to be prepared and to keep warm, as the cold can be the biggest threat to the elderly, particularly if they're feeling unwell. Here are 8 tips for keeping warm this winter:

1. Reduce your body heat loss

A lot of our body heat is lost through the head and neck, so even if you're indoors, when you're chilly, try wearing a comfortable hat and scarf. We also lose a lot of warmth through our feet, so thick socks and slippers are key to keeping cosy.

2. For instant warmth

A hot water bottle and an electric blanket are good to quickly relieve you from the cold and to help instantly feel warm. However, they should not be used together as this is a hazard and can be dangerous.

3. Thermals

Wearing several layers rather than one thick layer will keep you warmer because the layers trap the warm air and keep the heat close to the body. If you plan to go outside for long periods of time then it's a good idea to invest in some warm thermals and when it's really cold, get some thermal underwear and bed socks for bed. A thin merino hat can also be ideal for those cold nights.

4. Maintenance

If you have a heating system, then get it serviced before we get into the heart of winter as it's sensible to resolve any issues beforehand and will give you peace of mind knowing you're all set for when that first cold night draws in. If you have

a fire, then getting the chimney swept regularly, will make the heat more efficient in your home.

5. Keep the draught out

Even when it's cold outside, you'll want to open your windows during the day, if only for a few minutes, to remove moisture from your home and let in the fresh air. However, as soon as the sun goes down, it's a good idea to keep all windows and doors shut and to use draft excluders to stop cold air flowing through your home. Fitting thermal linings to your curtains will also help keep the heat in.

6. Moving with safety

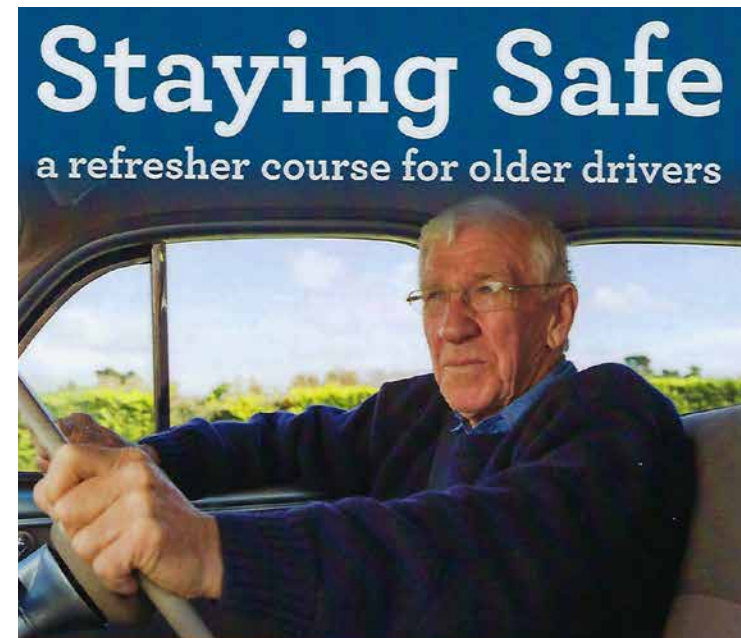
If there is a slope or steps from your front door to the sidewalk, then you could fit a grab rail to the outdoor area for support in case of icy surfaces. Also throwing some grit onto the ground for those icy days will also help prevent any falls.

7. Cook warm meals

Porridge for breakfast and soup for dinner will help keep you warm on the inside. Throughout the day, it's also good to drink hot drinks, try hot water with lemon if you're not a fan of tea or coffee.

8. Get rid of dampness

Cooking, showering and drying clothes indoors all creates moisture in your home, causing dampness. A damp, mouldy home can be harder to heat and cause respiratory illnesses. To minimise dampness, dry your clothes outside, use extractor fans when cooking and showering and remove condensation from windows and doors daily.



Has it been years since you have had a driving refresher course? Have some rules changed that you may not be aware of? Are you now taking new medication that may or may not affect your driving? Do you want to keep your driving skills for as long as possible?

If you answered yes to any of these things, then you should come along to our **FREE driving refresher course for seniors!**

The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in. Alternatively, if you have already put your name down for the course, Liz will be in contact soon!

Your vehicle plays a major role in keeping you safe on the road. Safety ratings are the best way to know how well your vehicle will perform in a crash.

The higher the safety rating of your vehicle, the safer you are on the road.

Go to the rightcar.govt.nz website to see what star rating your current car has, and any car you are planning to purchase.



**MARLBOROUGH
ROAD SAFETY**



rightcar.govt.nz

Therapy dogs happy to spread joy

Devoted owner and trainer Wendy Reynolds from Blenheim and her miniature poodles came to visit our Friendship Group. Wendy, the Canine Pet Therapy coordinator, and her poodles were great entertainment and full of interesting information. The poodles are trained therapy dogs and registered with the Marlborough branch of Canine Pet Therapy.

Wendy takes these dogs to visit people in rest homes and hospitals. They bring joy and laughter into people's lives. Health research in New Zealand and overseas shows many people show great improvement in their health and attitude through interaction with visiting animals. Canine Friends Pet Therapy is a New Zealand-wide network of people who share their friendly, well-behaved dogs with patients in hospitals and residents in rest homes/hospices. The service is free and helps spread happiness," says Wendy. The dogs were very popular with our friends, and everyone enjoyed a cuddle.



What a wonderful turnout for our wonderful Sandy!



Thank you to all those that come along to Sandy, our Volunteer Coordinators leaving morning tea.

We also welcomed Meryl, our new Volunteer Coordinator into her role.

Sadly Sandy is leaving Age Concern Marlborough, but no doubt she will still pop in and visit! Good luck for your next venture Sandy.

Every cloud has its silver lining, and this one is that Meryl is fantastic and really enjoying her new role here at Age Concern Marlborough. Welcome to the team Meryl, we are so lucky to have you!



Come into the office to have a look at our DVD library! It is welcome to all Age Concern Marlborough members. No fee, no return date, just watch and return at your convenience.



Stuart Smith
MP for Kaikoura

Amberley 03 314 7441
Blenheim 03 579 3204
0800 STUART (0800 788 278)
stuart.smithmp@parliament.govt.nz
f stuartsmith.national



Marlborough's first public observatory is set to open in time for this year's Matariki celebrations.

The outdoor "crater" observatory will be managed by the Omapa Observatory Charitable Trust and will offer free access to school groups as well as running star-gazing operations for tourists.

Trust chair, and keen amateur astronomer, Lee Harper said visitors would have access to an array of high-tech telescopes and other gadgets that would allow them to scour the universe and take photographs of planets, stars, nebulae and the Milky Way.

Harper said the largest piece of kit at the observatory, a 14-inch Celestron Schmidt-Cassegrain telescope weighing almost 90 kilograms, was powerful enough to focus in on Saturn's Rings and the lunar landscape of the Moon.

BEST EVER SENIOR CITIZEN JOKE

A little silver-haired lady calls her neighbour and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get it started."

Her neighbour asks, "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbour decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then, "he said with a deep sigh

"Let's put all the Corn Flakes back in the box."



An artist's impression of the crater observatory planned for Marlborough, on the edge of Blenheim.

Who would you like to speak for you if you can't?

If you have dementia, having an advance care plan means people will know your wishes, even if you can no longer tell them. An advance care plan is a way for people to think about, talk about and share what matters to them now in case they are unable to say it later. Find out more about advance care planning and dementia, including a series of videos at www.myacp.org.nz

Sarah Togher - Dementia Wellington

Advance care planning for people with dementia takes time and needs sensitivity, says Sarah Togher, an educator and advisor with Dementia Wellington.

'Talk to your whānau and others close to you about things like where you would want to be cared for, who you would like with you towards the end, who you would like to speak for you if you can't, and your worries or concerns about being ill or dying.'

Sarah says it's important for people with dementia to start having their advance care planning conversations early, when they have the ability to understand what they're documenting.

'However, it's also important to be sensitive to where a person is in their dementia journey.'

'Talking about advance care planning can be overwhelming if someone has just been given a dementia diagnosis. It's an emotional time. I've found some people are keen to make a start, while others aren't ready to think too far ahead.'

She says advance care planning for people with dementia often ties in with them 'getting their affairs in order' and perhaps appointing an enduring power of attorney.

'Take time with it. Talk about how you're feeling and share that with your loved ones. It can be simple, such as wanting to make sure your feet are never cold. It may be about how it would be nice to overlook a river if you are in residential care.'

It's important for someone with dementia to review their advance care plan often to make sure it still reflects their wishes.

'When someone with dementia no longer has the capacity to make decisions, an advance care plan eases that very emotional time for those making decisions on their behalf, knowing they've had the conversation,' says Sarah.

Terry and Colin

Terry Webb recently helped his brother Colin complete his advance care plan. Colin has dementia and began his advance care plan when he and Terry attended a 'Living well with dementia' course run by Dementia Wellington. Colin later completed a draft of his plan and then he and Terry went through it together, removing any ambiguities.

Colin's plan details what matters to him, what he would do if his time were limited, how much he wants to know about his treatment, how much he wants his loved ones to know about his health, and whether he wants to be kept alive on life support.

Terry says Colin having an advance care plan is very helpful for the family. 'We're not worried about what to do because Colin's intent is very clear.'

Sarah, Colin and Terry feature in new videos discussing advance care planning for people with dementia.



editorial supplied by Nelson Marlborough Health

Kia kōrero

Let's talk

www.myacp.org.nz

Plan for your future healthcare with an Advance Care Plan

Here’s something to get you laughing those winter blues away!

Winding Up by Roger Hall



When:

- Sat 4 Jun, 7:00pm – 9:00pm
- Sun 5 Jun, 7:00pm – 9:00pm

Where:

ASB Theatre Marlborough
2 Hutcheson St, Blenheim

Restrictions:

All Ages

Ticket Information:

- Adult: \$55.00
- Senior: \$45.00
- Group of 10+ (price per person): \$40.00
- 03 520 8558

Website:

New Dates now confirmed for June 2022! Thanks so much for your patience.

All existing tickets will remain valid and be transferred to the new dates, although we are happy to reissue new tickets if preferred. Please contact the venue Phone 03 520 8558 or pop into the box office at the theatre.

Summerset Retirement Villages present:
Winding Up by Roger Hall.

Barry and Gen may have retired, but these spirited seniors aren’t slowing down.

There’s overseas travel to plan, family feuds to settle, the inevitable health problems, and a friend to bury. As Barry and Gen put the fun into funerals and discover new complications in conjugal relations, Winding Up provides a hilarious testament to the lighter side of the golden years.

With over 40 plays under his belt, from Glide Time and Middle-Age Spread to Four Flat Whites in Italy, theatre legend Sir Roger Hall is thoroughly entitled to rest on his laurels.

Thankfully, he didn’t get the memo: Winding Up showcases Hall in classic form, once again demonstrating his inimitable wit and knowing insight, while comic legends Alison Quigan and Mark Hadlow command the stage.

This production of Winding Up was originally produced by Auckland Theatre Company at the ASB Waterfront Theatre in February 2020.

SUPERMARKET DELIVERY AND SHOPPING ASSISTANCE OPTIONS

Arrangements for grocery orders, delivery and payment need to be made with Store Managers.

Otherwise stated there may be a charge for the selection, packing and delivery of groceries.

SUPERMARKET	DETAILS	CONTACT DETAILS
Countdown Blenheim Cnr Arthur & Seymour Sts Blenheim	<ul style="list-style-type: none">• Online shopping www.countdown.co.nz Pick up or Delivery	Ph (03) 520 6130
New World 4 Freswick Street Blenheim	<ul style="list-style-type: none">• Pick and pack orders Pick up or Courier delivery	Ph (03) 520 9030 www.newworld.co.nz
Countdown Redwood 93 Weld St Blenheim	<ul style="list-style-type: none">• Online shopping www.countdown.co.nz Pick up or Delivery	Ph (03) 520 6770
Fresh Choice Mariners Mall Picton	<ul style="list-style-type: none">• Pick and pack on Wednesday. Pick up or delivery by Fresh Choice Van.	Ph (03) 573 6463
Countdown Springlands 133 Middle Renwick Road Blenheim	<ul style="list-style-type: none">• Online shopping www.countdown.co.nz Pick up or Delivery	Ph (03) 520 8490
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Spring Creek Food Centre Main Road Spring Creek	<ul style="list-style-type: none">• Pick and pack orders Pick up or delivery available	Ph (03) 570 5891
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Steady As You Go® Falls Prevention

Did you know 1 in 3 people over 65 fall every year, this increases to 1 in 2 for people over 85. Almost 4000 people over 50 fall and break a hip.

Our team at Age Concern Marlborough have just completed the most recent training for Steady As You Go and want to get the word out!!

Participating in our Steady As You Go class reduces your risk of a fall by 27%

What is Steady As You Go?

- Simple exercises, seated in a chair, standing and walking.
- Proven to improve balance, flexibility and leg strength.
- Participants feel physically better and more able.
- Class members enjoy being with a friendly group of likeminded people.
- Classes are for one hour, once a week.
- Only \$2 per class

Falls in older people are almost always associated with weakened leg muscles and poor balance. Strength and balance exercise programmes can reduce falls, and even the most serious injuries from falls. This enables older people at risk of falls to remain independent and well at home.

At Age Concern Marlborough we have a genuine interest in the wellbeing of older people and want to help, get in contact with us today about joining one of our classes. These people love Steady As You Go, and so will you.

Physical benefits

"I can walk better...now I walk a lot straighter".
"I don't have to pull on the seat when standing at church".
"I can reach the top of my windows to clean them without getting up on a step now".

Social benefits

"We come because it's an outing".
"I am developing a new circle of friends".
"I live on my own and find that the companionship is lovely".

Steady As You Go®

We currently have 5 weekly SAYGO classes running.

Monday 10.30 - 11.30
The Foundry in John Street

Tuesday 11.30-12.30pm
St Christopher's Church Hall

Tuesday 1.30 - 2.30pm
Union Parish of Picton, Picton

Wednesday 1.30-2.30pm
Marlborough Community Centre

WHAT IS SAYGO?

SayGo is a weekly exercise class that concentrates on strength and balance and these two together statistically help with Falls prevention, not to mention a social time. These classes have been going throughout New Zealand since 2003 and we have over 50 participants in Marlborough each week.

For more information, please contact the office
Phone 579 3457.



We have kindly been donated 2 wheelchairs. If you or anyone you know would like to borrow them, either long term or short, then please contact the office. 03 579 3457



We are looking for a couple of special volunteers!

Would you be interested in running some gentle strength and balance calsses for older people in this community? The classes are run on Monday 10.15-11.30am and Wednesday 1.15-2.30pm. We will give you the training required to run the classes. We would love someone fun, caring and with a sense of humour.

Please ring the office if this sounds like something you would like to do, we would love to hear from you! 03 579 3457



Wellness Calls

Age Concern Marlborough are now offering Wellness Calls. Wellness calls are weekly phone calls made by the team here at Age Concern. It is a friendly check in every week to see how you are getting on. If you or anyone you know would benefit from a wellness call then please give the office a call and we will add you to the list. Connecting is important, and we would love to reach out to you.



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CROCK POT BEEF STEW FOR TWO

This Crock Pot Beef Stew recipe is bursting with onions, carrots, potatoes, celery, garlic and tender melt in your mouth beef stew meat all nested together in a red wine reduction sauce with just a bit of kick. This will boost the immunity before those winter months kick in. Try this simple dish on a cold, wintery evening when only comfort food will do.

Ingredients:

- 3/4 lb beef stew meat
 - 1/2 teaspoon pepper
 - 1/4 teaspoon garlic powder
 - 1 small onion chopped
 - 2 carrots cut in chunks
 - 1 stalk celery chopped
 - 2 tablespoons Worcestershire sauce
 - 1 teaspoon Cajun seasoning (more or less to taste)
 - 1/4 teaspoon cumin
- 1/4 cup flour
 - 1/2 teaspoon salt
 - 2–3 tablespoons vegetable oil
 - 2 cloves garlic minced
 - 2 potatoes cut in chunks
 - 1/2 cup dry red wine
 - 1 cup low sodium beef broth
 - 1 bay leaf

INSTRUCTIONS

1. In large Ziploc bag combine flour, pepper, salt and garlic powder. Add stew meat and shake to coat. Heat 1 tablespoon vegetable oil in large skillet over medium heat. Add coated stew meat and cook to brown all sides. Remove from heat and add to crock pot.
2. Heat 1-2 more tablespoons vegetable oil in same skillet over medium heat. Add onion and cook until lightly browned on the edges; approximately 4-5 minutes. Add garlic and cook for additional 1 minute; stirring constantly. Add to crock pot on top of beef.
3. Using same skillet add wine over medium low heat working to loosen browned bits on the bottom of the skillet. Reduce the wine by 1/2 while continuing to stir. Add Worcestershire sauce, beef broth, Cajun seasoning, cumin and bay leaf, Simmer for 5 minutes.
4. Pour wine/broth mixture over beef and onions in the crock pot.
5. Cook on low for 8-10 hours or high for 4-5 hours adding carrots, potatoes and celery halfway through the cooking process. Cook just until meat and vegetables are tender. Remove bay leaf.



Planting your winter greens?

Nelson Marlborough Health Protection Officers are advising people to take five simple steps when handling potting mix and compost, to avoid contracting potentially-fatal Legionnaires' disease. Rica Salamat, a Health Protection Officer with the Nelson Marlborough District Health Board, says that many people don't realise the risks they take when working with potting mix.

“Legionnaire’s disease is potentially fatal but reasonably preventable if you follow simple precautions,” Ms Salamat says.

The five recommended safety steps are:

1. Open potting mix bags carefully using scissors, rather than by ripping them
2. Wear a disposable face mask and gloves, and open the bag away from your face
3. Do your potting in a well-ventilated area outdoors
4. Dampen down the potting mix or compost with a sprinkle of water to reduce airborne dust
5. Wash your hands thoroughly after handling potting mix, or gardening.

About Legionella bacteria and Legionnaires’ disease

- Legionella is a bacterium commonly found in soil and organic soil improvers such as potting mix or compost
- It thrives in warm, moist conditions and becomes dangerous when dust or droplets from one of these products infected with Legionella bacteria is inhaled. It can then cause a severe, even fatal disease
- Anyone can catch Legionnaire's but some people are more vulnerable. People over 50 years of age, those with a long-term illness, people with low immunity, and smokers
- Symptoms include dry coughing, high fever, chills, diarrhoea, shortness of breath, chest pains, headaches, excessive sweating, nausea, vomiting and abdominal pain
- Anyone who gets these symptoms should see

- their doctor straight away and let them know you have been handling potting compost recently
- The GP will then inform the Health Protection Officers at your local Public Health Service and they will investigate the possible cause and work to prevent anyone else getting sick from the same source.



AGE CONCERN MARLBOROUGH

MEMBERSHIP RENEWAL/NEW

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Phone (03) 579 3457 / Email admin@ageconcernmarlb.org.nz

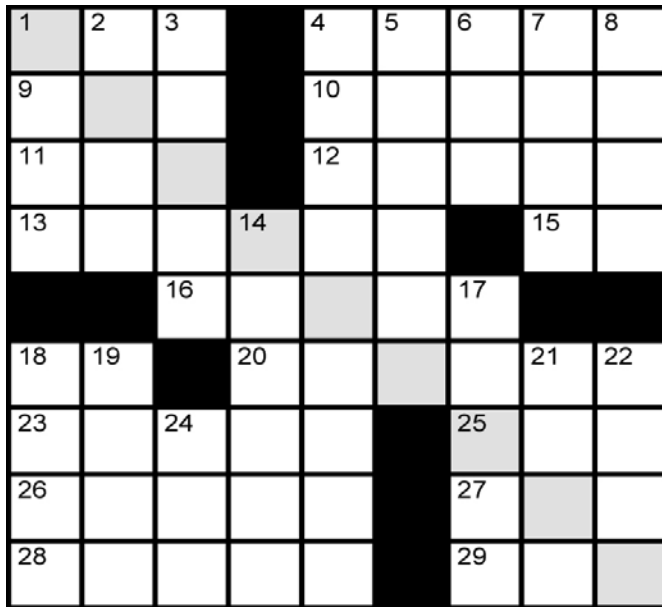
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Name:	Single (\$20.00)	\$
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Payments may be made either to the office or online to our bank account: Westpac 03 0599 0475319 00. Please ensure your name and ‘subscription’ is shown as a reference. Sorry, no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

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Investors Delight



Across

1. Netflix rental
4. More artful
9. "Rocky ____"
10. Minor

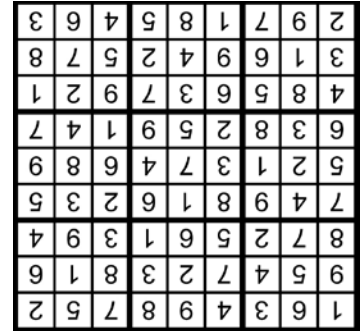
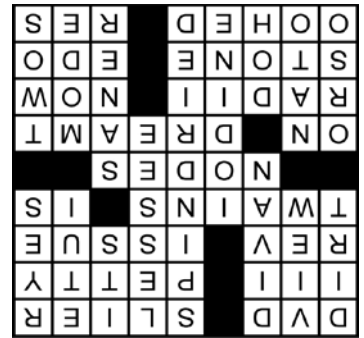
11. Gun, as an engine

12. It's debatable
13. Mark and Shania
15. Exists
16. Bumps

18. Atop
20. Imagined
23. Arm bones
25. "____ what?"
26. Backgammon piece
27. Old name for Tokyo
28. ____ and aahed
29. ____ publica

Down

1. Gossip
2. Penthouse feature
3. Couch
4. Like clothes in a washer
5. Rent payer
6. "____ alive!"
7. Needle case
8. Bakery selections
14. First-aid item
17. More rational
18. Approximately
19. Alliance acronym
21. Fashion
22. Deuces
24. Play-____

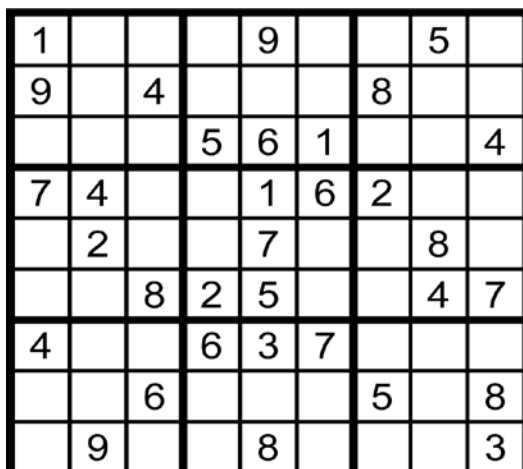


The title is a clue to the word in the shaded diagonal.

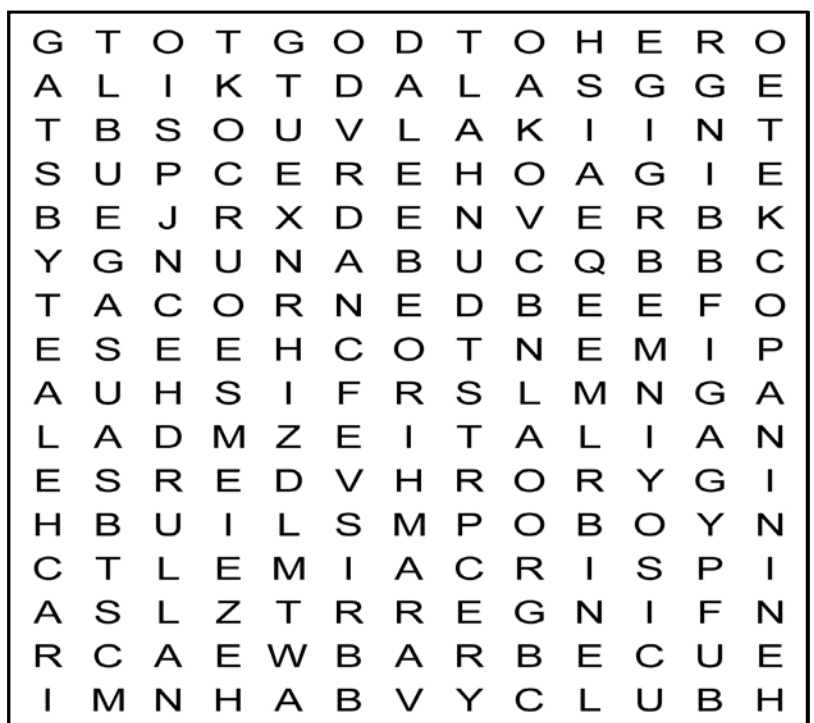
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RACHEL
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SLIDER
SOUVLAKI
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SANDWICHES



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*