



UV Safety Month

We all love to take in those warm summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin.

UV-B rays – have short wavelengths that reach the outer layer of the skin

UV-A rays – have longer wavelengths that can penetrate the middle layer of your skin

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Fortunately, there are things you can do to minimize the risk that comes with sun exposure

1 Cover Up – Wearing a Hat (preferably wide brimmed) or other shade protective clothing can partly shield your skin from the harmful effects of UV ray exposure. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses-for eye protection.

2 Stay in the Shade – The sun’s glare is most intense at mid-day. Staying in the shade between the hours of 10a.m. and 4p.m. will further protect your skin. The sun can still damage your skin on cloudy days or in the winter. For this reason, it is important to stay protected throughout the year.

3 Choose the Right Sunscreen – This is extremely important. The U.S. Food and Drug Administration (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15, and should protect against both Ultraviolet A (UV-A) & Ultraviolet B (UV-B) rays.

4 Use the Right Amount of Sunscreen – According to the National Council on Skin Cancer Protection, most people apply only 25-50 percent of the recommended amount of sunscreen. When out in the sun, it’s important that you apply at least one ounce (a palmful) of sunscreen every two hours. You should apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions and following this advice you and your loved ones can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider. SOURCE: US Department of Veterans Affairs

..... Q.U.O.T.E.S . . . t.o . . . L.I.V.E . . . b.y . . .

On MINDFULNESS: Simply Be...

“ Entering a state of ‘being’ rather than ‘doing’ can release us from the ‘worry mind’ and help us taste each moment as it arises. With this calmness, we can move towards acceptance of how things are. –Dr. Patricia Collard

3 Habits Linked to a Lower Risk of Cataracts

How Cataracts Start

The lens is a clear part of the eye behind the pupil. It helps focus light onto the retina. As we age, proteins in the lens can clump together and form a small hazy spot that gradually gets bigger.

Large cataracts can make it difficult to do activities such as driving and reading – and may call for surgery.*

Think Prevention 1-2-3

There’s no guarantee. But you may be able to help delay or prevent cataracts with these steps:

1 Shade them. Year-round, wear sunglasses to shield against damaging ultraviolet (UV) rays. A wide-brimmed hat helps keep UV light out of eyes too.

2 Set your sights on eating right. Go for plant-rich plates. Research suggests the nutritious substances in leafy, green veggies, fruits and other healthy foods may help ward off cataracts.

3 If you smoke, stop. Lighting up speeds the growth of cataracts.

What to do next:

Get your eyes checked! Comprehensive eye exams can help spot cataracts early, along with other serious and silent eye diseases. Ask your doctor how often you should have an eye exam.

*Check your benefit plan to see what services may be covered.

SOURCES: National Institutes of Health



Shared Decision Making

Low Back Pain - “Should I have MRI?”

Discuss this important shared decision making option with your doctor during your visit.

B · Y · O · B



Bring Your Own Medicine Bottles each and every time you come to our office so we can update your chart.

☀ Reminders for Your Office Visit ☀

- Bring your **prescription bottles** or **list of medication** to your visit.
- Do you need **medication refills**? Tell us at your office visit.
- Did you let us know if you have **any change(s) in your personal information** such as address, phone number and insurance?
- Do you need a **Referral for a Specialist** or do you need **further testing outside of our office**? You may need to call your insurance plan to verify your coverage.
- Did you check if your plan **covers Well care or a Physical**?
- Are you up-to-date on your screenings for **Mammogram and Colonoscopy**? **Are you due for one?** Ask your MD.
- Are you being referred by your PCP to get any **radiology test(s)**? If so, please let us know in case you need a **Pre-certification**.
- Is your **Immunization record** up to date? Please update us.
- Are you **Pre-Diabetic**? Have you discussed this with your MD?
- Did you get a **Summary of your Visit** today? If not, please ask for it before leaving.
- Do you need to make a **Follow-up appointment**? **Please stop at Check-out and make an appointment before you leave.**

SUPPORT GROUPS @ ENGLEWOOD HOSPITAL

Englewood Hospital Events Calendar

Please check Englewood Hospital's Calendar of Events link for upcoming events at http://englewoodhospital.com/classsupport_onlinereg.asp

Bariatric/Weight Loss Surgery Support Group

For patients who have experienced the Surgical solution to weight loss. If you are considering surgery, you are also welcome to join the group. Contact Monica Challener at 201-894-3983 for more info.

Bereavement

VNA of Englewood: Bereavement Support Group runs on Thursdays from 12 noon-1:30pm at Englewood Hospital. Please check with the hospital main desk for the location on each Thursday. For additional information, please call Jessica Pressler, LCSW at 201-894-3333, group facilitator.

Cancer Support

All Types of Cancer

Englewood Hospital offers ongoing support groups for people living with cancer. Groups are led by Cathy Lauer, MS, LCSW, Manager of Patient Navigation. Call (201) 608-2162 for more information

Breast Cancer Patients

Englewood Hospital offers ongoing support groups for people living with cancer. Groups are led by Cathy Lauer, MS, LCSW, Manager of Patient Navigation. Call (201) 608-2162 for more information.

Oral, Head and Neck Cancer

SPOHNC (Support for People with Oral Head and Neck Cancer), a patient directed, self-help organization founded in 1991 by an oral cancer survivor. It is a non-profit organization dedicated to meeting the emotional, physical, and humanistic needs of oral head and neck cancer patients and their care givers. Bergen County Chapter meets from 7-8:30PM at Englewood Hospital on the 4th Wednesday of the month in conference room "A" – Contact: Patrick Taaffee 201-931-6394.

Cardiac -- Visiting Hearts: A Support Program for Cardiac Patients

New patients are informed of the "Visiting Hearts" program prior to their day of Pre-Admission Testing. For more information please call Mirta Goldstein at 201-894-3636.

Caregiver Support

Are you caring for an elderly and/or sick loved one? Do you feel overwhelmed, stressed, angry or guilty? Meet monthly with other Caregivers to share experiences, concerns and challenges. Gain insights; tips on where to find help; and support. Group will be led by a Licensed Social Worker. Please call 201-894-3333 for details.

Diabetes Education

A free Diabetes Support Group is open to individuals and their families. This group allows participants to share their experiences, learn from others and discuss how they live with diabetes. Guest speakers are often featured. This group meets on the fourth Tuesday of every month from 7:00 PM to 8:30 PM. (No meetings in July and August). An Insulin Pump Support Group is held quarterly for those using an insulin pump, those interested in pump therapy, and those using multiple daily injections.

Families Anonymous

Families Anonymous (FA) is a group of concerned relatives and friends whose lives have been adversely affected by a loved one's addiction to alcohol, drugs or related behavioral problems. All who have experienced the effects of a loved one's addiction are welcome – there are no: fees, community funding, government grants, last names used, forms to fill out, or formal sign-up. FA meets at Englewood Hospital every Friday of from 7:30-9:30pm in the Medical Center of Learning Conference Rooms A&B (next to the Library). Parking is free for FA meeting attendees. Call 917-836-3672 or email gerilam@msn.com for more information.

Neuropathy

The Neuropathy Support Group meets on the 3rd Thursday of the months of March, April, May, September, October and November in the Conference Room C (in the library) at Englewood Hospital from 7:30 - 9:00 p.m. Call Tom McCullum at 201-692-9313 or Mary Robertson at 973-226-1535 for additional information.

Pregnancy Loss Support Group

3rd Wednesday of each month from 7:30-10:00pm. Free lending library available. Call Sue Maher-Dziemian at 201-384-8258 or 201-835-4328 for more information.

Post Partum Services / Wellness Wednesdays

Under the umbrella of "Wellness Wednesdays," the Medical Center offers "Moms' Circles" to meet the social and therapeutic needs of mothers who may be struggling with symptoms of postpartum depression. Registration is encouraged for "Moms' Circles," but walk-ins are welcome. Mothers can call 201-894-3784 to RSVP.

Meet & Share meets every Wednesday in Conference Room D at Englewood Hospital from 1:00 – 2:30 PM.

SUPPORT GROUPS @ HOLY NAME HOSPITAL

Free Support Groups meet monthly. To register call 1-877-HOLY-NAME (1-877-465-9626), unless otherwise noted.

Free Support Groups at Holy Name Medical Center meet monthly.

To register call 1-877-HOLY-NAME (1-877-465-9626), unless otherwise noted.

Holy Name Medical Center Events Calendar

For information, go to <http://www.holyname.org/events/>

If you have any questions regarding our events or programs, please call us directly at 1-877-HOLY-NAME (877-465-9626).

Bariatric Support

Support Group for Lap-Band and Gastric Bypass Patients.

Location: Conference Room 1, Marian Hall, Holy Name Medical Center

Cost: Free (for attendees). Contact: 1-877-HOLY-NAME (1-877-465-9626)

Bereavement Support

Call 201-833-3000, ext. 2709 for more information.

Breast Cancer Support and Discussion Group

First and third Wednesday, 5:30 - 7:00 PM

Call 1-877-HOLYNAME (1-877-465-9626) to register. Registration is encouraged, but walk-ins are welcome.

The Breast Cancer Support and Discussion Group is a vehicle for information, encouragement and support that is facilitated by two clinical psychologists.

Cancer Support Group

Second and Fourth Tuesday, 4:00 - 5:30 PM

Location: 3 West Conference Room in Human Resources, Holy Name Medical Center.

Call 1-877-HOLYNAME (1-877-465-9626) for more information.

The Cancer Support Group provides an opportunity to meet with people who understand how you feel and what you are going through in a way that others cannot.

Moms Matter Support

Call 201-833-3218 for more information.

Pregnancy and Newborn Loss Support Group

First Tuesday each month at 8:00 PM

Call 201-833-3058 for more information.

Prostate Cancer Support

Fourth Thursday, 2:00 - 3:30 PM

Location: Regional Cancer Center, Holy Name Medical Center. Call 201-541-5900

The PCSG is open to anyone with the diagnosis of prostate cancer at any time during treatment or post-therapy. The group is facilitated by an Advanced Practice Nurse from Holy Name Medical Center

Support for Korean Cancer Patients

First Friday, 10:00 AM - 12:00 noon

Location: Medical Affairs Conference Room, Holy Name Medical Center.

Call Hei Young Yoon at 201-833-3332 for more information.

Blood Drive at Holy Name Medical Center

You can sign up for the blood drives online: <http://tinyurl.com/holynameblooddrive>

Local Support Group - Miscellaneous

Dental Care

The Southeast Senior Center for Independent Living has a fully equipped dental facility with a certified license dentist, a dental coordinator, and two dental hygienists, excellent equipment and a clean environment. Call the Center for an appointment. There is an annual membership fee which entitles members to not only receive dental care at cost but includes participation in all of the other class offerings. The Center, 228 Grand Avenue, Englewood, is handicapped accessible with ample parking. For more information, call 201 569 4080 or visit www.SESCIL.org

Making Proud Choices

Making Proud Choices program is for people between the ages of 10 and 19 at the Family Success Center, 44 Armory St. on Englewood. The program promotes abstinence as the proud and responsible choice to prevent all STDs and pregnancy; it also addresses topics such as healthy relationships, adolescent health and parent-child communication. Call for more information, 201 568 0817, ext 12. Program is FREE.

Library Offers Continuing Education Courses Online

Teaneck Public Library is offering Universal Class, an online resource of more than 500 continuing education courses, to all Teaneck Library card holders. A wide range of subjects are offered including art, photography, office skills, test preparation, career training, as well as home schooling, self-help and science. Courses are accessible online 24/7 with real instructors, assignments and grades. Up to five courses may be taken at a time. Participants who successfully complete a course will be issued a Certificate of Course Completion. To access the program, go to the library's website at www.teaneck.org and click on "Universal Class" button on the right side. For more information, call the Reference Department 201 837 4171.

The Township of Teaneck provides free transportation for residents who are 65 or older and or disabled.

This service is for medical appointments, food shopping and small errands (within Teaneck, Hackensack, Englewood and the fringes of Bogota, Bergenfield and River Edge. Call (201) 837-7130, ext. 7040 for more information.

Jewish Family Services at 201 837 9090 provides the following services:

- Kosher Meals on Wheels (at home delivery of meals)
- Care Management, support and advocacy
- Friendly Visitor, Adopt-a-Bubbe and Telephone Reassurance – Volunteer programs
- Joy Lunch Club
- Elder Care Workshop Series

The Teaneck Fire Department offers all Teaneck residents the free service of a daily "Good Morning" wake-up call.

This service is particularly appropriate for those facing significant illness, frailty/balance issues, and/or are shut-ins. Call Lt. David Barrett or Lt. Richard Burchell at 201 837 2085 to activate this service. Calls can be pre-empted by the recipient at any time for convenience.

The Gallen Adult Day Care Center at the Jewish Home at Rockleigh will hold a caregiver support group every first Wednesday of the month, 10 AM – 11:30 AM at 10 Link Drive, Rockleigh, NJ – Social Hall 1. FREE. Social Worker Shelley Steiner at 201 784 1414 ext 5340. Share concerns in an informative group discussion and learn about available resources for you and your loved one.

Treatment Services

Seabrook House – Helping Families Find the Courage to Recover

Seabrook House is a multi-level premier inpatient and outpatient facility, internationally recognized, and accredited by CARF (Commission on Accreditation of Rehabilitation Services), alcohol and drug rehabilitation center. Each facility offers every level of inpatient and outpatient care from partial through one-on-one counseling. They offer the following services: Withdrawal Management (Detoxification), Residential Treatment, Partial Hospitalization, and Intensive Outpatient. They also offer Extended Care Programs: Seabrook House West, Changes for Women/Young Adult Program, and Recovery Enhancement Program. They offer The Family Matrix Program, a three day, structured experience designed to help families begin to heal and strengthen the bonds strained by addiction. They provide Holistic Approaches to Treatment such as Equine therapy, Music therapy, Yoga, Acupuncture, and many more. Please call for details.

Seabrook House accepts many health insurance programs. Treatment is covered by most insurances.

For more information, please visit www.Seabrookhouse.org or call 800.761.7575 x 1515

IMPORTANT REMINDERS

Please check off the things you need to address during your visit with your doctor.

- Communicate with your doctors online using the Patient Portal.**
Did you get your e-mail invite to access the Patient Portal yet? If not, please call or ask the receptionist at the front desk. Using a secure login, you will be able to communicate online with your doctor and will have 24/7 access to your personal medical history, prescriptions, and test results.
- Did you know that our doctors are available 24 hours a day / 7 days a week?**
*Please call us if you need care! There are options before deciding to go the Emergency Room. The Emergency Room costs you more money and takes much more of your time! Of course, you should call 911, or go to the emergency room, for life threatening care. *Horizon Patients are encouraged to go to Urgent Centers.**
- Did you see a Specialist or have you done any test(s) prior to your appointment?**
If so, make a list of the names of the doctors and their specialty. Please let us know so we can update your chart preferably when you make your appointment or during your visit so we can obtain the report(s) and your primary care doctor can review it during your visit. Please ask your specialist to send us their consultation report.
- Do you find yourself seeing a Specialist repeatedly?** If so, speak to your primary care doctor or care coordinator about when it is appropriate to see a specialist. We refer you to a specialist to obtain their expert opinion and treatment options. We typically suggest a time period that we are requesting their co-management of your care. In turn, the specialist should send us a consultation report in a timely manner to update us with your treatment progress. This should help us, your primary care doctor determine when you should go back to see the specialist.
- Does your insurance require you to obtain a referral to see a specialist, hospitals, etc.?**
Please check with your insurance provider if you need a referral. Call us ahead of time to request a referral so we can provide it to you prior to your appointment with the specialist.
- If you must go to the ER...it is very important to identify your PCP (Primary Care Physician) during admission to the Emergency Department or hospital admitting staff.**
- Do you have questions or are you confused about your medications?**
If so, please let us know so we can have our Pharmacist in our office go over your medications with you.
- Do you have diabetes and high cholesterol?**
If so, please let us know as we can *refer you to a Nutritionist in our office at no charge, no co-pay.*
- Do you need medication refills?**
Please call us ahead of time for refills on your medications. Please bring bottles of your medication(s) when you come in for your doctor's appointments. *Most importantly, always remember to take your medications regularly*
- Any recent change(s) in your personal information?**
 address? phone number (what is your preferred primary contact: cell or home)? medical insurance?
 emergency contact? e-mail address? If so, please let us know when you check-in.
- For Medicare Patients ONLY - Have you completed your Annual Wellness Form?**
Please ask the receptionist at the front desk to learn more.
- Shared Decision Making to discuss with your Doctor:**
- Do you have Low Back Pain?**
If so, please let us know when you're scheduling an appointment.
Are you considering MRI? Discuss this shared-decision making with your doctor. Ask for a copy on Low Back Pain form or download it from our website @ www.primarycarenj.com
- Are you being tested for PSA (Prostate Specific Antigen)?**
Discuss this shared-decision making with your doctor and get a copy of the Shared Decision Making on PSA.
- Do you have High Blood Pressure? Should You Take Medicine?**
If so, please let us know when you're scheduling an appointment. Discuss this shared-decision making with your doctor. Ask for a copy or download it from our @ www.primarycarenj.com
- Do you have a copy of the "Patient-Centered Medical Home Guidebook"?**
If not, there are ways to get a copy. Please stop by at the front desk and ask for a copy. You can also download a copy from our web site @ www.primarycarenj.com. ***If your insurance is Horizon, please get a copy!***
- Do you want to become a member of our Patient Advisory Group (PAG)?**
The **PAG** gives us an opportunity to hear from our patients about how we can be more patient-centered and better meet our patient's needs. We are looking for members! *If you are interested, please ask for Beth or Christine.*

COMMUNITY RESOURCE GUIDE

GENERAL SERVICES

Bergen County Board of Social Services

218 Route 17 N. Rochelle Park, NJ 07662-3300
Weekdays 8 AM – 4:30 PM / Tuesdays until 8 PM
201-368-4200
Website: www.co.bergen.nj.us

Bergen County Office of Aging & Disability Resource Connection

201-336-7400 / Toll Free 877-222-3737
Website: www.co.bergen.nj.us

Bergen County Community Resource Council

201-343-6543 / 201-646-3676

NJ Department of Human Services of Aging 800-792-8820

Adult Protective Services 24-HR Hotline

800-624-0275 / 201-368-4300

Mental Health Services 201-634-2740

Bergen County Division of Disability Services 201-336-6500

Bergen County Consumer Protection 201-336-6400

Bergen County Department of Community Affairs

Weatherization, Heating/Cooling, Water Utilities
201-968-0200 ext 7800

Bergen County Housing Authority 201-336-7600

Northeast NJ Legal Services – Bergen:

Senior Law Project – provides advice and referrals 201-487-2166

PAAD / Senior Gold / LifeLine 800-792-9745 / 201-336-7400

Prescription discount program, annual utility credit, hearing aid reimbursement

State Health Insurance Program 201-336-7413 / 201-336-7400

Veterans Services 201-336-6325

Social Security 800-772-1213

Medicare 800-633-4227

Medicaid 201-368-4200

Senior Dental (State of NJ Division of Aging) 800-792-8820

NJ Property Tax Reimbursement 201-336-7400 / 800-323-4400

Access Link 800-955-2321 (call for details)

Provides curb-to-curb service for eligible people with disabilities. Access Link service is comparable to the NJ Transit local bus network. Transportation is provided during the same hours and days and has the same fares as the local bus network.

Bergen County Meals on Wheels 201-336-7420

Delivers one mid-day meal to homebound individuals 60+
Suggested donation \$1.25

Chore Volunteer Handyman Service 201-489-7790

Website: www.bergenvolunteers.org

Basic, non-emergency household repair services for seniors 60+ and disabled individuals in Bergen County. Sample Services may include:

- Minor plumbing – faucets and toilet leaks
- Minor electrical – replace light bulbs, door bells
- Weatherization – seasonal of screens, weather strip doors and windows
- Repair or replace – door locks, springs, filters & batteries
- Install – smoke alarms, grab bars in bath areas

WORK DOES NOT INCLUDE: OUTDOOR WORK, COSMETIC OR APPLIANCE REPAIRS

EZ Ride 201-939-4242 (call for details)

This program offers senior citizens personalized curb-to-curb transportation for needs not currently filled by other transportation programs at a nominal cost.

Senior Discount / Reduced Fare (NJ Transit Bus/Rail)

201-336-7400 / 973-491-7112

Transportation Services

Bergen County Special Transportation 201-368-5955

County Van is Handicapped Accessible.

Transportation to medical appointments in Bergen County only. Two weeks advance notice is necessary.

Company will ask you for your name, address, phone number, birth date, social security number, and an emergency contact and number.

NOTES

National Nutrition Month® 2017

What's for Breakfast?

Word Search for Adults

Words may be horizontal, vertical, diagonal, or backwards.



1. Oatmeal
2. Veggie omelet
3. Bran flakes
4. Shredded wheat
5. Lowfat milk
6. Waffles
7. Canadian bacon
8. Fresh fruit
9. Yogurt parfait
10. Hard cooked eggs
11. Turkey sausage
12. Nut butter toast
13. Fruit smoothie
14. French toast
15. Cheesy grits
16. Oat bran muffin
17. Breakfast wrap
18. Bagel
19. Blueberry pancakes
20. Muesli

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

National Nutrition Month® 2017

What's for Breakfast? Word Search for Adults



Solution:

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