COYE LOVEDAY Survives COVID-19

FOUNDATION NEWS How You Can Help Patients in Need

IMPROVE BALANCE with Exercise

CRMC Pleads with Public to Take COVID-19 PRECAUTIONS
Coye Loveday, age 78, of Crossville, was faced with COVID-19 and is thankful to have come out on the other side of it. In early April, the first symptom he noticed was a loss of taste and smell. Then he started running a fever, which he says he almost never does, so he got tested. The results showed he had COVID-19. His doctor placed him on some prescription medication, and he soon also needed oxygen. “I was getting weaker and weaker and didn’t want anything to eat,” said Loveday. “Then, my oxygen level got to the point where my doctor told me I needed to go to Cookeville Regional.”

Loveday was in a regular hospital room for two days, but his oxygen level kept dropping to the point that he was sent to the ICU.

“My son dropped me off at the hospital, and now, I realize he didn’t know if he would see me again.”

“I really didn’t feel that sick,” said Loveday. “I didn’t have a cough. I didn’t have shortness of breath. And, at that point, I didn’t have a temperature, but I had no energy and wanted nothing to eat. I just layed there on my back 24/7.”
We know that these days, the stakes are high when you or a loved one is sick. That’s why Cookeville Regional is making virtual visits available for the safest possible care. Thanks to the latest telehealth technology, we’re now able to diagnose and treat a wide variety of medical issues quickly and reliably without the need for an in-person visit, which protects both you and your medical caregivers. This is covered by most insurances, and both current and new patients are welcome to make appointments by calling one of the numbers below.

He says he didn’t realize the seriousness of the disease while he had it, but now he feels very fortunate to have survived it.

“My son dropped me off at the hospital, and now, I realize he didn’t know if he would see me again,” said Loveday. “I’m blessed.”

In addition to the prayers and support he received from friends and family, he credits his recovery to the excellent care he got at CRMC.

“I don’t care anything about going to the hospital again,” said Loveday, “but if I go, that would be where I go.”

For the most up-to-date information about COVID-19 and CRMC, follow us on Facebook, Twitter and Instagram, or visit crmchealth.org.

Are you over 50 and active? Tell us all about it! If you would like to share what you do to stay active, why, and how it has helped you and/or others, we just might feature you in an upcoming edition of Seasons. Please e-mail your information to mfinley@crmchealth.org, or write CRMC Marketing Department, 1 Medical Center Blvd., Cookeville, TN 38501.
Interventional Pain Management Specialist Joins Cookeville Regional

Cookeville Regional Medical Center proudly welcomes David Burstedt, MD, PT, to its medical staff. He has joined the practice of Tier 1 Orthopedics, located at 105 S. Willow Ave. in Cookeville.

Dr. Burstedt began his career in health care by earning a master’s degree in physical therapy from Idaho State University. As a physical therapist, he obtained certification to evaluate and treat neck and back pain using the McKenzie Method.

After practicing for eight years, he resumed his education and earned his medical degree from Texas A&M College of Medicine. He completed his anesthesiology residency at Baylor Scott & White in Temple, Texas. His formal medical training concluded by completing a fellowship in pain management at the University of Utah.

Dr. Burstedt is trained in both basic and advanced image-guided interventional procedures for acute and chronic spine and joint pain. Treatments include epidural steroid injections, radiofrequency ablation and sacroiliac joint injections. Advanced procedures include kyphoplasty, spinal cord stimulation and peripheral nerve stimulation. Additionally, he offers procedures to treat migraine headaches, complex regional pain syndrome and cancer pain.

Dr. Burstedt recognizes the importance of a multidisciplinary treatment team and anticipates working closely with referring providers, physical therapists and psychologists to reduce pain and improve function in his patients.

He enjoys spending time outdoors cycling, golfing, fishing and hiking. He and his family are excited to join the Cookeville community.

To make an appointment with Dr. Burstedt, call (931) 526-9518.

New Specialist Joining Cookeville Regional and Tennessee Heart

Cookeville Regional Medical Center proudly welcomes interventional cardiologist Carlos Podesta, MD, to its medical staff, bringing the number of cardiologists on staff to 13.

Dr. Podesta received his medical degree with cum laude honors in 2009 from Universidad Iberoamericana (UNIBE) in Santo Domingo, Dominican Republic. He completed his internal medicine residency and fellowships in cardiovascular disease and interventional cardiology/structural heart disease at Mount Sinai Medical Center in Miami Beach, Florida.

During his training, he served as chief medical resident and chief cardiology fellow. He is board certified in internal medicine, cardiovascular disease, interventional cardiology, adult echocardiography and nuclear cardiology.

Dr. Podesta has a special interest in transcatheter coronary interventions and preventive cardiovascular medicine. In his

Visit CRMHEALTH.ORG/PHYSICIANS to find the physician ready to serve your health needs at CRMC.
free time, he enjoys spending time with his family and performing outdoor activities such as biking, hiking and traveling around the world.

Dr. Podesta is now accepting new patients and will be seeing patients in the Cookeville office as well as in Sparta and Livingston. To request an appointment with him, call Tennessee Heart at (931) 881-2039 or (888) 352-8031.

New Neurohospitalist Joins Cookeville Regional

Cookeville Regional Medical Center proudly welcomes neurohospitalist Gustavo Silva, MD, to its medical staff. Neurohospitalists work in the hospital and focus on inpatient neurological disease.

Dr. Silva recently completed a fellowship at Massachusetts General Hospital, Harvard Medical School, in Cambridge, Massachusetts, in multiple sclerosis and clinical translational medicine, and a fellowship in autonomic disorders at Beth Israel Deaconess Medical Center, Harvard Medical School, in Boston.

He completed his medical degree from the Universidade Federal de Minas Gerais in Belo Horizonte, Brazil, in 2009, followed by an internship in internal medicine at Mercy Catholic Medical Center in Philadelphia and a residency in neurology at Drexel University College of Medicine in Philadelphia, where he served as chief resident.

Prior to his residency in neurology, Dr. Silva practiced in Brazil for four years as an internal medicine physician providing primary and emergency care.

Dr. Silva is pleased to be joining the staff at Cookeville Regional Medical Center and looks forward to serving patients in the hospital with neurological conditions.

New Nephrologist Joins Cookeville Regional

Rajiv Sinanan, MD, a specialist in nephrology, has joined the staff at Cookeville Regional Medical Center and the office of Cumberland Kidney Specialists with fellow nephrologists Dr. Anju Mendiratta and Dr. Virin Ramoutar at 221 N. Oak Ave. in Cookeville.

Dr. Sinanan received a Bachelor of Medicine and Bachelor of Surgery (MBBS) in 2008 from the University of the West Indies in Trinidad and Tobago. After an internship in internal medicine, general surgery, orthopedics, pediatrics and OB/GYN, he provided health care services in Trinidad and Tobago for five years before coming to the United States to specialize in nephrology. He completed a residency in internal medicine at the University of Miami/ Jackson Memorial Hospital in Miami and a fellowship in nephrology at Tufts Medical Center in Boston.

Dr. Sinanan has a special interest in polycystic kidney disease and glomerular diseases.

To schedule an appointment with Dr. Sinanan, call Cumberland Kidney Specialists at (931) 646-0880.

Paul Korth Installed as Chairman of THA Board of Directors

Paul Korth, CEO at Cookeville Regional Medical Center, was installed as chairman of the Tennessee Hospital Association’s Board of Directors during the association’s virtual annual meeting held this fall.

Korth has more than 30 years of experience in health care. Before being named CEO in 2013, he served as the hospital’s chief financial officer for 13 years. A member of the THA Board of Directors for many years, he also was appointed by Gov. Bill Haslam to serve a three-year term on the Tennessee Health Services and Development Agency.

The Tennessee Hospital Association was founded in 1938 and serves as an advocate for hospitals, health systems and other health care organizations across the state. The initiatives of THA support the efforts of Tennessee’s hospitals to ensure high-quality care for the patients and communities they serve.
Now nine months into the coronavirus pandemic and entering flu season, Cookeville Regional Medical Center urges Upper Cumberland residents to take precautions to reduce the spread of COVID-19 amid concerns about hospital capacity.

"With family gatherings that take place during the holidays, we can expect to see some of the highest numbers of positive cases from the pandemic during this time of year," said Paul Korth, Cookeville Regional CEO. "We need the public to take personal responsibility and practice the precautions that we’ve all talked about for months — wear a mask, socially distance and keep your social circles small."

CRMC has continued to adapt and plan for a COVID-19 patient surge.

"We are often asked what our capacity is for COVID-19 patients, and it’s difficult to say what our capacity is due to the fact that it is highly variable from day to day – even hour to hour," added Korth. "It is dependent on our resources and staff at any given time. I can say with certainty that we don’t have unlimited capacity. If we don’t continue to take steps to halt the spread, we will certainly have capacity issues. We certainly don’t want to get to the point that we don’t have the capacity to take in more patients as they get sick."

The spread of COVID-19 is preventable through simple precautions.

"We can do it if we work together," Korth said. "Remember, you may be contagious even if you aren’t showing signs and symptoms of COVID-19. Experts say you are contagious 48 hours prior to having symptoms."

Cookeville Regional stands as ready as ever to safely care for patients of the Upper Cumberland with COVID-19 and other health concerns as long as there are no capacity issues due to a larger patient surge.

"In normal circumstances, we can take care of close to 300 patients a day here," said Korth. "We typically run less than 220 a day."

Hospital capacity includes 28 beds in the main ICU, with an additional 16 in cardiovascular ICU (CVICU) if needed for a higher level of care. Plans for nearing to full capacity include putting a hold on elective and other nonessential procedures to create additional space. Beyond that, CRMC can divert patients to other facilities for care if beds are full.

Cookeville Regional is also taking numerous precautions to ensure that patients who don’t have COVID-19 are not being exposed to the virus. Patients who come to the ER with diagnosed or suspected COVID-19 are placed in isolation rooms, and staff begin using the policies and protocols in place for treating an infectious patient.

"If that patient then gets admitted to the medical center, we have certain floors and a certain part of our ICU that have been designated as COVID-19-only units," said Korth.

Length of stay varies greatly for patients who are admitted, ranging from those who only stay 24-48 hours with oxygen therapy and steroid treatment that they are able to continue at home, to those who stay for many days, require a number of types of treatment, and are still not able to go home until several days after completing their treatment course.

"People’s lungs tend to respond differently to the virus, and their immune systems respond differently, so it all just depends," said Dr. Rebecca Sprouse, a CRMC hospitalist who has been very involved in the care of COVID-19 patients. "We take it person by person."

Cookeville Regional has used many different types of treatment to...
What we’re finding works most reliably are oxygen and time, but basically all of the treatments you hear about in the news, we can get,” said Dr. Sprouse.

Perhaps most importantly, Dr. Sprouse and the staff at Cookeville Regional urge those who have COVID-19 or its symptoms not to wait to seek care.

“Our initial instructions to people to wait until they were short of breath to come to the hospital no longer apply,” said Dr. Sprouse. “Come to the hospital if you’re starting to get sick, and we can test you, we can start treating you sooner, we can get you on treatment that may make it so that you don’t get to the point where you’re short of breath and require hospitalization.”

This applies to non-COVID-19 patients, too, who may be hesitant to get the help they need due to fear of getting the virus or taking up space needed for COVID-19 patients.

“One of the things that I want to reassure the community about is that we’ll continue to adapt and take care of as many patients as we can, just as we have done before and during the pandemic and will continue to do so afterward,” said Korth.

During the holidays, CRMC encourages families to take steps to protect each other, especially vulnerable members of your family who may be elderly or have weakened immune systems. Remember, you may be contagious even if you aren’t showing signs and symptoms of COVID-19.

**Tips for a safer holiday gathering:**

- Consider gatherings with only members of your household during this holiday season. Skip traditional gatherings in the spirit of keeping your loved ones safe.
- If gathering with people outside of your household, gather in a larger location according to the size of your gathering so that everyone can spread out.
- Open a window to circulate air indoors.
- Spread out and wear masks when not eating.
- Stay at least six feet apart.
- If the weather allows, spend time together outdoors. Wear a mask even when socializing outdoors.
- Consider serving the food so that everyone is not touching the same serving utensils (i.e., one person serves food, one person serves drinks, etc.)
- Seat family members who live together at segregated tables while eating if seating is six feet or less apart. Guests from different households should be seated more than six feet apart while eating outside.
- Have plenty of hand sanitizer available.
- Clean and disinfect commonly used items and surfaces (door knobs, light switches, countertops, etc.).
After Successful Treatment at Cookeville Regional, They Are Still Recovering

While Cookeville Regional has cared for many COVID-19 patients since the virus started affecting the Upper Cumberland earlier this year, one Crossville family had three members being treated in the intensive care unit (ICU) at the same time.

One day in March, Jeff Garrison went to visit his parents, Dillon and Ellen Garrison, at their home and found them exhausted, dehydrated and delirious with high fevers. He called 911, and they were taken to a nearby facility for treatment. Dillon was given fluids and antibiotics and sent home, and Ellen stayed for a couple of days before being sent home with oxygen on a Friday.

By Sunday, March 29, Ellen’s oxygen level was down to 78, and she still had a high fever.

“I could barely keep either of them awake, and they were barely cognizant,” said Jeff’s wife, Rose. “We tried everything to get them to eat and could only get them to eat maybe a cracker.”

Jeff and Rose drove Ellen and Dillon to Cookeville Regional. Ellen was
immediately placed on a ventilator, as was Dillon two days later. Soon after, Jeff began to get sick. Although two COVID-19 tests were negative, a chest X-ray showed that he likely had the virus.

“Jeff went to the ICU, and we thought he would be placed on a ventilator at one point, but he was not,” said Rose. “He was right across from Dad, so we had the whole bunch up there.”

And, although Rose never had symptoms, she tested positive for COVID-19 and quarantined herself for a month at home.

Angela Craig, the clinical coordinator in the ICU who was involved in the Garrisons’ care, made FaceTime calls to Rose and her stepdaughter, Jessica McCaleb, every day to update them on the family’s condition.

“She would take a protected iPad into the unit and let us see them and would talk to us and give us all the stats,” said Rose, who has been a nurse for many years.

“Having the daily conversations with Angela was the only thing that got me through it,” said McCaleb. “My grandparents raised me, and they’re everything to me.”

Fortunately, Jeff was discharged after only a few days. Ellen was on the ventilator for 23 days before she was able to recover. She left CRMC on May 29 and was in rehab until July 17. Dillon had a much more difficult time. The family received calls three different times telling them that he might not make it through the night.

“Angela cried right along with us,” said Rose. “We got to know several nurses, and now I tell everybody here at home, if you’ve got COVID-19, you need to go to Cookeville.”

Dillon had been on the ventilator for 43 days when his trachea had deteriorated to the point that he needed a tracheostomy, a procedure in which a breathing tube is placed through an incision in the neck. However, his do-not-resuscitate (DNR) orders forbade that procedure.

“Dr. Rupan told us he had worked really hard to save Dad and wondered if he would be willing to reverse the DNR so that he could give him a tracheostomy,” said Rose. “So, we went down there and put on gear — it looked like we were going to the moon — and went to his bedside, with the staff witnessing through the window, and Dad agreed to reverse his own DNR.”

The staff at Cookeville Regional tried many different and innovative treatments during Dillon’s stay to try to help him recover, and finally, he did.

“We tried basically everything we could think of,” said Dr. Rebecca Sprouse, a CRMC hospitalist who has been very involved in the care of COVID-19 patients. “The problem with giving someone that many treatments at the same time is that I can’t tell you specifically what made him better, but one of the things we gave him did.”

He was released on May 21 and did five weeks in rehab, returning home on Aug. 27, more than a month after Ellen.

“I definitely am glad to be alive,” said Ellen. “I couldn’t wait to get home, and then, when I got home, I couldn’t wait for Pa to get here.”

Dillon, Ellen and Jeff are still struggling with various health issues caused by the virus, but they are recovering little by little.

“I am well pleased with everyone who took care of me and got me this far,” said Dillon. “I just wanted to get home, sit on the porch, drink coffee and eat a donut.”
Safely Defrosting Meat, Poultry and Fish

Food safety experts recommend thawing foods in the refrigerator or the microwave oven. You may also put the food in a watertight plastic bag submerged in cold water and change the water every 30 minutes.

Changing the water ensures that the food is kept cold. Keeping the food cold slows the growth of bacteria on the outer, thawed portions while the inner areas are still thawing.

Do not thaw meat, poultry or fish products on the counter or in the sink without cold water. Bacteria can multiply rapidly at room temperature.

Nutrient Knowledge — Vitamin C

Vitamin C, also known as ascorbic acid, is a water-soluble nutrient found in some foods. In the body, it acts as an antioxidant, helping to protect cells from the damage caused by free radicals, which are compounds formed when our bodies convert the food we eat into energy. People are also exposed to free radicals in the environment from cigarette smoke, air pollution and ultraviolet light from the sun.

The body also needs vitamin C to make collagen, a protein required to help wounds heal. In addition, vitamin C improves the absorption of iron from plant-based foods and helps the immune system work properly to protect the body from disease.

What Foods Provide Vitamin C?
Fruits and vegetables are the best sources of vitamin C. You can get recommended amounts of vitamin C by eating a variety of foods, including the following:

- Citrus fruits (such as oranges and grapefruit) and their juices, as well as red and green pepper and kiwifruit
- Other fruits and vegetables such as broccoli, strawberries, cantaloupe, baked potatoes and tomatoes
- Foods and beverages that are fortified with vitamin C. To find out if vitamin C has been added to a food product, check the product labels.

The vitamin C content of food may be reduced by prolonged storage and by cooking. Steaming or microwaving may lessen cooking losses. Fortunately, many of the best food sources of vitamin C, such as fruits and vegetables, are usually eaten raw.

To learn more about vitamin C, visit https://ods.od.nih.gov/pdf/factsheets/VitaminC-Consumer.pdf.

Healthy Eating
From Our Kitchen to Yours — Oven Fries

Ingredients
- 4 large potatoes (2 lbs.)
- 8 cups ice water
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. salt
- 1 tsp. white pepper
- 1/4 tsp. allspice
- 1 tsp. hot pepper flakes
- 1 Tbsp. vegetable oil

Directions
Scrub potatoes and cut into long 1/2-inch strips. Place potato strips into ice water, cover, and chill for 1 hour or longer. Remove potatoes and dry strips thoroughly. Place garlic powder, onion powder, salt, white pepper, allspice and pepper flakes in a plastic bag. Toss potatoes in spice mixture. Brush potatoes with oil.

Place potatoes in nonstick shallow baking pan. Cover with aluminum foil and place in 475°F oven for 15 minutes. Remove foil and continue baking uncovered for an additional 15 to 20 minutes or until golden brown. Turn fries occasionally to brown on all sides.

Serving size: 1 cup

Nutrition Information (per serving):
- Calories 238, Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 163 mg
Please Help Us Continue to Help Patients in Need

By John Bell
Executive Director of The Foundation at CRMC

These past few months have been ever changing and have caused many organizations, including the Foundation, to adapt in an effort to be mindful of the risks of COVID-19. One way we have had to change during this pandemic is eliminating or scaling back many of our traditional, public fundraising activities.

Even as fundraising events and activities decrease, the Foundation continues to assist Upper Cumberland residents struggling with disease, sickness or injury. It is our passion to do so, and we are grateful to our supporters for making compassionate response possible.

Donations of any size have a positive impact for a patient in need and continue to make a difference for residents from all 14 counties of the Upper Cumberland.

If you are in a position where you can help, please donate and be a blessing today for a neighbor facing a medical crisis. Established patient assistance funds include cancer, heart, pediatric, hospice and the general patient assistance fund named Caring Hands.

One hundred percent of gifts made to any Foundation fund are restricted to help patients. No portion of gifts are used for overhead or staff expense.

Here is a look at how far your donation can go:

- $25 will provide access to health care by sponsoring transportation to rural patients.
- $50 will provide monthly medication to a low-income patient.
- $100 will provide groceries for a family with a parent in cancer treatment.
- $250 will help provide medical equipment for a pediatric patient.
- $500 will keep a hospice patient at home during their final weeks.

We hope you partner with us and help patients facing a medical crisis. You can donate at www.cookevilleregionalcharity.org, mail a check to the CRMC Foundation, or give us a call at (931) 783-2003.

Gratefully,
John Bell 🌸
Train Your Brain

Crossword

Across
1. Big talkers
8. Fold
13. Ancient perfume holder
14. Designer Lauren
15. Nb on the periodic table
16. Accustom
17. "T" problem
18. Forest growth
20. "Dear" one
21. Devise
24. "Rocks"
25. "___ calls?"
26. Boors
28. Awry
31. Cupid’s boss
32. Little finger
34. "My boy"
35. "___ to Billie Joe"
36. Furry forecaster of spring
41. Social distance = ____ feet
42. Bulk
43. Egg cells
44. Piece of land
45. "Wheels"
46. Kind of market
49. Nearby
50. Kind of mark
51. Admittance
52. Meals

Down
1. Swindler, slangily
2. Bud
3. Hound’s trail
4. Mac
5. "Aladdin” prince
6. Drearily
7. Pago Pago’s place
8. Before the real games
9. PC linkup
10. Evasion
11. Brandy flavor
12. Mother ______
19. Chester White’s home
22. Helps prevent COVID-19 spread
23. Unpleasant to behold
27. ______ sanitizer
28. Matthew was one
29. Medium-distance club
30. Not precise
33. "... ___ he drove out of sight"
34. Put in stitches
37. Bid
38. Son of Osiris and Isis
39. Blaunt
40. Some are inert
45. "Wheels"
47. Bug
48. ___ Today

Sudoku

Can you find the six-letter word that can be placed either before or after the following three words to make a new word or phrase?

a) DUCK
b) ROOM
c) PRETTY

Word Ladder

See if you can transform the first word on the ladder into the last word by changing only one letter at a time on each rung — for instance, heat --> hear --> rear --- > roar and so on.

Look for the solutions to the puzzles on page 15.
Having good balance is important for many everyday activities, such as going up and down the stairs. It also helps you walk safely and avoid tripping and falling over objects in your way.

Each year, more than 2 million older Americans go to the emergency room because of fall-related injuries. A simple fall can cause a serious fracture of the arm, hand, ankle or hip. Balance exercises can help you prevent falls and avoid the disability that may result from falling. You can do balance exercises almost anytime, anywhere, and as often as you like as long as you have something sturdy nearby to hold on to for support.

Try these balance exercises: Stand on one foot, walk heel to toe, and walk in a straight line with one foot in front of the other. A number of lower-body exercises – especially those that strengthen your legs and ankles – also can help improve your balance. These include the back leg raise, side leg raise, knee curl, and toe stand exercises, which can be found on the Go4Life website (see below).

As you progress in your exercise routine, try adding the following challenges to help your balance even more:

- Start by holding on to a sturdy chair with both hands for support.
- When you are able, try holding on to the chair with only one hand.
- With time, hold on with only one finger, then with no hands at all.
- If you are really steady on your feet, try doing the balance exercises with your eyes closed.

Quick Tip
In the beginning, using a chair or the wall for support will help you work on your balance safely.

Source: National Institute on Aging at NIH, go4life.nia.nih.gov/
Mourning the Death of a Spouse

When your spouse dies, your world changes. You are in mourning — feeling grief and sorrow at the loss. You may feel numb, shocked and fearful. You may feel guilty for being the one who is still alive. At some point, you may even feel angry at your spouse for leaving you. All of these feelings are normal. There are no rules about how you should feel. There is no right or wrong way to mourn.

When you grieve, you can feel both physical and emotional pain. People who are grieving often cry easily and can have:

- Trouble sleeping
- Little interest in food
- Problems with concentration
- A hard time making decisions

In addition to dealing with feelings of loss, you also may need to put your own life back together. This can be hard work. Some people feel better sooner than they expect. Others may take longer.

As time passes, you may still miss your spouse. But for most people, the intense pain will lessen. There will be good and bad days. You will know you are feeling better when there are more good days than bad. Don't feel guilty if you laugh at a joke or enjoy a visit with a friend.

For some people, mourning can go on so long that it becomes unhealthy. This can be a sign of serious depression and anxiety. Talk with your doctor if sadness keeps you from carrying on with your day-to-day life. Support may be available until you can manage the grief on your own. It is especially important to get help with your loss if you feel overwhelmed or very depressed by it.

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**Sudoku Solution**

```
5 1 3 8 7 2 6 9 4
2 8 6 5 4 9 1 3 7
7 9 4 6 1 3 2 8 5
3 6 5 1 9 4 8 7 2
1 7 9 2 8 5 3 4 6
8 4 2 7 3 6 9 5 1
6 2 8 3 5 7 4 1 9
9 5 1 4 2 8 7 6 3
4 3 7 9 6 1 5 2 8
```

**Link Words Answer**

SITTING (sitting duck, sitting room, sitting pretty)

**Word Ladder Solution**

```
LEADS
LOADS
LORDS
FORDS
FORTS
FORTH
NORTH
```

*Look for the puzzles on page 13.*
Wear a mask.

Be kind.

Stop the spread.

Protect each other.