



Spring 2023

# **Responder Newsletter**

**Stony Brook World Trade Center  
Health and Wellness Program**



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Book your annual monitoring exam today!

Call to schedule today (631) 855-1200



# Letter from Dr. Luft



Greetings,

Spring has sprung! I hope you are all doing well and enjoying the beautiful change in weather. With that being said, we are also experiencing a change to our Mineola clinic as well. Our Mineola clinic has closed and we will be moving to an expanded, new, custom-built space that will be located in Nassau County. The new space will be modern and updated, and have improved parking! In the meantime, we are scheduling all of our Mineola patients to come to the Commack clinic for appointments. Please call (631) 216-8571 if you have any questions or concerns.

Please welcome our new nurse manager, Bill Haupt and our new communications coordinator, Camile Arnone. They are terrific new additions to our organization and we are lucky to have them on board.

I would like to turn your attention to our current research projects. One is our MoCA which is a memory test. You may ask why your participation is important - Well, with this study, we have seen that in the WTC population, cognitive health is declining at an earlier age. You may need baseline information now so that in the future, you and your clinician can provide important information on your health.

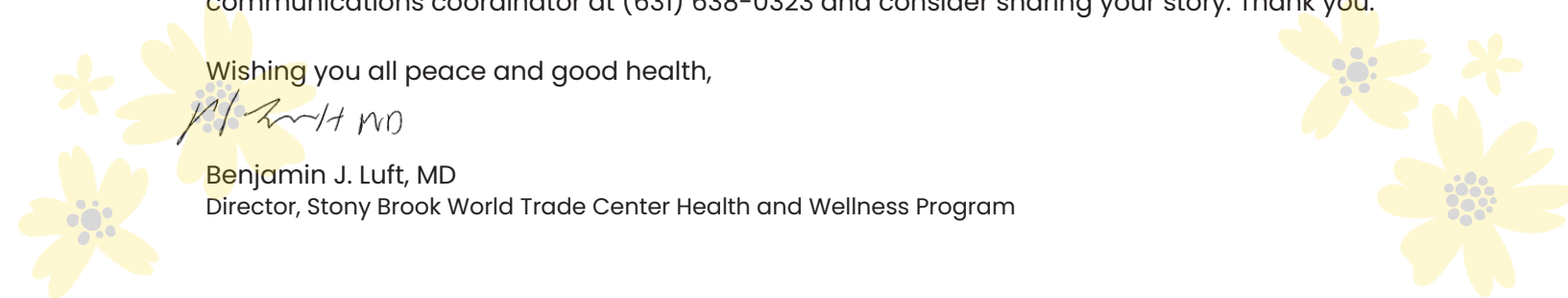
We also have a study on Long Covid. Over 20% of our WTC population who had COVID-19 have reported having long-term symptoms including fatigue, loss of taste and smell, brain fog, and difficulty concentrating lasting as long as 3 years. We are monitoring this and doing studies to help assess this population. Please contact Ashley Fontana (631) 638-0737 to share any information about yourself.

Last but not least, we have our Remembering 9/11 Oral History Project. Ensure that your story is not lost to time. We want to hear your perspective or that of family members or friends, so please consider telling your story. All stories will be documented and placed in the Library of Congress for future generations to read and know about. Every story is unique and important so let's not forget, let's preserve for future generations. Contact Camile Arnone, communications coordinator at (631) 638-0323 and consider sharing your story. Thank you.

Wishing you all peace and good health,

A handwritten signature in black ink, appearing to read 'Benjamin J. Luft'.

Benjamin J. Luft, MD  
Director, Stony Brook World Trade Center Health and Wellness Program



# Welcome Bill Haupt!



**Nurse Manager**

Hello Responders!

I am Bill Haupt, the Nurse Manager at Stony Brook WTC. I am new to this organization and I already I feel I have made a great choice to be part of this program. I was an electrician right out of high school and worked in other construction-related fields for 20 years. After that time and raising 3 kids, I decided that I needed a change and wanted to make a difference in people's lives. What better way than to become a nurse?

I embarked on my journey and while working full-time, received my BSN from Empire State College. From there, I worked in various roles as a nurse until I found my calling - public health. I loved the idea of keeping entire communities healthy and educating them. It encompasses such a broad spectrum of healthcare. Quickly, I was managing the largest health center in Suffolk County. Then, a public health crisis started that no one could predict - COVID changed everything. I was setting up pods across Suffolk County to test and get people vaccinated. Public health was at war and I was managing the team to fight it.

My career path changed when I saw an ad for a nurse manager at WTC. I remember as a young man witnessing the building of the Twin Towers and my Uncle, who was a NYC police officer, taking me down to the construction site to show me where the tallest buildings in the world were being constructed. When the towers fell I was devastated. Now, I have the opportunity to make a difference in the lives of everyone involved. I was very excited when I was offered the position as nurse manager. I look forward to serving our patients and getting to know you all as I embark on this new position.

Regards,  
*William Haupt*

**NEW**

## Our Mineola Clinic Is Moving!

Attention Responders,

The Stony Brook World Trade Center Health and Wellness Program is very pleased to announce that we will be expanding our Nassau clinic into a new custom-built space. In the meantime, our Mineola clinic will be closed.

Your survey feedback was helpful in finding a new home for our Nassau-based clinic that meets the needs of our growing program. Our aim is to bring you a modern, updated space with improved parking and easy access to the parkways.



- ★ **IMPROVED PARKING**
- ★ **NEW EXAM ROOMS**
- ★ **BEAUTIFUL LOCATION**
- ★ **AMAZING STAFF**



**Scheduling your appointment**

If you are scheduled for your appointment in the next few months at the Mineola location, we will happily accommodate you at our main Commack location. We will be in contact with you prior to your visit to discuss what is best for you.

**Call today: (631) 855-1200**

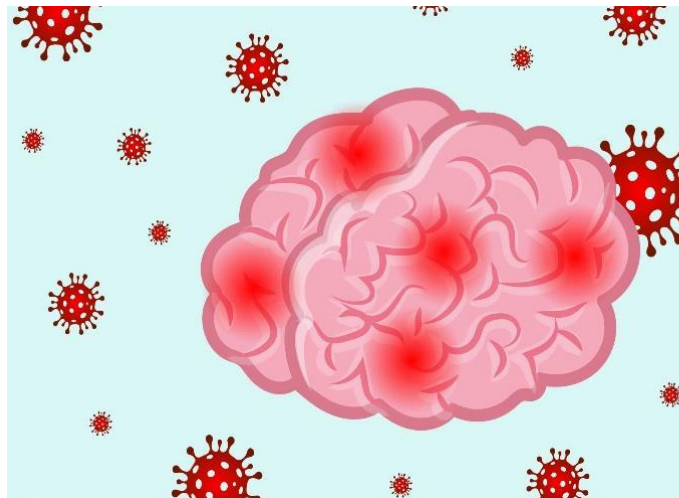
**Our Mineola clinic is currently closed while we prepare to move into the new space.**

# Long COVID Research

The Stony Brook World Trade Center Health and Wellness Program continues to monitor instances of coronavirus in our responder population. Over 20% of responders who reported having COVID-19 have reported long-term symptoms lasting at least 1 month, though many responders reported symptoms lasting even longer.

We have heard reports of various long-term symptoms including fatigue, loss of taste and smell, brain fog, and difficulty concentrating, lasting as long as 3 years after initial COVID-19 infection.

We are actively monitoring the physical and cognitive health of our responders who have had COVID-19 during annual monitoring exams to better understand how COVID-19 is impacting our responder population.



If you are interested in hearing more about the COVID-19 research we are conducting, or if you want to share information about your own COVID experience, please contact Ashley Fontana.

Email: [Ashley.Fontana@stonybrookmedicine.edu](mailto:Ashley.Fontana@stonybrookmedicine.edu)  
Phone: (631) 638-0737

# MoCA Participation

## Why Your Memory Test (MoCA) Participation Is Important:

### What is a MoCA?

The MoCA is a short screening assessment used to examine a person's brain health. The MoCA is not an intelligence test – it tests measures of brain functioning that are sensitive to brain aging like:

- Short-Term Memory
- Executive Functioning
- Language Abilities
- Attention and Concentration
- Abstraction
- Naming
- Orientation

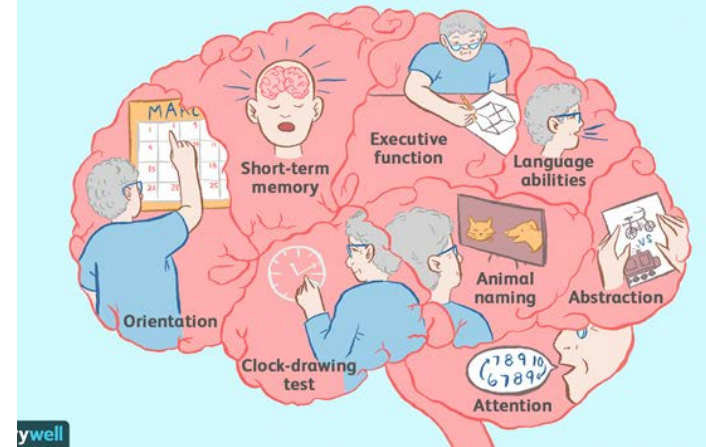
### How Your Participation Helps All Responders

We are doing this now because we have noticed that cognitive health is declining relatively early in this population, when responders are still relatively young. We are conducting further research to investigate any potential links between cognitive decline and WTC exposures, WTC-related conditions like PTSD, and natural aging.

These studies are critical for those who may eventually need follow-up and are used in our state-of-the-art neuro-imaging studies.

### What Does the Montreal Cognitive Assessment Evaluate?

The MoCA assesses cognitive abilities, including:



References:  
Rosenzweig, A. (2022, October 6). Montreal Cognitive Assessment (MOCA) test for Dementia. Verywell Health.  
<https://www.verywellhealth.com/alzheimers-and-montreal-cognitive-assessment-moca-98617>

### Early Detection of Cognitive Decline

While this test can sometimes be frustrating, the MoCA provides valuable information about your cognitive health. This assessment is added to your health records for monitoring your memory over time, and your WTC provider can access these records if you have any concerns about your memory or cognitive abilities.

Even if you have no problems with your memory now, having a baseline test can be useful for you and your clinician in the future.

If you would like to hear more about the memory research we offer, please feel free to contact Alicia Fels.

Phone: (631) 638-0723  
Email: [Alicia.Fels@stonybrookmedicine.edu](mailto:Alicia.Fels@stonybrookmedicine.edu)

# Welcome Camile Arnone!



**Communications Coordinator**

Hello!

I am excited to join the Stony Brook World Trade Center Health Program as Communications Coordinator, to re-launch the "Remembering 9/11" Oral History Project. I have a rich background in communication, medical simulation and the arts. I worked in the medical simulation field for the past 15 years at various medical schools on Long Island. As a Standardized Patient Educator with the online healthcare education platform, SP-ed and Adelphi University, I helped bring the opportunity for patient role-play experiences to clinician learners nationally, helping them develop empathy, communication skills, and increase comfort when interacting with patients. I am the creator and professor of Adelphi's interdisciplinary Healthcare Theatre program, which educates theatre students about the world of medical simulation.

As an actor, drama coach and produced playwright, theatre has always been an important part of my life. I've directed original works, *You and I...*, with the Epic Theatre Co., as well as *Running Into Monet*, and *Making a Mark* (a series of one-act plays) at the Abingdon Theatre in NYC.

I consider myself an empowering artist and a storyteller at heart. I am a photographer, specializing in travel photography and portrait work. My travel photography collection was most recently exhibited at Harmony Vineyards in St. James, Hauppauge Library and is scheduled for two exhibitions in 2024. One of my favorite ways to tell a story is capturing the essence of who people are through their celebrations and even their trials. In June 2015, I launched the Heart of the Warrior Project: Portraits of Women Who Share in the Fight Against Breast Cancer. The collection was exhibited three times, featured on the cover of Zwanger Pesiri's Long Island Image Magazine, and earned me commendation from Governor Cuomo at the *Get Screened, No Excuses* bill passing.

Whether helping clinicians develop communication skills, creating theatre, or photography, I relish in exploring the different facets of the human journey. I look forward to the opportunity to listen to the unique and poignant stories of 9/11 first responders and their families, and document them with the utmost respect they deserve. All interviews will be preserved at the Library of Congress, so generations can access them for years to come.

Warmly,

*Camile Arnone*

If you are interested in sharing your story, please contact Camile.

**Email: [Camile.Arnone@stonybrookmedicine.edu](mailto:Camile.Arnone@stonybrookmedicine.edu)**

**Phone: (631) 638-0323**

# WTC Oral History Project

## ORAL HISTORY PROJECT

Ensure that your story is not lost to time.  
Document your role as a 9/11 responder, survivor or family member.

The Remembering 9/11 Oral History Project has interviewed over 450  
9/11 responders, survivors and family members.

**We want to hear your perspective.**

We need your help to document one of the most significant events in American history, and its consequences. We have partnered with the Library of Congress, so the story of 9/11, told by those who were there, is preserved for future generations.

Not only are we looking for the unique recollections of first responders, we also deem it important to include the perspective of family members of 9/11 first responders & survivors.

**If you are or a family member is interested in learning more,  
please contact:**

**Camile Arnone, Communications Coordinator**

**(631)638-0323**

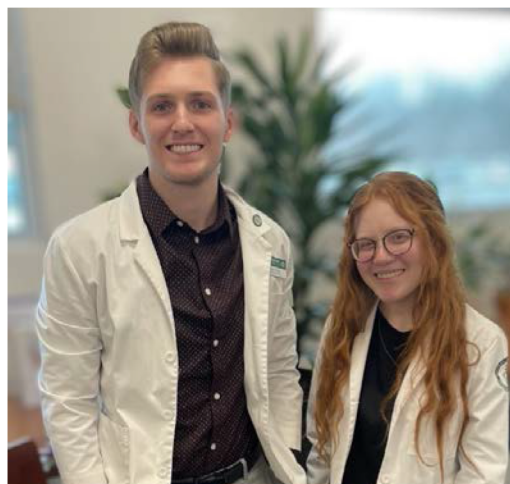
**[Camile.Arnone@stonybrookmedicine.edu](mailto:Camile.Arnone@stonybrookmedicine.edu)**

**WTC Health & Wellness Program**

**\*You do not need to participate in the health program to take part in this project\***

# WTC Educational Ambulatory Care Pharmacy Program

# SHINGRIX (SHINGLES) VACCINATION



**SUNY Binghamton Pharmacist Students 2023**

Kevin Pedue (left) & Lauren Radziewicz (right)

Within the last year, the Stony Brook World Trade Center Health and Wellness Program established an educational ambulatory care pharmacy program. The objective of this program is to educate student pharmacists to become compassionate and ethical professionals who improve medication use for 9/11 responders. Student pharmacists collaborate with health care providers to optimize medication use through comprehensive medication therapy management.

Additionally, these student pharmacists and SUNY Stony Brook Pharmacy Residents deliver educational sessions on appropriate medication use to other healthcare providers.

Student pharmacists complete a 4-6 week rotation at the WTC Health and Wellness Program during their last year of pharmacy school at Binghamton University School of Pharmacy and Pharmaceutical Sciences as well as at St. John's University College of Pharmacy and Health Sciences.

While under the direct supervision of the WTC clinical pharmacists, the Doctor of Pharmacy students and pharmacy residents assess medication use, educate patients, and recommend medications for certified 9/11 conditions. Student pharmacists and residents also participate in smoking cessation support, vaccinations, and overall patient wellness initiatives.

## What is Shingles?

Shingles is caused by varicella zoster virus (VZV), the same virus that causes chickenpox. After a person recovers from chickenpox, the virus remains dormant (inactive). One out of three people in the USA develop shingles during their lifetime.

## Who Should Get the Vaccine?

- Adults 50 years and older
- Adults 19 years and older who have a weakened immune system

**AND**

- Had shingles in the past
- Received Zostavax or chickenpox vaccine
- Do not recall having Chickenpox

## Shingrix is given as a 2 dose series:



First Dose  
Today



Second Dose  
2-6 Months Later

## Possible Side Effects of Shingrix

- Sore arm with mild/moderate pain
- Redness and swelling at the sight of injection
- Mild to moderate fatigue lasting 2-3 days

**Contact Us Today to See If You Qualify For The Vaccine!**  
**(631) 855-1200**

## Signs and Symptoms of Shingles

Painful rash of blister-like sores, usually on one side of the body

## Complications Associated with Shingles

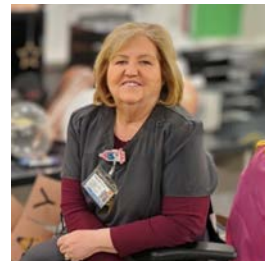
- Blindness
- Pneumonia
- Hearing problems
- Nerve pain lasting for months or years after the rash goes away
- Brain inflammation or death

# 10 + Years Caring for Our Responders at The World Trade Center Health & Wellness Program



I've been with the World Trade Center Health Program since its inception 22 years ago. In the early years from a very small office in Port Jefferson, I worked together with the Director of Administration in securing federal funds for the program and have watched it grow from a staff of 7 to the Long Island Clinical Center of Excellence serving over 12,000 plus patients. My educational/professional background includes a Bachelor's degree in Accounting / Business Management and over 30 years of accounting and financial experience in both the public and private sector. Outside of work I enjoy dancing, singing, gardening and hanging with my family and friends. I'm thankful for the opportunity to do what I enjoy as part of the WTC Health Program and I'm proud to be part of a team that has been caring for this diverse group of men and women for all these years!

**-Shernette Brown, Budget Manager - 22 Years at WTC**



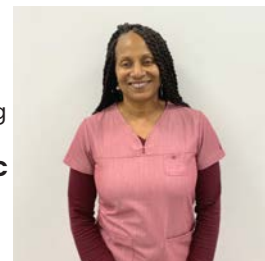
I have been working with the WTC program for almost 17 years now. I have felt honored to be apart of this amazing program and have the upmost respect for our patients and heroes.

**-Deborah Turner, LPN - Care Specialist - 17 Years at WTC**



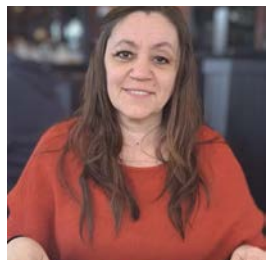
I am proud to be a part of this amazing program for 15 years now. Throughout those years I have made many friends and memories to last a lifetime. I am honored to care for these responders and help in any way I can. I look forward to seeing them daily and have formed special relationships with them as well. The WTC is like a family and the bond that is shared amongst us is that of no other. Outside of the WTC, I love spending time with my family and loving every minute as a new grandmother.

**-Tori Stack, LPN - Clinic Coordinator - 15 Years at WTC**



I have spent the last 15 years working for the World Trade Center Health and Wellness Program. Outside of my nursing career, I enjoy reading, traveling, powerlifting, the theater, shopping and dining.

**-Robin Watkins, LPN - 15 Years at WTC**



I have been part of the World Trade Center Health Program family for the past 15 years. I started as a temporary employee for 6 months before coming on board permanently. I have seen this program grow from only having a few employees to what we have today. Coming from a small advertising company after graduating college, WTC was a big change for me and I have learned and grown so much from that young girl from Queens now living in Suffolk. I am also married with 2 wonderful girls. I am honored to say that I am a part of this program that cares for our first responders of 9/11.

**-Elizabeth Alves, Medical Clerical Specialist - 15 Years at WTC**



My name is Lisa Ann Palmo. I have worked for Stony Brook WTC for 15 years as an Administrative Clerical Specialist. During this time, I have formed many friends in the WTC Health Program. I am so proud to be a part of this program, I bought a brick with my name and our program inscribed on the path where the students walk on at Stony Brook University Campus.

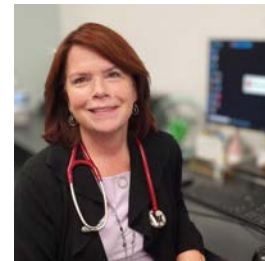
**-Lisa Ann Palmo, Administrative Clerical Specialist - 15 Years at WTC**



Hi, my name is Cathy Allen-Longo. I have been working for the Research Foundation at Stony Brook for 13 years. Before being fortunate enough to transfer to the World Trade Center Health Program, I worked in the Department of Pediatrics. I am a claims processor/ examiner for the Program and my job is to ensure that all claims for our members are paid, without issue, and that no member is billed for any World Trade Center-related illness. I am proud to work with the other wonderful members of this team. On a personal note, I just became a grandmother to a beautiful granddaughter. I love to spend time with my family and friends, and I also enjoy traveling and reading.

**-Catherine Longo, Claims Specialist/ Educator - 13 Years at WTC**

# 10 + Years Caring for Our Responders at The World Trade Center Health & Wellness Program



From May of 2010 through today, I have been working for the Department of Medicine, World Trade Center Health and Wellness Program as a Nurse Practitioner. From May 2013 through October 2016, I was the Nurse Practitioner Manager for both Nassau and Suffolk locations. It was challenging balancing part time clinical and part time administrative duties, so I choose to go back to full time clinical practice. From the day I interviewed through today, I have felt this is a wonderful program that provides so many services for our patients. I feel it is very important to continue to collect data from our monitoring visits to help gain insight to a correlation of exposure and our patient's physical and mental health. I feel I have been very fortunate to have had so many opportunities at Stony Brook which lead me along the path to work with this very special patient population. I am truly honored to say I work for the Responders from the 9/11 tragedy and work alongside a very dedicated group of coworkers who share the passion and commitment to our patients health and wellness.

**-Teresa Hunt-Goncalves, Nurse Practitioner - 13 Years at WTC**



I joined the WTC family in February of 2013 as a data entry clerk. Back then, everything was done on paper, and then later entered into databases. Over time I became the clerical Lead and then Data QC Supervisor. Currently, as the Administrative Supervisor, I lead a team of twelve Clerical Specialists who are responsible for automated communications, certifications, medical records/medical record maintenance and quality control. Our little department of three clerks has quadrupled in size over the last ten years and I can only imagine how we might evolve further in the next decade!

**-Kristine D'Agostino, Administrative Supervisor - 10 Years at WTC**



My name is Annette Vita and I serve as a Project Manager for Administration. It has been a pleasure to be part of the Long Island Clinical Center of Excellence for the past 10 years. Bringing many years of experience with me when I joined the Program I initially served as Clinical Administrative Manager. Over my tenure, there have been many opportunities to oversee other equally important responsibilities such as Compliance, Operations and Facilities Management and most recently Quality Assurance, auditing records for various departments just to name a few. I always aim to do my personal best in whatever capacity is needed and it is a privilege to be part of this wonderful program.

**-Annette Vita, Project Manager - 10 Years at WTC**

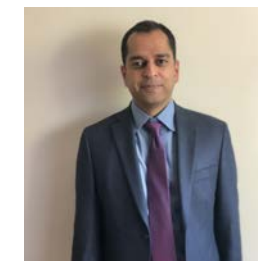


My name is Deborah Ramos and many of our responders know me as Deb or Debbie. I have been working here at the World Trade Center Health Program since April 2013 and I just celebrated my 10th year here!! Prior to working here I was working for a non for profit in NYC for HIV+, homeless individuals for close to 8 years. Right out of college I knew I wanted to continue working with families, and all individuals that needed social support or assistance in any capacity. Continuing my education at completing my Masters At Fordham School of Social work, I have been a Licensed Master Social Worker since 2009. I enjoy my career and my job at WTCHP since I had started. Every day I continue to learn about the program as well as always learning about every one of our responders and their families. Thank you for allowing me to be part of your life and your WTCHP story.

**-Deborah Ramos, Social Worker - 10 Years at WTC**



**Peter Arce**  
Mental Health Case Manager  
11 Years at WTC



**Vrajesh Patel**  
Physician  
14 Years at WTC



**Jessica Vassallo**  
Licensed Clinical Social Worker  
17 Years at WTC



**Julie Broihier**  
Administrative Deputy Director  
15 Years at WTC



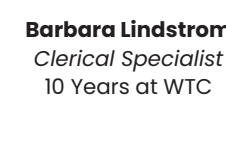
**Gilda Leftenant**  
Project Manager / Quality Assurance  
12 Years at WTC



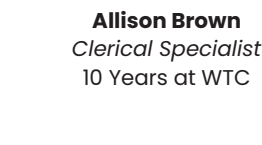
**Nubia Diaz**  
Medical Clerical Specialist  
11 Years at WTC



**Deborah Hawkins**  
Claims Manager  
14 Years at WTC



**Barbara Lindstrom**  
Clerical Specialist  
10 Years at WTC



**Allison Brown**  
Clerical Specialist  
10 Years at WTC

# WTC Nutrition Member Spotlight

## Michael Eginton

A former NYPD officer and volunteer firefighter who retired in 2003. Enjoys bicycling, paddleball, weight training, pickleball, and spending time with loved ones during retirement.

### Was it difficult accepting help?

I am a retired police officer. It is uncomfortable accepting help because I am used to helping others. However, I have learned that as life changes, accepting help guides us to getting what we need to fill our cups to then be able to pour out, and in return giving more to others.

### How did you stay motivated in your weight loss journey?

The appointments with Amanda, my dietitian in the nutrition department, kept me accountable to achieve my nutrition goals. Learning about body re-compositioning as opposed to just weight loss opened my eyes to healthy and sustainable weight loss. The WTC body composition scale, allowed me to see if I was losing the right kind of weight, while following the recommendations of my Registered Dietitian.

What helped me with my nutrition was working with a mental health therapist, Leah, who helped me manage emotions/experiences that was driving my eating habits.



**"My team was there to help me, why would I not accept help if it's going to get me to my goals?"**



### Michael Eginton & His Success

- ★ Decreased blood pressure
- ★ Lost 35lbs
- ★ Decreased waist circumference
- ★ Improved sleep
- ★ Increased energy
- ★ Better mood
- ★ Easier digestion
- ★ Positive mindset toward healthy lifestyle



*Make your appointment today!*

*(631) 855-1200*

# WTC Nutrition Member Spotlight

## Michael Eginton



### What would you like fellow responders to know about your journey?

I want my fellow responders to know that if you get past the stigma, and get help with your nutrition, you won't regret it.

I feel empowered being able to take back my health in a situation that has taken a lot from us. If you do not book an appointment with WTC dietitians, you are only hurting yourself, they truly made an impact on my overall wellbeing.

### What did you love about our WTC Nutrition program?

It was a team approach! Between Amanda (Dietitian) as my coach, Leah (Mental Health Therapist) as the manager, my case managers Jessica and Deborah as my assistant coaches, and the healthy relationships I maintain with loved ones as my teammates.



If you are interested in being featured or know someone who you want to nominate to be featured in our member spotlight, please let us know by calling (631) 855-1200 today! We want to showcase all the great ways you manage your well-being.

### Mike's Tips for Success

- ◆ Set goals
- ◆ Laying out a plan for the day
- ◆ Pack snacks
- ◆ Fall in love with the process
- ◆ Understand that there will be good and bad days - "water off of a ducks back"
- ◆ Maintaining emotional awareness
- ◆ Avoid eating when feeling HALT (hungry, angry, lonely, tired)



## WTC Registered Dietitians Recommend Using Herbs and Spices



Besides making your food incredibly flavorful and delicious, herbs and spices are rich in antioxidants, and some of the most common ones we tend to use also have additional health boosting properties! For example:

- **Cinnamon**- can help slow the breakdown of carbs and improve insulin sensitivity
- **Garlic**- can help improve heart health
- **Ginger & Peppermint**- can both help settle the stomach and combat nausea
- **Rosemary**- high in magnesium, potassium, manganese, and Vitamins A, B6, and C, and sage and oregano have both been shown to have antimicrobial properties
- **Turmeric**- can help with reducing inflammation



Check out the recipe below for an easy way to make some tasty, high protein bagels that can be easily customized with different types of herbs and spices for that extra nutritional kick!

## PROTEIN BAGEL RECIPE Yield: 8 Bagels // Prep Time: 10 minutes // Cook Time: 25 minutes

### FOR PLAIN BAGELS:

#### Ingredients

- 2 cups whole wheat flour
- 2 cups non-fat, plain Greek Yogurt
- 1 tbsp baking powder
- 1 tbsp chia seeds
- 1.5 tsp Kosher salt



#### Directions:

- 1.) Preheat oven to 350°F and line baking sheet with parchment paper
- 2.) In a large bowl, combine the flour, chia seeds, baking powder, and salt. Then, add the yogurt and mix until everything is incorporated into a batter. With clean hands, knead the dough until it becomes dry and elastic (~ 1 minute), then divide into 8 balls.
- 3.) Form each ball into a long rope by rolling it between your palms, and form it into a circular shape on the parchment paper, making sure to cinch the ends to create closed paper. Make sure to leave enough space between the bagels on the baking sheet so they're not touching.
- 4.) Place the baking sheet into the oven and bake for 25 minutes. Let cool before slicing.

### FOR CINNAMON RAISIN BAGELS:

- During step 2, only use 1 tsp of Kosher salt, and knead in an additional 3 tbsp packed brown sugar and 1 tbsp ground cinnamon to the dough after it's become dry and elastic. Then, incorporate 1/4 - 1/2 cup raisins into the dough before dividing into 8 balls

### FOR EVERYTHING BAGELS:

- Once formed, dip the tops into everything but the bagel seasoning before baking

### FOR GARLIC BAGELS:

- Once formed, dip the tops into dried garlic before placing them on the tray to bake.



Feel free to top your bagels with any herbed cream cheese or herbed butter of your choice!

# Make Your Appointment Today!

A major aspect of the World Trade Center Health Program's mission is to help monitor, detect and treat the many physical and mental health conditions that members continue to face.



Any of our dedicated healthcare professionals will tell you the key to comprehensive care is to stay current with your annual monitoring exam.

# CALL TODAY

Life gets busy, we put others first, and sometimes we think it's easier to avoid another exam.  
**The truth is these yearly visits are what saves lives.**

Our Member Service Specialists will assist you and are happy to answer any questions you may have. We will see you soon.

**(631) 855-1200**

# Word Search

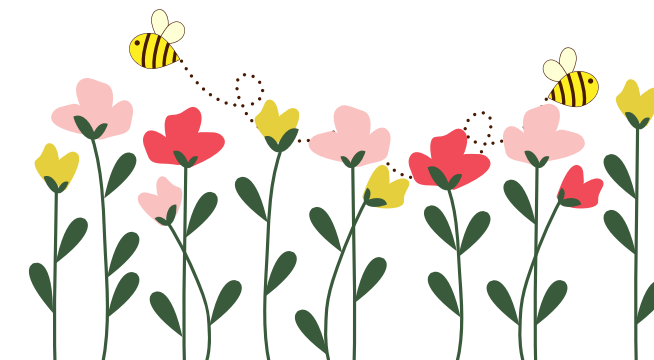
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B	L	G	B	E	E	V	X	A	B	U	G	V	S	E	P	A	U
G	F	C	A	M	P	I	N	G	Q	E	N	Q	X	O	R	P	I
M	O	L	H	R	F	X	H	D	O	A	R	S	F	Y	I	X	F
X	A	L	O	X	D	E	A	I	B	B	U	R	H	H	N	V	S
D	K	U	F	W	W	E	T	N	K	D	U	P	I	I	G	C	U
K	Y	B	A	E	E	S	N	U	Z	I	R	N	O	E	N	E	N
E	K	E	K	M	N	R	E	I	L	V	N	D	N	L	S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

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

BEE  
BERRIES  
BUNNY  
CAMPING  
FLOWERS  
GARDENING

GOLF  
HIKING  
HONEY  
KITE  
POLLEN  
RAIN

SPRING  
SUN  
SUNSHINE  
TULIPS



Thank you for reading our Spring newsletter, we hope you enjoyed it. As always, thank you for being a part of our program. We look forward to seeing you at your next monitoring visit.



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