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What is a Death Doula, or End-of-Life Doula?

By: Gretchen Hook

Little Elm Residential Care

What is a Death Doula, or End-of-Life Doula? First, let's clarify the role of a doula. A doula is a trained professional who offers non-medical assistance to individuals and their families during childbirth, death, and other significant life events. While doulas aren't medical professionals and do not deliver babies or offer medical care to the dying, they play a crucial role in ensuring that the individual's needs are addressed. Today, we will discuss Death Doula or End-of-Life Doula and their roles. We will use the term EOL (End-of-Life) Doula.

EOL Doulas provide several non-medical tasks to patients and their families, including emotional support, which provides comfort and care to the patient and their families. Practical support that helps with tasks like shopping, dog walking, and respite care. Additionally, they provide education about the dying process; assist with planning and drawing up documents, such as Powers of Attorney, Wills, and other Advanced Directives. Ritual planning such as funerals and other services the patient and their families may need help with is under the role of an EOL Doula, as well as legacy projects, so the patient can leave wonderful lasting memories in the form of writings, videos, and other ways to memorialize the patient. And finally, grief support is given to the patient and their families before and after death.

EOL Doulas operate in various environments, including hospice agencies, hospitals, and private



homes, providing support to patients and their families. Families often engage with an EOL doula following a terminal diagnosis to help with end-of-life processes. Frequently, an EOL doula may remain involved with the family for several years. It's important to keep in mind that EOL Doulas are not medical professionals. While many EOL Doulas have a medical background, they have chosen to focus their skills on this specialized role.

Doulas have existed for centuries, and although End-of-Life (EOL) Doulas are common, their use is increasing significantly. Many overlook hiring an EOL Doula, believing they can manage everything independently. However, after receiving a terminal diagnosis,

facing imminent death, or organizing a funeral, many important tasks are often neglected due to stress, emotional farewells, or family conflicts.

How do you contact an EOL Doula? Doula services can be found online, however, some of the better places to find an EOL Doula is by contacting your local Hospice agency or Hospital.

I became an EOL Doula for several reasons. Death is part of life; we all must face it in one form or another. Receiving assistance from a compassionate empathetic partner is crucial during these difficult times. I have been in the nursing field for over 30 years and have expertise in assisting those who are dying. I am a mental health therapist

and Chaplain who offers bereavement services to patients and their families. I own and operate Little Elm Residential Care Home in Temple and assist patients and their families through the dying process. Each private room is equipped for those patients who are dying and provides peace and comfort to not only the patient but their families as well. Death does not have to be a frightening experience and there is support. Please reach out today if you or your loved one finds themselves in need of assistance with end-of-life care or planning. I can be reached at 254.314.8340 or at littleelmrch@proton.me. I look forward to working with you and find it an honor that you have chosen me for your end-of-life needs.

100 Years Ago This Month: Historical events from January 1925

The month of January has been home to many historical events over the years. Here's a look at some that helped to shape the world in January 1925.

- Christiania, the capital city of Norway, is renamed "Oslo" on January 1.

- Violence plagues Italy on January 2 as part of the fallout of Benito Mussolini's crackdown on opposition newspapers. Though King Victor Emmanuel III refuses to grant Mussolini the dictatorial powers the latter requested, he grants the Prime Minister tacit permission to respond to the violence how he sees fit.

- Nellie Tayloe Ross is inaugurated as the Governor of Wyoming on January 5, becoming the first woman elected to a gubernatorial office in United States history.

- Bhanupratap Deo is proclaimed as the new Raja of the princely state of Kanker within British India on January 8. The 3-year-old would rule until 1947, when the princely states are abolished as India gains its independence.

- The British submarine HMS L24 sinks in the English channel on January 10. The submarine had collided with the Royal Navy



battleship HMS Resolution, killing all 43 men aboard the L24.

- Al Capone survives an assassination attempt made by the North Side Gang on January 12 in Chicago. Capone was conducting business inside a State Street restaurant when the rival gang riddled his car with bullets, prompting the mobster to order a bulletproof Cadillac.

- Joseph Stalin fires Leon Trotsky as Commissar for Military and Navy Affairs on January 15. A prominent critic of Stalin, Trotsky is eventually murdered at his home in Mexico City by a Stalinist agent in 1940.

- Huddie Ledbetter, better known as "Lead Belly," is granted a full pardon by Texas governor Pat Morris Neff on January 16. The blues musician had served seven years of his prison sentence after being found guilty of killing

a relative over a fight for a woman.

- "The Gentleman Bandit" Gerald Chapman is arrested in Muncie, Indiana on January 18. Chapman is apprehended thanks in part to informant Ben Hance, who is murdered in August in a killing that is believed to have been performed as retaliation for Chapman's incarceration.

- Roy Olmstead, a lieutenant in the Seattle Police Department, is indicted by a federal grand jury on January 19. Olmstead is accused of smuggling alcohol into the country from Canada in violation of the Volstead Act.

- Curtis Welch, the only doctor in Nome, Alaska, sends an urgent message via radio telegram on January 22. The message alerts all major Alaskan towns of an impending outbreak of diphtheria, while a second message sent to

the U.S. Public Health Service in Washington, D.C. highlights the desperate need for antitoxin. Roughly 300,000 units of antitoxin are discovered in Anchorage on January 26, temporarily containing the epidemic.

- Paul Newman is born in Shaker Heights, Ohio, on January 26. The son of Theresa Garth and sporting goods store owner Arthur Sigmund Newman, Sr., the younger Newman would grow up to become one of the world's most recognizable movie stars and a devoted philanthropist.

- A riot breaks out in Berlin on January 27. Numerous injuries are reported as monarchists, communists and republicans clash during demonstrations held on the birthday of ex-kaiser Wilhelm II.

- On January 28, nominee to the U.S. Supreme Court Harlan Fiske Stone testifies before the U.S. Senate Judiciary Committee. Stone is eventually confirmed by a vote of 71 to 6.

- After nearly a year of fighting and 14,000 deaths, the Khost rebellion against King Amanullah Khan is ended in Afghanistan on January 30. The rebellion is ultimately unsuccessful, but many of the king's reforms are delayed until 1928.



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A beginner's guide to CBD, CBN and THC

A growing number of consumers are turning to products derived from cannabis plants to treat an array of conditions. Formulations include gummies and other edibles, tinctures, vapes, and even beverages. When shopping for such products, particularly as a novice, consumers may encounter so many abbreviations referring to the active substances in these products that it can be confusing to get things straight. Here's a look at cannabis and what distinguishes various products from one another.

Understanding cannabis

Hemp and marijuana are close cousins and come from the same species of a flowering plant in the Cannabaceae family. The major difference between them lies in how much of a certain cannabinoid each contains, advises Healthline. Hemp con-

tains 0.3 percent or less of psychoactive tetrahydrocannabinol (THC) than marijuana, which has higher levels of THC (more than 0.3 percent). Because the THC in hemp is so low, it's unlikely to get a person high.

Differentiating cannabinoids

Cannabis contains a variety of cannabinoids. THC is one such cannabinoid, and for a while that was the one most known for its ability to produce euphoria and other desired feelings. The other top four include: cannabidiol (CBD), cannabigerol (CBG), cannabinol (CBN), and cannabichromene (CBC). Each has unique properties and potential health uses. This article explores CBD, THC and CBN, which are increasingly found in over-the-counter supplements.

CBD: CBD seems to be ev-

erywhere today, from pills to lotions. Harvard Health says animal studies and self-reports or research in humans suggest CBD may help with anxiety, treating childhood epilepsy, insomnia, chronic pain, addiction, and inflammation.

THC: THC delivers psychoactive experiences that may cause users to experience time distortion, sensory changes and changes to perception. Synthetic THC preparations have been used for addressing chemotherapy-induced nausea and vomiting. According to The National Center for Biotechnology Information, additional uses for THC include pain relief, particularly for fibromyalgia. There has been some research into THC's uses for moderate-to-severe obstructive sleep apnea. A recent laboratory investigation indicated THC also might inhibit the proliferation of breast cancer cells, but more studies are needed.

CBN: CBN often is understood as a weaker version of THC

that results when THC components break down with age, says WebMD. It is about 25 percent less effective than THC. CBN has not been studied as widely as THC or CBD, but some of its potential uses include pain relief, sleep aid and even as a neuroprotective substance. A 2016 study published in Neural Regeneration Research found cannabinoid compounds like CBN can delay the progression of amyotrophic lateral sclerosis (ALS) to prolong survival.

Lasting effects?

Although cannabinoids are turning up regularly now, especially as many areas have legalized marijuana usage, experts still do not fully know the short- and long-term effects of use. Furthermore, dosage may be confusing and there may be inconsistencies in purity depending on the manufacturer. It is up to the consumer to weigh the pros and cons of trying treatment with products derived from cannabis.



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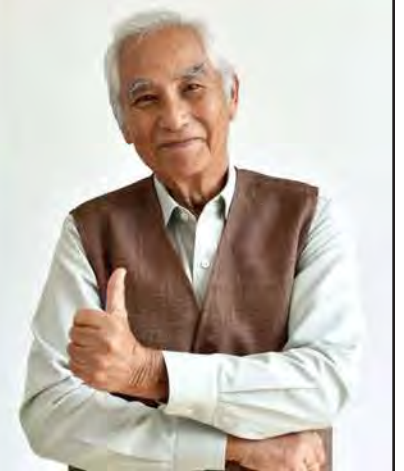
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A timeline of notable events in the life of Martin Luther King, Jr.

Dr. Martin Luther King, Jr. dreamt of breaking down barriers and ending discrimination based on skin color, religion, personal beliefs, and much more. Indeed, Dr. King was a visionary and a leader whose life was tragically cut short before he could see the many fruits of his labor.

Dr. King was a strong proponent of change, and his impact was felt from the mid-1950s until his assassination in 1968. Here is a chronology of major events in Dr. King's life.

- **January 15, 1929:** Martin Luther King, Jr. is born to the Reverend and Mrs. Martin Luther King, Sr. in Atlanta, Georgia.

- **September 20, 1944:** After graduating from Booker T. Washington High School a few months earlier, King begins his freshman year at Morehouse College in Atlanta. King graduates from the college in 1948 with a degree in sociology.

- **February 25, 1948:** After time spent in Crozer Theological Seminary, King is ordained to the Baptist ministry at the age of 19.

- **September 13, 1951:** King begins graduate studies in theology at Boston University.

- **June 18, 1953:** Coretta Scott and King are married at the Scott home near Marion, Alabama.

- **September 1, 1954:** King begins his pastorate at Dexter Avenue Baptist Church in Montgomery, Alabama.

- **June 5, 1955:** Boston University awards King a doctorate in systematic theology.

- **December 1, 1955:** Rosa Parks is arrested for refusing to give up her

seat on a public bus to a white passenger. A few days later, the Montgomery Improvement Association is formed to lead a boycott of the segregated buses and King becomes the group's president.

- **January 30, 1956:** King's home is bombed while he is away at a speaking engagement. Later, he addresses an angry crowd that gathers outside his home, asking for nonviolence.

- **November 13, 1956:** The U.S. Supreme Court declares bus segregation laws unconstitutional.

- **February 17, 1957:** King appears on the cover of Time magazine.

- **May 17, 1957:** King delivers his first national address at the Lincoln Memorial in Washington, D.C.

- **1958:** The U.S. Congress passes the first Civil Rights Act since reconstruction.

- **September 17, 1958:** King publishes a book, *Stride Toward Freedom: The Montgomery Story*. During a book signing a few days later in Harlem, New York, King is stabbed by Izola Ware Curry and rushed to Harlem Hospital.

- **February 3, 1959:** King embarks on a visit to India to meet with many of Gandhi's followers and study the philosophy of nonviolence.

- **1960:** With his family, King relocates back to his native Atlanta and becomes co-pastor of the Ebenezer Baptist Church. King devotes most of his time to the Southern Christian Leadership Conference, a group he and other activists established in 1957.

• **June 23, 1960:** John F. Kennedy, the Democratic presidential candidate, meets privately with King in New York.

• **October 19, 1960:** King is arrested during a sit-in demonstration at a department store in Atlanta.

• **October 16, 1961:** King urges President John F. Kennedy to issue a second Emancipation **Proclamation to end racial segregation.**

• **September 28, 1962:** A member of the American Nazi Party assaults King during a closing session of the SCLC in Birmingham, Alabama.

• **April 12, 1963:** King and Ralph Abernathy are arrested in Birmingham. King pens his "Letter from Birmingham Jail" four days later.

• **June 23, 1963:** King leads 125,000 people on a Freedom Walk

in Detroit, Michigan.

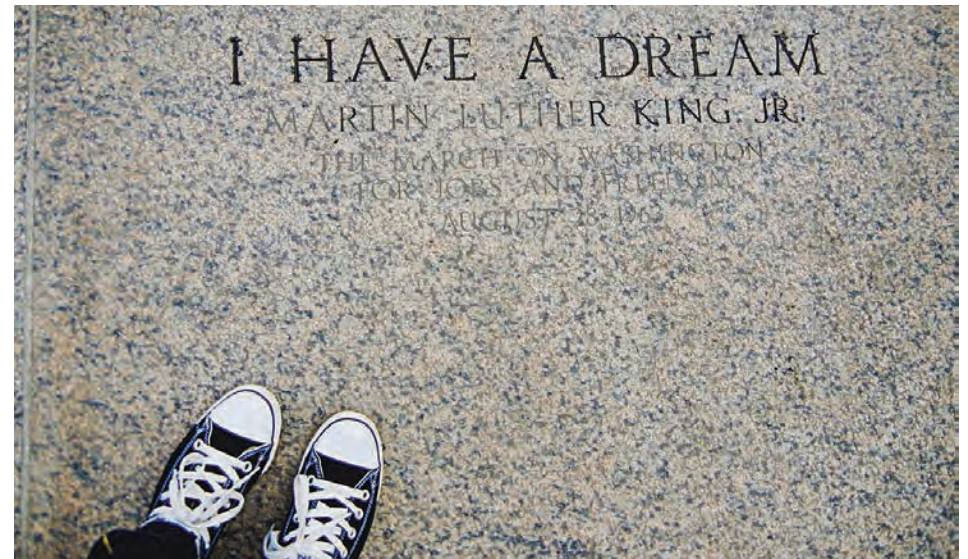
• **August 28, 1963:** The March on Washington for Jobs and Freedom takes place, attracting more than 200,000 demonstrators at the Lincoln Memorial. Here King delivers his "I Have a Dream" speech. Later in the day, King and other civil rights leaders meet with President Kennedy in the White House.

• **January 18, 1964:** President Lyndon B. Johnson meets with King and seeks support for his War on Poverty initiative.

• **March 26, 1964:** King meets Malcom X in Washington, D.C. This was their first and only meeting.

• **December 10, 1964:** King receives the Nobel Peace Prize in Oslo, Norway.

• **August 12, 1965:** King publicly opposes the Vietnam War at a



rally in Birmingham.

• **March 28, 1968:** During a march of 6,000 protestors in support of striking sanitation workers in Memphis, King is rushed from the scene after violence and looting begins.

• **April 3, 1968:** King delivers

his last speech, "I've Been to the Mountaintop," in Memphis.

• **April 4, 1968:** King is fatally shot while standing on a balcony at the Lorraine Hotel.

• **November 2, 1986:** A national holiday is proclaimed in King's honor.

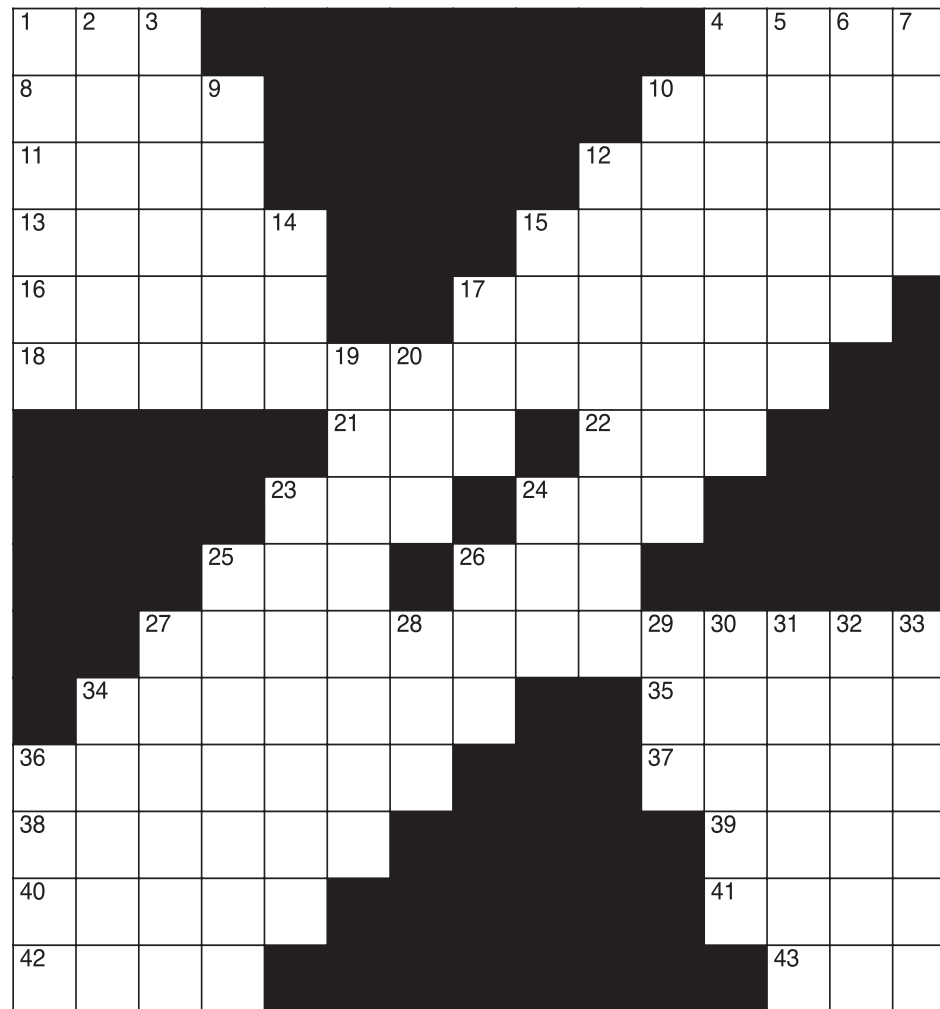
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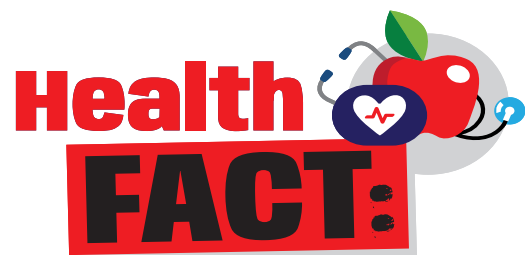
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1. Americans' "uncle"
4. Chair
8. Ancient kingdom
10. Egyptian city
11. Alaskan glacier
12. One from Somalia
13. Ancient alphabets
15. Relating to vocabulary
16. Small mongrels
17. Natural settings
18. Weekend entertainments
21. Line from which light seemingly streams
22. Your own private code
23. Swiss river
24. Satisfaction
25. A person's brother or sister
26. Folk singer DiFranco
27. The Blonde Bombshell
34. Kids' school project
35. Bluish greens
36. Classifying
37. Cube-shaped
38. Choo-choos
39. Indian religious god of dissolution
40. French department
41. Leak into gradually
42. Foundation
43. Midway between south and southeast



1. Counterbalancing debt
2. In slow tempo
3. Glamorous city
4. Japanese lute
5. Makes law
6. Informative book
7. Animal's body part
9. American playwright
10. Blood poisoning
12. Angels
14. Sino-Soviet block (abbr.)
15. Written account
17. Unwelcome pest
19. Saddle horses
20. Type of gibbon
23. Delta is one
24. NE Massachusetts cape
25. Soup cracker
26. Yes vote
27. Muddy ground
28. Physics apparatus (abbr.)
29. Type of drug
30. German city
31. Animal disease
32. Martini ingredients
33. Get away
34. Spanish municipality
36. Thrust a knife into



True or false: Clutter and a lack of organization is linked to negative emotions like tension and stress.

Answer: True

GUESS WHO ?

I am an actress born in England on January 3, 1996. I began my career as a singer, posting song covers to YouTube. My siblings also are talented and are in the business, with my brother starring in the series "Game of Thrones." In 2021, I made my Marvel debut in "Black Widow."

Answer: Florence Pugh

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ The Center is closed for New Year's Day! Happy New Year!	² 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	³ Exercise Classes 8:45 and 9:40 10:30 Improver Line Dance 12 Bridge	⁴ Thurs, Jan. 2 Dance 6:30 p.m. Backroads
⁵ Zumba class on Tues/Thurs is temporarily on hold due to instructor illness.	⁶ Exercise Classes 8:45 and 9:40 9 Woodcarvers 10:30 Line Dance 12 Dominos 42	⁷ 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 New Zumba Class	⁸ Exercise Classes 8:45 and 9:40 10:30 Bible Study 12 Bingo 1 Art Painting	⁹ 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 New Zumba Class	¹⁰ Exercise Classes 8:45 and 9:40 10:30 Improver Line Dance 12 Bridge	¹¹
¹² Zumba meets Tues /Thurs 6-7 except 1st and 3rd Thurs. Cost \$5 per class.	¹³ Exercise Classes 8:45 and 9:40 9 Woodcarvers 10:30 Line Dance 12 Dominos 42	¹⁴ 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 New Zumba Claas	¹⁵ Exercise Classes 8:45 and 9:40 10:30 Bible Study 12 Bingo 1 Arts & Crafts	¹⁶ 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6:30 Dance	¹⁷ Exercise Classes 8:45 and 9:40 10:30 Improver Line Dance 12 Bridge	¹⁸ Thurs, Jan 16 Dance 6:30 p.m. Out of the Blue
¹⁹	²⁰ The Center will be closed for Martin Luther King Day.	²¹ 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 New Zumba Claas	²² Exercise Classes 8:45 and 9:40 10:30 Bible Study 12 Bingo 1 Art Painting	²³ 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class	²⁴ Exercise Classes 8:45 and 9:40 10:30 Improver Line Dance 12 Bridge	²⁵
²⁶ Pot Luck is the 27th at 5:30 with Trivia Night hosted by City Youth Adv, Committee!	²⁷ Exercise Classes 8:45 and 9:40 9 Woodcarvers 10:30 Line Dance 5:30 Pot Luck	²⁸ 8 Mex. Train Doms. 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting/12 Canasta 6 New Zumba Claas	²⁹ Exercise Classes 8:45 and 9:40 10:30 Bible Study 12 Bingo 1 Arts & Crafts	³⁰ 8/9 Beg. Line Dance 10 Improver Line D. 9 Quilting 12 Canasta 6 Zumba Class	³¹ Exercise Classes 8:45 and 9:40 10:30 Improver Line Dance 12 Bridge	
 <p>1st Wed. Bingo Cakes and 3rd Thurs. Dance sponsored by Superior Health</p>			Upcoming Events: 1. The Center is partnering with the City of Belton on offering a new Zumba class on Tues. and Thurs. from 6-7 p.m., except for 1st and 3rd Thursdays when we have our regular dances. Cost is \$5 per class. 2. Dances - Thurs., Jan. 2 with Backroads and Thurs, Jan. 16 with Out of the Blue. Dances start at 6:30 p.m. 3. Pot Luck - Monday, January 27 at 5:30 for Trivia Night. 4. The Center will be closed Mon., Jan. 20 for Martin Luther King Day. --Contact Vernice at 254-933-1649 if you want to join the Bridge Group.			



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The importance of wellness exams after 50

Seniors are a growing and increasingly prosperous demographic. As the senior population increases, a greater emphasis must be placed on keeping aging individuals healthy. Wellness checks are important at any age, but they bear even more significance as individuals grow older.

Age brings with it many things, including experience and wisdom. But age also brings an increased risk for health problems. Aging men and women are vulnerable to chronic conditions like heart disease, COPD, cancer, and arthritis. It's noteworthy that many chronic health conditions fail to produce any symptoms until they have progressed to a point where treatment is difficult.

Annual wellness exams can help older adults take charge of their health and stay as healthy as possible. It's possible for a person to preserve his or her health (and possibly life) through check-ups and easy tests. Here are some common screenings and health recommendations that come up in the prime of one's life.

- **Colorectal cancer screening:**

A colon cancer screening is recommended for everyone at age 45. Colon cancer is the second-leading cause of cancer deaths in the United States, and risk increases at age 45. Although people seldom look forward to a colonoscopy and the required prep, putting off this test due to a little discomfort may result in

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		6	3		9		4	5
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		3						
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				5			9	6

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missing colon cancer at its earliest stage when it is most treatable.

• **Cholesterol screening:** This simple blood test can help evaluate the risk for heart disease. High cholesterol can contribute to the buildup of plaque in the arteries, making them narrower and less flexible, according to Sharecare, Inc.

• **Mammogram:** Most health organizations recommend annual mammogram screenings from age 40 until menopause. Then it may be possible to have a mammogram every other year for those who are at average risk. It is important for women to discuss mammogram frequency with their doctors, particularly if there is a family history of breast cancer.

• **Diabetes:** ChenMed says diabetes may be more common in older adults, so regular screenings for this illness can enable early diagnosis and management.

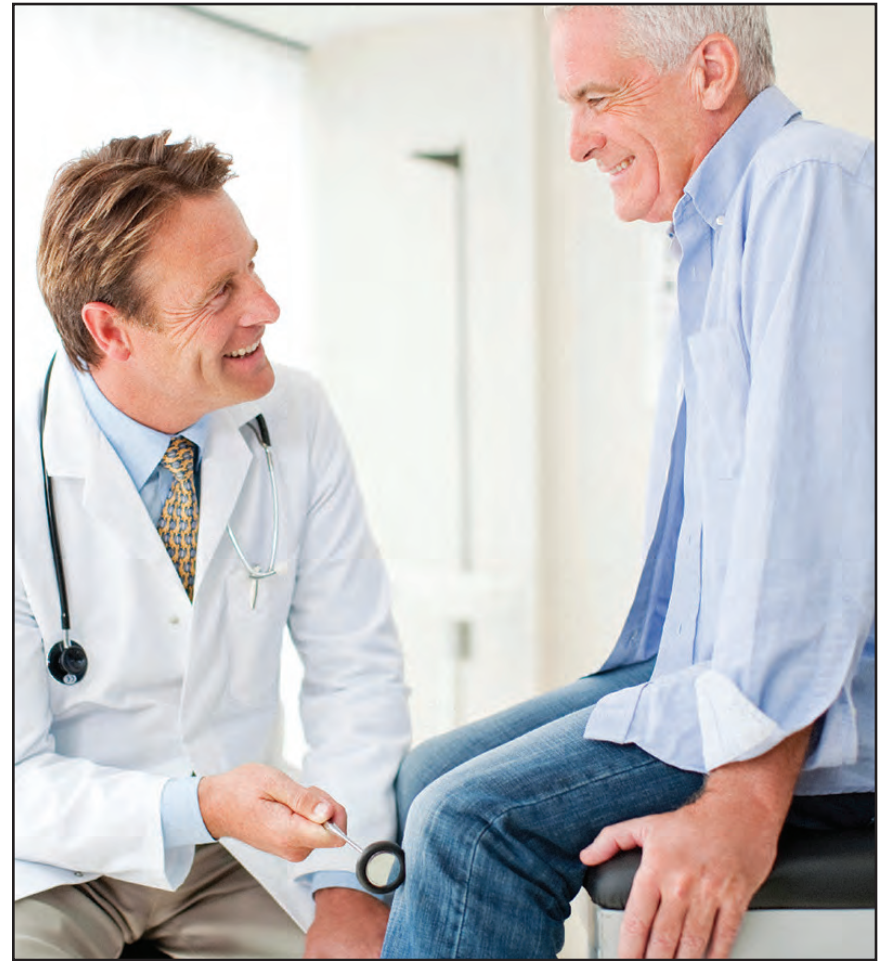
• **Testicular cancer screening:** This test generally is not recommended without symptoms. Some organizations suggest men with a family history or other

risk factors consider performing self-examinations.

• **Vaccination needs:** Doctors can alert patients to recommended vaccinations during wellness exams. Seniors should receive an annual flu shot and updated COVID-19 vaccination as available. Pneumococcal vaccine can protect against pneumococcal disease that can lead to pneumonia, meningitis and bloodstream infections. Adults over 50 also should receive a vaccination for shingles, which can occur in older age in those who have previously experienced chickenpox.

There are additional advantages to routine health checkups. Doctors can inquire about fitness routines, stress, sleep, and diet to see if patients are within the guidelines for healthy living.

Older age may make a person wiser, but the risk for various health issues and certain diseases increases with age. Routine health check-ups can keep doctors and patients on the same page.



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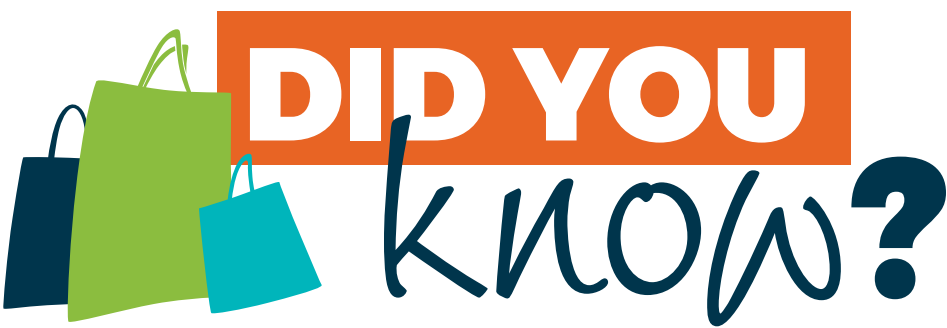


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The MD Anderson Cancer Center notes that thyroid cancer does not always require immediate treatment. According to the MDACC, some patients choose to have their cancer care team monitor a lump for any changes before deciding to go forward with treatment. That patient approach is possible because individuals who develop thyroid cancer due to genetic mutations may live for years without requiring treatment. But it’s important that individuals with symptoms recognize the importance of receiving treatment. The MDACC reports that people who have a lump checked because it’s already causing issues, including difficulty breathing or swallowing, typically opt for surgery to have part or all of the thyroid removed. The MDACC notes this approach is typically taken to prevent the lump from developing into thyroid cancer. If no issues present or doctors suggest a wait-and-see approach, it can benefit the body to continue releasing thyroid hormones for as long as possible before receiving treatment.



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Exercise is a pillar of a healthy lifestyle. When individuals exercise regularly and pair physical activity with a healthy diet and smart lifestyle choices, they can extend their life expectancies and sleep well knowing they're doing everything they can to increase their chances of enjoying a limitless retirement.

Adults over 50 know it's not always so easy to exercise. Hectic schedules can make it seem like there's little time for exercise. And even when adults make time to break a sweat, they might find that traditional workouts combining strength training with cardiovascular exercise are too time-consuming and possibly even a little dull. In such instances, fitness classes can take the place of more traditional exercise regimens. Various classes provide a challenging workout, and many can do so in an hour or less.

• **Pilates:** Improving balance, core strength and flexibility are three goals of Pilates. Pilates has an interesting history, as it was created by Joseph Pilates, a German prisoner of war who was imprisoned off the coast of England during World War I. Pilates and the exercising phenomenon he created ultimately made their way to the United States, where the routine was embraced by dancers looking for a way to aid their injury recovery. Pilates is now part of millions of individuals' exercise regimens. This low-impact exercise is designed to strengthen muscles and

improve alignment and flexibility. Achieving greater balance after 50 pays untold dividends for older adults, who can decrease their risk for falls and fall-related injuries by increasing their steadiness.

• **Spin:** Spin classes are a wildly popular exercise program that utilizes cycling to help people break a sweat. Cardiovascular exercise is beneficial for a number of reasons, including its connection to heart health and even cognitive health. But many people lament daily sessions on a treadmill or elliptical that they find boring. Spin classes involve the use of stationary bikes, but instructors typically guide class members through conditions that mimic outdoor cycling sessions. Resistance and pedaling speed changes throughout a spin class, which serves to keep individuals engaged and burn lots of calories.

• **Kickboxing:** Sometimes referred to as Krav Maga, kickboxing is another unique and challenging class offered at many fitness facilities. Martial arts like kickboxing assist with weight loss and can help people improve their muscle tone, flexibility and stamina. Adults over 50 who are not accustomed to physical activity may find their energy levels are low, but a few kickboxing sessions may produce noticeable differences in stamina. The balance benefits of kickboxing are similar to those provided by Pilates, so this activity

See **OVER-50**,
Page 16



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Over-50 - From Page 15

may be particularly beneficial for adults over 50 looking to reduce their vulnerability to falls as they grow older.

• **Dance:** Dancing is widely seen as a fun activity, and rightfully so, as few things can be as enjoyable as cutting a rug. But dancing also provides a great cardiovascular workout. Local community centers and even some fitness facilities offer age-specific dancing classes, which the AARP notes are great for individuals who want to build core strength, improve bone health and protect their heart.

Adults over 50 who want to be more physically active can look to any number of fitness classes to break a sweat, build strength and have fun all at once.



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

Find the words hidden vertically, horizontally & diagonally throughout the puzzle.

WORDS

ABANDONMENT
ADOPTEE
ADVOCACY
AGE
AGENCY
ATTACHMENT
ATTORNEY
BABY
BENEFITS
BIOLOGICAL
BIRTH
CAREGIVER
CHILD
DOMESTIC
GUARDIAN
HEARING
HOME
INDEPENDENT
INFANT
INTERNATIONAL
LAWS
NEEDS
NURSERY
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