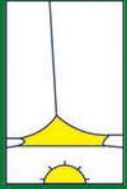


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85th Release

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## Back and Leg Pain

Causes, Management and when to consider surgery.



Ms. Renée R. Cruickshank

**Back and leg pain are common afflictions that can significantly impact your quality of life. The relationship between these types of pain and knowing when to consider surgical options can help you make informed decisions about your health.**

The origins of back pain often lie in muscle strains, spinal abnormalities like herniated discs, and degenerative conditions such as osteoarthritis. Other causes can include fractures, spinal tumours (primary or metastatic) and infection.

When a herniated disc or other spinal issues impinge on spinal nerves, it can lead to leg pain, commonly known as sciatica. This pain radiates from the lower back through the leg and can be accompanied by altered sensations like numbness, tingling, and burning.

A sedentary lifestyle, poor posture, and obesity exacerbate these conditions. Inadequate physical activity weakens core muscles that support the spine, increasing susceptibility to back and leg pain.

Preventative strategies are essential in managing these issues. Regular exercise is crucial, emphasising strengthening core muscles and maintaining flexibility through disciplines like yoga or pilates. Ergonomically sound furniture can also mitigate the risk, particularly for those in sedentary occupations.

When pain persists despite conservative treatments such as physical therapy, medication, or lifestyle modifications, it may be time to consider surgical intervention if appropriate. Surgery is often reserved for severe cases where non-surgical management has failed or there is evidence of loss of function, including limb weakness, bowel/ bladder dysfunction and problems with balance and walking.

Surgical procedures aim to relieve pressure on nerves and/ or stabilise the spine. Advances in minimally invasive spine techniques offer reduced recovery times and less postoperative discomfort, making surgery a viable option for those enduring chronic, debilitating pain.

Back and leg pain are common and prevalent issues; understanding the underlying causes and exploring various treatment options, including surgery, can help manage symptoms and improve quality of life. Consulting with your doctor is vital to tailor a treatment plan that suits your needs. Remember, proactive management and informed decisions are key to optimal health.

- Renée R. Cruickshank

Consultant Neurosurgeon and Spine Surgeon  
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# COMMENTS FROM THE BOARD

## SEASON'S GREETINGS AND BEST WISHES FOR A PROSPEROUS 2025

As we celebrate Christmas 2024, we reflect with gratitude the blessings received over the past year. Despite the challenges facing Trinidad and Tobago, including rising costs and security concerns, this season reminds us of the resilience and unity that carry us forward.

As we prepare to welcome 2025, let's continue to exercise mindfulness and prioritize safety in our everyday lives. Let us move forward with cautious optimism, focusing on the peace and enjoyment we have worked so hard to achieve.

This time of year also highlights the importance of connecting with family, friends, and neighbours. Sharing kindness and support, we create a stronger, safer community. Love and care, after all, are the foundation of well-being, and with these values at the forefront, we can navigate both the joys and challenges that may come.

May this season bring you joy, and may the New Year be filled with blessings, good health, and lasting peace.

Enjoy a wonderful Christmas!



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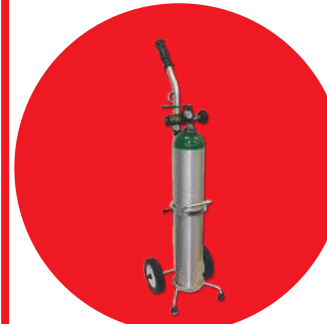
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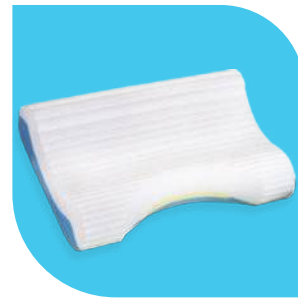
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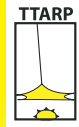


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# TTARP BENEFITS

## BENEFITS FOR PERSONS AGED 50 YEARS AND OVER

TTARP negotiated /implemented for its Members a wide variety of discounts for purchases at numerous Commercial, Medical and Retail enterprises. These are being updated on an ongoing basis. Check the TTARP Discount Directory for providers in Trinidad and Tobago.

## BENEFITS FOR PERSONS AGED 60 YEARS AND OVER

The following are TTARP's Recommendations to the Government of the Republic of Trinidad and Tobago (GORTT) and others on behalf of Senior Citizens which are now in effect :-

1. Fee Exemption for the renewal of a Trinidad and Tobago Passport.
2. Fee Exemption for the renewal of a Trinidad and Tobago Driver's Permit.
3. Exemption from Trinidad and Tobago Airport Departure Tax on Airline Tickets
4. Tax Exemption on premium payments for General Insurance Policies (e.g. House and Car)
5. Free PTSC bus rides in Trinidad and Tobago with presentation of Driver's Permit or National Identification Card.
6. Free rides on the Water Taxi between POS and San Fernando Tobago with presentation of Driver's Permit or National Identification Card.
7. Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)
8. Preferential rates on fixed deposits at Financial Institutions.
9. Increased range of CDAP medications for ailments common to Senior Citizens.
10. Extended Medical Care hours of services at Public Health Centers from 7am to 4pm, to 7am to 7pm, and in certain areas from 7am to 10pm.
11. The Senior Citizen Grant has been increased to \$3,500 (max) per month dependent on a means test for other Retirement Income from NIS and Occupational Pensions which must not exceed \$5,500 per month.
12. Retired Government employees will now receive an interim pension of three thousand five hundred dollars (\$3,500) per month, while their pension records are being processed. When verified, the retired employee will receive the correct pension and a lump sum for arrears.
13. Residents of Trinidad and Tobago, both nationals and non-nationals, will no longer be required to submit a Life Certificate twice per year to continue receiving their NIS Pensions.
14. Retired Government Pensioners, who are nationals of Trinidad and Tobago, will no longer be required to present themselves as proof of life existence if they submit their birth certificate PIN number to the Pension Management Branch, Treasury Division.
15. Walk-Over constructed in Port of Spain, with a wheelchair ramp, to assist senior citizens and others travelling to and from the Tobago Ferry Port and Water Taxi service.

\* \* \* \*

December 2024

## OTHER

In context of approved GORTT National Budget 2023/2024 the following are some additional improvements which Senior Citizens (and Others) shall enjoy :-

- a) All first-time home owners will qualify for a tax-free allowance of Thirty Thousand Dollars (\$30,000).
- b) Employed persons will benefit from a personal tax deduction allowance up to a maximum sum of \$60,000 on combined contributions to approved pension funds, annuity plans, and National Insurance.
- c) Value Added Tax (VAT) has been removed from many basic food items, such as biscuits, cooking oil, canned vegetables, canned meat and fish, cornflakes, curry, juice, sausages, ham, ketchup, pigtail, and bottled water.
- d) Electricity and Water rate rebates to be increased from 25% to 35% for bills LESS THAN Three Hundred Dollars (\$300.00).
- e) Removal of VAT and Duties on therapy equipment for treatment of vision, hearing and physical disabilities.
- f) Removal of VAT and Import duties on computer equipment which should make these important communication devices cheaper.
- g) All Citizens will have access to Free WIFI internet connections at Transport Hubs, Public Hospitals, Schools and Libraries.
- h) Increase non-taxable Annual Income allowances to \$90,000 for all citizens.
- i) All taxes (including Customs Duty, Online Purchase Tax and Value Added Tax) on individual components in CCTV systems, including cameras and DVRs, are waived with effect from January 1st 2023.
- j) There is a collaboration between the Ministry of Social Development & Family Services, iGovTT and TTConnect to allow senior citizens to submit their Life Declaration Certificate Form by calling the toll free number 800-8826 for an appointment.

\* \* \* \*

December 2024

## MEMBERSHIP DRIVE

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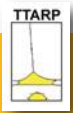
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### HONORING MOTHERS AND FATHERS

On August 10, 2024, La Brea Black Gold Seniors hosted a heartfelt tribute to mothers and fathers. The celebration featured special performances by saxophonist Francis Prime, pannist Joseph Lett, vocalist Lady Ingrid, dancer Candice Collins, and our very own vocalist Lydia McSween. In a special moment, members Molly Mills and Michael Mohammed were presented with tokens of appreciation in recognition of their longstanding contributions. The evening was filled with wonderful music, door prizes, and local delicacies, creating memories to cherish.



### DEVELOPMENT FINANCE BRANCH OPENING

La Brea Black Gold Seniors were among the select groups invited to the grand opening of the new Development Finance Ltd. branch in San Fernando. Chairman Dennis Marchan and Secretary Jo-Anne Bowen-Delysia proudly represented our zone.



### STAYING INFORMED with T&TEC

Jonathan Hinkson, Customer Liaison Officer from T&TEC, led an insightful session on the company's public education program, sharing valuable tips for efficient household electricity usage. He highlighted resources like smart bulbs, smart plugs, and Quick Pay, helping us explore the many services T&TEC offers to enhance our daily lives.



# HealthNet 50+

## EXCLUSIVE MEDICAL BENEFITS FOR TTARP MEMBERS

HealthNet 50+ is a medical plan *exclusively* for persons over the age of 50 years. This plan was designed by HealthNet Caribbean to specifically allow individuals to take control of their health by having a yearly in-depth medical check-up and year-round discounts for medical services.

All services within this plan are available at any of the six conveniently located HealthNet Caribbean clinics across the country. There is no pre-qualification, and anyone from the age of 50 years old can sign up.

The Executive Medical is included at an incomparable value - saving you almost **\$1000 OFF** the market price (\$2500)- along with the addition of unlimited discounts year-round on laboratory testing, dental, and doctor services.



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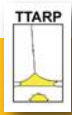
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### CELEBRATION OF THE 62ND INDEPENDENCE ANNIVERSARY

Eleven members from the Diego Martin Zone chose to attend the 62nd Independence Anniversary Parade held in front of the Grand Stand at Queens Park Savannah in Port of Spain. The parade was organized under the auspices of the Ministry of National Security, with members of TTARP receiving invitations to sit as honored guests.

Dressed in the national colors of red, white, and black, the members were warmly welcomed upon their arrival by trained ushers who escorted them to specially designated seats. After the hour-long parade, they had the opportunity to meet two government ministers, the Honourable Keith Scotland and the Honourable Stuart Young, and they took pictures with them to share with friends. Overall, the members thoroughly enjoyed the event and appreciated the chance to participate in the morning's celebration.



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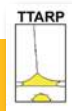
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### COLOR COOLER FETE WITH ARIMA ZONE

When one thinks of a cooler fete, they think of drinks and a lime, but TTARP Arima Zone had a different concept and invited other Zones to join in the fun. A handful of Diego Martin members joined ranks with the PINK Team . We had pink food and drink, utensils and male and female all wore pink clothing.

An imagination is a glorious thing as heads came together to decide on a Menu of Pink Rice with beetroot and cauliflower, pink potato salad with beetroot and a hint of peas and carrot to make it look palatable. Pink chicken was a trial and error dish but pink and red colouring added the magic touch including some burns, finishing off with pink turkey ham. Pink salmon was an easy call but pink tilapia took some work but perseverance seldom fails.

They washed down the meal with pink drinks of PineHill guava and pineapple juice, Lucozade berry crush, Angostura sorrel chill , a great chaser with vodka, pink margarita, pink grapefruit juice, pink Moscato wine (Beringer) and a homemade tart drink made with coconut milk and cranberries that tasted delicious.. Dessert was pink iced cake made by the Arima team we worked with. That food and drink was a culinary delight on the table and was easy swallowed up by all. You know they had pink popcorn too, how could one forget it in that beautiful pink and white basket?

The team did not go there to win, they went to participate and to have fun. They frolicked and danced the afternoon away with Princes Town Royals who showcased in immaculate white. Their next door neighbour, the Red Hot Ones in red were the eventual winners. Socializing with other Zones really does play an integral part in socialization, it allows members to put a face to the voice on the phone and to share in each Zone's cultural aspects and talents.

What a fantastic day the Diego Martin Team had.

Thank you, Eastern Angels!



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The Keynote Speaker, Dr. Narine Mack, SMO Internal Medicine and Endocrinology, SWRHA addressed the audience on the impact of Herpes Zoster (Shingles), particularly for those with diabetes and other co-morbidities.)

## HEAD OFFICE HIGHLIGHTS

by Denise Leacock Williams – Office Supervisor.



TTARP's Executive Board Member, Mr. Reynold Cooper acted as the eloquent Master of Ceremonies.



Professor Emerita in Pharmacology, Lexley Pinto-Pereira presented a captivating session on Wellness in Ageing.



## TTARP Health Symposium 2024: A Celebration of Wellness

On Thursday, August 22nd, 2024, TTARP hosted its Annual Health & Wellness Symposium at the Centre of Excellence, Macoya. Sponsored by GSK, the event aimed to raise awareness about the effects of shingles among the 50+ population. Over 900 enthusiastic attendees filled the venue, which was transformed into a vibrant hub of health education, interactive workshops, and engaging exhibition areas.

The symposium featured a wide range of valuable insights, with leading brands showcasing their products and allowing participants to sample and explore wellness

options firsthand. One of the highlights of the event was the free health screenings, which encouraged many attendees to take proactive steps toward improving their health.

The 2024 symposium received overwhelmingly positive feedback and had a lively, energized atmosphere. It underscored TTARP's dedication to promoting healthier living for the senior population of Trinidad and Tobago. Building on this success, TTARP plans to host even larger events and expand engagement in future symposiums.

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We also thank our other Partners who have generously donated and provided added value to the day's proceedings. Your contributions have been invaluable, and we truly appreciate your support.

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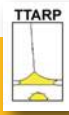
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# CELEBRATING COMMUNITY AND CULTURE

## HIGHLIGHTS FROM RECENT MEETINGS

As we reflect on recent activities, we extend our sincere gratitude to the outgoing Zonal Executive for their dedication and hard work throughout their term.

In September, our members enjoyed an engaging presentation by Dr. Jennifer Rouse titled "Aging Gracefully and Gratefully." Her insights provided both entertainment and valuable information.

Additionally, eighty-six of our members visited Rancho Quemado Industrial Estate, where they received an informative talk about the cocoa industry. The experience included sampling delicious cocoa nibs and wines, and even dancing in the cocoa!

The day continued with a scenic tour of Los Iros Beach and Erin Fishing facilities, allowing everyone to appreciate the beauty of our surroundings.

October brought a vibrant celebration of Indo-Trinidadian culture. Our meeting featured an overview of Divali, complete with dance, song, and delightful snacks that enriched our understanding of this significant festival.

We also recognized United Nations International Seniors Day with an enlightening talk on "Taking Care of Yourself While Taking Care of Others." This discussion underscored the importance of self-care in the context of caregiving.

Stay tuned for more updates, and don't miss the accompanying photos that capture these memorable moments!



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# Lynette Seebaran-Suite

## A LEGAL TITAN



by Peter Campbell

When you hear the name Lynette Seebaran-Suite, thoughts of the law immediately come to mind. This connection isn't coincidental!

As an Attorney-at-Law, Seebaran-Suite has leveraged her decades of experience and extensive network across civil society and government to help introduce groundbreaking legislation in our local legal framework.

But what truly makes Seebaran-Suite synonymous with the Law is her dedication to advocating for the rights of women, children and vulnerable groups. She also possesses a unique talent for breaking down complex legislations and communicating them effectively.

With such fervor for advocacy and research, combined with a passion for sharing information, Seebaran-Suite has engaged in a long career of voluntary public service and activism, alongside her extensive legal practice.

**“I grew up in a household steeped in the philosophy of social consciousness and public service. Both my parents were activists - my father in politics and my mother as a trade unionist,”** said the 69-year-old Seebaran-Suite.

Despite her early inclination toward advocacy, she didn't give it much thought at the time. But as fate would have it, her studies in Law unknowingly laid a solid foundation for her future achievements.

After graduating Holy Name Convent, she enrolled at the newly established Faculty of Law at the University of the West Indies (UWI) in Barbados.

In 1975 she graduated with an LLb First Class Honours and after completing her studies at Hugh Wooding Law School in 1977, she was called to the Bar specializing in Family Law.

Fate would again play another pivotal role in her journey, securing her a position at the Law Reform Commission.

**“As a Legal Research Officer, I was part of a team responsible for updating the country's 1976 laws. This experience provided me with a comprehensive understanding of our legal**



**system,”** Seebaran-Suite recalled.

Armed with this knowledge, she was soon invited to join the private practice at Chambers led by Michael De La Bastide QC.

This marked a pivotal stage in Seebaran-Suite's career, finding herself fiercely and passionately lending her voice, advocating for the rights of women, children and the vulnerable.

Said Seebaran-Suite: **“At that time, the women's movement was gaining momentum globally. I immersed myself in the feminist literature of the day while championing other causes such as land tenants' rights, workplace disability, sexual harassment, discrimination based on sexual orientation and abortion law reform.”**

Gradually, she became the go-to resource for legal and policy insights, sought after by many.

During this time, her radar zeroed in on four issues needing reform - the law of sexual offences, the dual crises of domestic violence and sexual harassment in the workplace and abortion laws.

She took the lead on these matters, all the while educating the public on other incoming reforms benefitting women and families.

To bolster her efforts, she frequently appeared as a guest on TTT's Talk Show Issues and Ideas, hosted by journalist Tony Deyal.

**“My television appearances were not without controversy, as some in the legal profession**

**“Don't let retirement weigh you down... focus on developing new relationships. Volunteer your services and join new organisations including TTARP..”**

**believed public education was not a suitable role for a practicing attorney,”** she quipped.

Just as her foray into public education sparked debate among her peers, so too did the discussions on the need for legal reforms.

**“There were intense discussions about the elimination of certain discriminatory provisions in the newly instituted 1986 Sexual Offences Bill. This sparked a heated national debate, particularly regarding rules that previously applied only to the evidence of women victims of sexual assault, which the new Bill aimed to amend. But of even greater debate was the recognition of rape within marriage,”** explained Seebaran-Suite.

This provision, she noted, was outlined in Clause 4 of the Bill, which led to the infamous Clause Four Debate. Seebaran-Suite wholeheartedly supported the move, using press and public forums to advocate that women should have control over their bodies.

Naturally, the Clause 4 debate led to discussions about domestic violence which she identified as “a pervasive crime of physical assault against women- one that many men at that time seemed complicit in ignoring.”

Once again, Seebaran-Suite took a leading role in the debate, insisting Domestic Violence be recognized as a public interest issue and a police responsibility.

She engaged in a vigorous national discussion through various media, advocating for the establishment of an inexpensive and easily accessible mechanism for securing redress in the Magistrates Court in the form of the Protection Order.

**“This initiative led to the passage of legislation in 1991 that created remedies for domestic violence, with substantial improvements in the ensuing years,”** she noted.

So deep was her passion to promoting women's rights that she once funded her own way to the 1985 UN Women's Conference in Nairobi, Kenya, securing a place on the official national delegation.

Seebaran-Suite's decades of advocacy and public education in gender and human rights for vulnerable groups resulted in numerous other milestones, including establishment of a Gender Based Violence Unit within the TTPS and her serving as Head of the Equal Opportunity Commission (EOC) from 2014-2020.

In 2012, these achievements earned her the National Award for Women Development, Gold, in the field of Law. In 2021, she was once again recognized for her outstanding contributions with an Honorary Doctor of Laws by the University of the West Indies.

Seebaran-Suite is quick to credit the collaborative efforts of colleagues, agencies and associates over the years, emphasizing her accomplishments would not be possible without them.

**“I would be remiss not to mention the guidance and encouragement of my husband and mentor, Professor Emeritus Winston Suite since 1976,”** said the enthusiastic activist, recently reelected for a second year as President of the Law Association of Trinidad and Tobago (LATT).

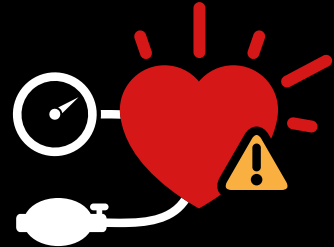
As she continues leading her 1992 Law Firm – Seebaran Lynette and Co - , this Family Courts litigator shows no signs of slowing down and actively advocates for retirees to stay engaged in their communities.

Said Seebaran-Suite: “Don't let retirement weigh you down...focus on developing new relationships. Volunteer your services and join new organisations including TTARP, which offers a range of benefits– from TTARP's discount programmes to its informative must-read TTARP Magazine,” said Seebaran-Suite, whose late mother, Arminda Barbara Seebaran, was also one of TTARP's founding members.



Photography – Kern Williams.

# HIGH BLOOD PRESSURE AND SHINGLES



- High blood pressure is a blood pressure consistently higher than normal.<sup>1</sup>
- High blood pressure (also known as hypertension) is a risk factor for further health problems such as stroke, heart failure or heart disease.<sup>1</sup>
- Nearly HALF of the adults have high blood pressure and 3 in 4 adults with high blood pressure won't have it under control.<sup>1</sup>
- Measuring your blood pressure is the only way to detect if you have high blood pressure.<sup>2</sup>



- Herpes Zoster (also known as shingles) is the result of the reactivation of the varicella zoster virus (VZV) that causes chickenpox.<sup>3</sup>
- The infection travels along sensory nerves to skin and will cause rash and pain.<sup>3</sup>
- > 99.6% by the age of 40 yo. are infected with varicella zoster virus (VZV).<sup>4</sup>
- 1 in 3 people will have reactivation of the virus and will get shingles.<sup>5</sup>



Pain will affect daily life activities:

- Insomnia or sleep disturbances: in > 60% of patients.<sup>7</sup>



- Mood swings, anxiety, depression, and general interference with the enjoyment of life in more than half of patients.<sup>7</sup>



- Problems with walking and performing general activities.<sup>7</sup>



\*Based on a cohort of 261 patients

Did you know?

- **30%** more long term risk of a cardiovascular event due to herpes zoster. Susceptibility could persist for ≥12 years.<sup>6</sup>

What is post herpetic neuralgia (PHN)?

- It is the persistent pain after the rash disappears.<sup>5</sup>
- It could last months or years.<sup>5</sup>
- PHN could cause an excruciating pain in half of the patients with shingles.<sup>5</sup>
- PHN will cause pain, the range is from minutes to constant, daily.<sup>5</sup>



VZV causes direct damage to the blood vessels:<sup>6</sup>

- Local inflammation
- Pathologic changes
- Chronic damage in arteries
- Vessel occlusion
- Lack of oxygen (ischemia).

Ask your doctor about shingles prevention!

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## Aloha! TTARP's HAWAIIAN CRUISE ADVENTURE

A small group of twenty-three TTARP members set sail on a once-in-a-lifetime Hawaii cruise which offered sun, sea, and plenty of adventure across four breathtaking Hawaiian Islands from August 23rd to September 1st, 2024.

The group kicked off their tropical vacation with an overnight stay at the luxurious Hilton Hawaii Hotel in Honolulu. The next day, they boarded Norwegian Cruise Line's Pride of America and set off to explore the islands of Maui, Hilo (Big Island), Kona, and Kauai. Each stop offered something unique, from scenic drives along the Road to Hana in Maui to volcanic tours and local markets on the Big Island, all the way to the peaceful beaches of Kauai.

The cruise wrapped up on August 31st with a moving visit to Pearl Harbor in Honolulu, where they learnt about the historical significance of December 7, 1941. With hearts and cameras full of memories, the TTARP team boarded their flight on September 1st, arriving back in Trinidad on September 2nd.

TTARP members were thrilled with the trip, praising the smooth coordination, comfortable flights, and variety of activities. Many highlighted the group's excellent organization, saying it's one of the main reasons they love traveling with TTARP. The flexibility to choose between adventure and relaxation made this cruise the perfect getaway for everyone.



## TTARP's MOTHER'S DAY LUNCHEON 2024

TTARP hosted its much-anticipated Mother's Day Luncheon at The Anchorage, Chaguaramas, on Sunday 5th May, welcoming 350 guests to a heartwarming celebration. The event was filled with love, laughter, and a true sense of togetherness as members, their families, and special guests gathered to honour the remarkable contributions of mothers.

The day began with a delicious buffet, allowing guests to enjoy a wide variety of local and international dishes. After lunch, the lively entertainment commenced with musical performances by Hezekiah Joseph and Gerald Prudent, while DJ Himrajh kept the energy high throughout the afternoon. Laughter filled the room during the much-enjoyed Left and Right Game, where guests at every table

passed gifts around as the story unfolded with every "left" and "right" mentioned.

The festivities continued with the distribution of prizes and hampers, generously provided by sponsors. Each attendee received a special token of appreciation, with a touching acknowledgment of the oldest mother present adding a memorable moment to the event.

TTARP extends its heartfelt thanks to sponsors, donors, and volunteers for their support in making the luncheon a success. Guests praised the welcoming atmosphere and the opportunity to reconnect with friends, making it a truly memorable day. TTARP looks forward to continuing this cherished tradition in the years to come!



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# Caribbean Christmas Eye Care Tips

As Christmas celebrations fill the air with parang music and family gatherings, it's essential to prioritize your eye care, especially for those over 65. The warm climate, combined with busy activities, can strain your eyes, making it vital to take precautions to keep your vision sharp.

## 1. Stay Hydrated and Nourish Your Eyes

Warm weather, even during the festive season, can lead to dehydration, which also affects your eyes. Consider drinking plenty of water and eating eye-friendly foods, usually fruits and vegetables that are red, green, orange, yellow and purple. Foods such as fresh fish, leafy greens, and fruits like papaya and guava are packed with Omega-3s, Vitamin A and other essential nutrients, which help maintain eye health and prevent dry eyes.

## 2. Take Care with Festive Makeup

Christmas events, from house parang to family dinners, may inspire you to add a little sparkle to your look. However, be mindful of using gentle, hypoallergenic makeup to avoid irritation. Glittery eyeshadows, while festive, can cause issues like dry eyes or infections, so consider opting for softer, eye-safe products. Always remove makeup and eyelash glue thoroughly before bedtime to prevent clogged tear ducts. Remember to keep your makeup utensils properly cleaned and sanitized to prevent contamination of your products and occurrence of eye infections such as styes and anterior blepharitis. And if you opt to wear contact lenses, always insert your lenses before application of makeup and remove lenses before bed at night.

## 3. Shield Your Eyes from the Sun

Outdoor activities during Christmas, such as attending the many gatherings and events, or shopping for fresh sorrel, mean lots of exposure to the sun. Wearing sunglasses with UV protection or Transition Lenses are crucial, not just for fashion but to protect against cataracts and other age-related eye conditions. Be sure to wear them during any daytime celebrations to shield your eyes from harmful rays.

## 4. Rest and Lubricate Your Eyes

With all the festive excitement, including watching your favourite Christmas movies, reading or catching up with family, it's important to rest your eyes. Follow the 20-20-20 rule: every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye strain. Additionally, use lubricating eye drops to keep your eyes moist, especially if you're in air-conditioned spaces during indoor Christmas functions and with use of contact lenses.

## 5. Watch Out for Eye Hazards

Whether you're decorating the house with lights or opening a bottle of a sparkling beverage, be cautious of objects flying into your eyes, as this can lead to dry or irritated eyes.

## 6. Diabetes and the urges for Holiday treats and desserts

Whilst paranging, remember to be aware of what you are eating and drinking, whether it's the black cake, sorrel, ponche de crème or any of the other holidays treats. High glucose levels can change the focusing ability of the eyes and cause blurred vision. This type of blurry vision is temporary and returns to normal when the glucose level returns to its normal range. Remember, not only sugary foods and drinks spike the glucose level, it's also starchy foods such as cake, lasagna and fried rice that break down into simple sugar in the body during digestion. Uncontrolled blood glucose levels can lead to bleeding to the back of the eyes and cataract development that also reduce vision. Be sure to visit your primary doctor, as well as your eye care provider to ensure your eyes are in the best possible health.

By following these simple tips, you can enjoy the festive season and its joyful moments with loved ones, ensuring your eyes remain healthy and vibrant throughout the celebrations.

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# Embrace Aging



by Nadia Ali

Do you remember the days when you visited the countryside to see the elders? My nani would sit in a rocking chair on the porch of her wooden house on stilts, her hair as white as cotton wool, with an ohrini loosely draped over her head. Since her hearing wasn't great, we had to raise our voices to have a conversation.

Today, aging isn't as noticeable. Many seniors in Trinidad and Tobago are driving and thriving. Most women embrace their natural hair color, enjoy manicures and pedicures, and are true fashionistas.

Being a senior in 2024 is all about embracing this stage of life. According to the Division of Ageing, around 177,767 people aged 60 and over are navigating this journey. Here are a few quotes to inspire you:

**“Wrinkles will only go where the smiles have been.”**  
– Jimmy Buffett

Savor the simple pleasures that bring you joy. Whether it's sitting on a bench in the Savannah watching people or admiring the flowering poui trees, taking an early morning drive to Maracas with a flask of hot tea or coffee, or just relaxing in your garden as you watch the birds chirp and flutter.

**“Growing old is mandatory, but growing up is optional!”**

– Walt Disney

For those of us lucky enough to be grandparents, our grandchildren help keep us young. When we welcomed our first granddaughter, the four grandparents gathered, struggling to remember the words to nursery rhymes to sing to her. As she grew, we learned to bend down to pick things up, sit instead of stand while holding her to avoid backaches, and how to get up from the floor after playing together.

**“It's not how old you are; it's how you are old.”**

– Jules Renard

Aging is about how you embrace it. Do you find yourself spending days indoors, slumping in a recliner, watching daytime TV and resigning yourself to the idea that aging is inevitable? Instead, seek opportunities for personal growth. Start a new hobby, learn a new skill, stay active, and incorporate memory games into your daily routine.

While challenges like memory loss, immobility, and joint pain can arise, focusing on positivity and living your best life can make all the difference.

**“Age is simply the number of years the world has been enjoying you!”**

– Unknown

What a wonderfully uplifting thought! It's a sentiment that calls for balloons, confetti, and cake to celebrate your existence. Aging is a natural part of life; it's something we all experience. Embracing it rather than resisting it makes much more sense.

**And in the words of the Mighty Sparrow:**

**“Age is just a number,  
Controlled by your state of mind.  
Maturity is always better,  
Especially if you're feeling fine.”**

### Author's Bio

Nadia Ali is a contributing writer for *Animal Wellness Magazine*, *Caribbean Posh*, and *Travel Hoppers*. She is also a children's author, creating both fiction and nonfiction picture books.



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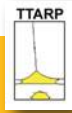
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# PRINCES TOWN/RIO CLARO Royals visit The PRESIDENT'S Office

The Princes Town/Rio Claro Royals recently had the honor of visiting the President's Office and living quarters, with three tours conducted over two days. Members departed from Princes Town at 6:30 AM and from San Fernando at 7:15 AM to navigate expected traffic, arriving in Port of Spain by 9:00 AM.

Our first stop was a courtesy call at the TTARP Head Office, where we were warmly welcomed by Office Manager Mr. Kern Williams and the staff. Honorary Secretary Mrs. Mayling Younglao engaged with us and captured some memorable photos.

We were delighted to have President Mr. Peter Peña address our group with kind and encouraging words. Board member Mr. Reynold Cooper also spoke, echoing the President's sentiments and adding his own. The Royals were thrilled, with many members visibly moved.

Next, we proceeded to President's House for an informative and inspiring tour. A highlight was our unexpected interaction with the President as she arrived for her meeting with the Canadian High Commissioner. She recognized our group and mentioned our participation in the TTARP 30th Anniversary Expo, which sent the Royals into a joyous frenzy. She even recalled our member Carol's well-known banana leaf doll.

In a proud moment for the Royals, we presented a specially crafted Banana Leaf Doll to Her Excellency, who stated it would be displayed in her office for visitors to see. We captured this moment with photos, making it a truly memorable occasion.

Our day continued with a lunch stop at Long Circular Mall, followed by drinks at the HYATT Regency. We then toured the Red House, where we visited the Rotunda Gallery and the Parliament chamber, gaining valuable insights into the history of Trinidad and Port of Spain.

On our way back, we enjoyed Exotic Sno-Cones at the lookout on Lady Young Road before concluding our wonderful day. It was a truly enriching experience for all involved!



# HIGHLIGHTS OF SOME ACTIVITIES - FEEL FREE TO JOIN US



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### LONDON AND PARIS ADVENTURE: OCTOBER 8TH – 16TH, 2024

In October, TTARP members enjoyed an exciting eight-day adventure in London and Paris! Kicking off in London, the group stayed at the cozy Copthorne Tara Hotel for three nights. They marvelled at stunning views from the London Eye and cruised down the Thames River to the Tower of London. One day was dedicated to personal exploration, with options for shopping or visiting the iconic Buckingham Palace.



On the fourth day, they hopped on the Eurostar to the enchanting City of Lights—Paris! Over three delightful days, members soaked in the culture with a relaxing Seine River Cruise and a visit to the famous Louvre Museum, home of the Mona Lisa.

After their Parisian escapades, the group returned to London for one last night at the Hampton by Hilton, wrapping up their unforgettable journey with early morning departures.

This trip was filled with iconic sights, cultural experiences, and wonderful camaraderie, making it a truly memorable adventure for all!



# Events Programme

#### HEAD OFFICE

167-169, Belmont Circular Road, Belmont, Port of Spain  
Contact Number: 497-2687 / 221-7771  
Jan 30th TTARP Carnival Mix & Mingle III  
June (TBA) Flavours of the Zone – Zonal Cook Off – Taste the Unity  
(TBA) Trip to Panama & Tulum Mexico  
(TBA) Trip to CURACAO  
Aug (TBA) Pathway to Wellness  
Sept (TBA) TTARP AGM  
Sept/Oct (TBA) Baltic Cruise  
Dec (TBA) TTARP's Christmas Banquet

#### ARIMA "Eastern ANGELS"

Meeting Place: Arima Tennis Club – Railway Road, Arima  
Contact Person: Carol BAIN (Chairperson) 754-0077 | Peter NOCK (2nd V/Chairperson) 718-9571 | Esther KNIGHTS (PRO) 783-7646  
Meeting Date and Time: Every Friday (except Public Holidays) from 12:00 pm – 6:00 pm  
Jan 3rd Monthly Meeting  
Jan 13th Zonal Committee Meeting  
Jan 17th Abuse of the Elderly Presentation  
Jan 24th Calypso Competition  
Jan (TBA) Visit to President's House  
Feb 7th Monthly Meeting  
Feb 10th Zonal Committee Meeting  
Feb 12th Outreach Project  
Feb 28th Carnival Jump Up Ole Mas  
Feb (TBA) Nutrition & Diet for the Elderly  
Feb (TBA) Visit to Central Pride Carnival Event  
Mar 7th EAAZ Annual General Meeting  
Mar 12th Cool Down Line (White House Manual Congo)  
Mar 18th Zonal Committee Meeting  
Mar 21st Members' BINGO  
Mar (TBA) Diabetes Presentation  
Mar (TBA) Art & Craft (Bag Making)  
Apr 4th Monthly Meeting  
Apr 11th Easter Bonnet Parade & Tea Party  
Apr 14th Zonal Committee Meeting  
Apr (TBA) Outing to Pappy Ranch Retreat  
May 23rd or Jun 6th Sport & Family Day  
May (TBA) Tour to Guyana

#### CHAGUANAS "Central Pride"

Meeting Place: Flamingo Work Ministry Auditorium, Caroni Savannah Road, Chaguanas  
Contact Person: Florence SMITH-SKINNER (Chairperson) 757-0858 / Gainer MAHARAJ (Secretary) 328-5982  
Meeting Date and Time: 2nd Monday of each month @10:00 am.  
Jan 23rd Interactive Meeting  
Feb 13th Annual Carnival Lime  
Mar 20th Interactive Meeting  
Mar 24th 21st Anniversary Interfaith Service  
Apr 26th Easter Fashion Show & Hat Parade  
May 22nd Annual General Meeting  
May 26th Mothers'/Fathers' Day Celebration

#### LA BREA "BLACK GOLD"

Meeting Place: Vessigny Community Centre, Southern Main Road, Vessigny.  
Contact Person: Dennis MARCHAN (Chairperson) 774-2701 / Ezra VAUGHN (Vice Chairman) 389-8346 / Jo Anne BOWEN DELYSIA (Secretary) 764-9132  
Meeting Date and Time: 3rd Thursday of each Month @ 3:30 p.m.  
Jan 4th Giving Back to the Community  
Jan 18th Monthly Meeting  
Feb 6th Carnival Show  
Feb 15th Monthly Meeting  
Mar 7th Executive Meeting  
Mar 21st Online Banking know HOW  
Apr 18th Monthly Meeting

Apr (TBA) Blackman's Ranch  
May 16th Games day at Senior Home  
May 16th Monthly Meeting  
Jun (TBA) Mothers & Fathers Day Program  
Jun 20th Monthly Meeting  
July 18th Monthly Meeting  
Jul (TBA) Cake/ Bake Sale - Fundraiser

#### PRINCES TOWN/RIO CLARO "Royals"

Meeting Place: - St. Stephens Anglican Church Parish Hall, Cor. High Street & Lothian Junction, Princes Town Contact Person: Ronnie ROBERTS (Chairperson) 375-5112 or Annmarie PAUL-ROBERTS (Secretary) 754-5361 Meeting Date and Time: 3rd Saturday of each month @ 2:00 p.m.  
Jan 12th 7th Annual Thank giving Service | Lime at Harry's Water Park  
Jan 18th Royal Monthly Meeting  
Jan 19th Princes Town Day Celebrations - Military Parade, Church Service  
Jan 25th/26th Chinese New Year Celebration  
Feb 14th Valentines Day Celebration - Carat Shed La Brea  
Feb 15th Royals Monthly Meeting, Carnival Celebration  
Feb 22nd Calypso Fiesta – Skinner Park  
Feb (TBA) Mayaro Mud Oven, Sea Wall - Guayaguayare Beach Facility  
Feb (TBA) Road Trip Victoria East. Visit to Blackman's Ranch, Local Tourist sites in the Area – Knolly Tunnel, Piparo Mud Volcano, Ruins of Dole Chadee Properties, Riverside Florer Shop then to Devil's Woodyard for BINGO  
Mar 15th Royals Monthly Meeting & Shouter Baptist Liberation Day Celebration  
Mar (TBA) North Eastern Road Trip – Toco, Balandra, Sangre Grande, Valencia  
Apr 12th Monthly Meeting/Birthday Celebration | Eid Celebration  
Apr (TBA) Visit to Paramin La Vigie Lookout & Maracas  
May 3rd & 4th Point Fortin Borough Day celebrations– J'ouvert, Pan on D Move, 'Mawnin' 'Neighbor' Fete  
May 17th Royal Monthly Meeting  
Mother's Day Celebration  
Indian Arrival Day Celebration  
May 29th Angostura Museum Visit

#### TOBAGO "CORALS"

Meeting Place: Happy Haven – Signal Hill Main Road, Signal Hill, Tobago  
Contact Person: Selby COLE (Chairperson) 390-0142 or Zilpah EDWARDS-MOORE (PRO) 758-0853  
Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.  
Jan 11th Annual General Meeting  
Jan (TBA) Visit to Lopinot Heritage Complex, Trinidad  
Feb 8th Valentine's Meeting  
Feb 22nd Annual Dutch Lime  
Mar (TBA) Visit to Wild Fowl Trust / Caroni Bird Sanctuary, Trinidad  
April (TBA) Beach Lime – Mt. Irvine Beach Resort

### CALLING ALL TOBAGO MEMBERS!!

If you are a TTARP Member living in Tobago and have not made actual contact with The Tobago "Corals Zone" or Tobago "Cultural Stars" Zone, we would like to meet YOU in person.

Our Meetings and events are open for ALL members to attend.  
Contact us at 390-0142 / 752-8992 / 702-2189/ 759-4244.

# RECIPE

## Garlic Parmesan Pork Chops with Cheesy Scalloped Potatoes

*flavor explosion on a plate!*

### Ingredients:

- 4 bone-in pork chops (about 1 inch thick)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- ½ cup grated Parmesan cheese
- 1 teaspoon Italian seasoning
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon fresh parsley, chopped (for garnish)

### For the Cheesy Scalloped Potatoes:

- 4 large russet potatoes, thinly sliced
- 1 cup heavy cream
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 2 cloves garlic, minced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon fresh thyme (optional)



### Directions:

#### Preheat the Oven:

Preheat your oven to 375°F (190°C). Grease a baking dish for the scalloped potatoes.

#### Prepare the Cheesy Scalloped Potatoes:

In a large bowl, combine the heavy cream, minced garlic, salt, black pepper, and thyme. Layer half of the sliced potatoes in the greased baking dish. Pour half of the cream mixture over the potatoes and sprinkle with half of the cheddar and mozzarella cheeses. Repeat with the remaining potatoes, cream mixture, and cheeses.

#### Bake the Potatoes:

Cover the dish with aluminum foil and bake for 45 minutes. Remove the foil and bake for an additional 15 minutes, or until the potatoes are tender and the top is golden and bubbly.

#### Prepare the Pork Chops:

While the potatoes are baking, heat olive oil in a skillet over medium-high heat. Season the pork chops with minced

garlic, Parmesan cheese, Italian seasoning, salt, and black pepper.

#### Cook the Pork Chops:

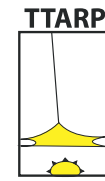
Sear the pork chops in the hot skillet for 4-5 minutes on each side, or until they reach an internal temperature of 145°F (63°C). Remove from the skillet and let them rest for a few minutes.

#### Serve:

Plate the garlic Parmesan pork chops alongside a generous serving of cheesy scalloped potatoes. Garnish with fresh parsley for a pop of color.

Enjoy your delicious Garlic Parmesan Pork Chops with Cheesy Scalloped Potatoes!

**Prep Time: 15 minutes**  
**Cooking Time: 60 minutes**  
**Total Time: 75 minutes**  
**Kcal: 550 kcal per serving**  
**Servings: 4 servings**



# ZONAL GROUPS

ALL MEMBERS ARE ENCOURAGED TO JOIN A GROUP CONVENIENT TO YOU!

### ARIMA "Eastern Angels" est. June 2002

Meeting Place	Arima Tennis Club – Railway Road, Arima	
Meeting Date & Time	Every Friday (except Public Holidays) from 12:00 noon – 6:00 pm	
Chairman	Carol BAIN 754-0077	carolbain@yahoo.com
1st Vice Chairman	-	
2nd Vice Chairman	Peter NOCK	718-9571 1nocksypetes@gmail.com
Treasurer	Louis CARABALLO	686-1354 luistheultimate@yahoo.com
Secretary	Keiva ALEXIS	395-7851 alexiskd671@gmail.com
PRO	Esther KNIGHTS	783-8646 eknights19@gmail.com
T-Shirt Colour	Lime Green	

### BELMONT "Bees" est. June 2005

Meeting Place	St. Margaret's Anglican Church Hall – #93, Belmont Circular Road, Belmont	
Meeting Date & Time	4th Tuesday of each month @ 5:00 pm	
Chairman	Sandra MORGAN	792-0263 sandramorgan85@yahoo.com
Vice Chairman	Joseph Stanley JOB	770-5029
Treasurer	Jennilyn HAMBLYN-RAPHAEL	716-0169 jennilynraphael@hotmail.com
Secretary	Linda RICHARDSON	626-0009   295-6957 lindarichardson364@gmail.com
PRO	Joshua PHILLIPS	707-5228 phylofyre@hotmail.com
T-Shirt Colour	Gold	

### CENTRAL "Central Pride" est. March 2003

Meeting Place	Flaming Word Ministry Auditorium, Caroni Savannah Road, Chaguuanas.	
Meeting Date & Time	2nd Monday of each month @ 10:00 am.	
Chairman	Florence SMITH-SKINNER	757-0858 floski15@hotmail.com
Vice Chairman	Marjorie ALLEVINE-THOMAS	295-5653 mat3874@hotmail.com
Treasurer	Christine BEEPATH	620-0985 cbeepath@gmail.com
Secretary	Gainder MAHARAJ	328-5982 gainy1@hotmail.com
PRO	Marilyn DUNCAN-BUTLER	479-6977 maridunc1@yahoo.com
Asst. PRO	Curtis MANSINGH	468-2825 Curtismansingh544@gmail.com
T-Shirt Colour	Orange	

### DIEGO MARTIN "Western Pearl" est. January 2011

Meeting Place	Diego Martin South Community Centre #1 Senior Street, Four Roads, Street, Diego Martin	
Meeting Date & Time	3rd Thursday of each month @ 4:00 pm	
Interim Chairman	Emerita SAMBRANO-CHURCHE 758-4601 Keyevents14@gmail.com	
Interim Vice Chairman	Joanne SHURLAND	763-0566 jshurland@yahoo.com
Interim Secretary	Margot GIBBONS PARRIS	764-2326 margotgibbonsparris@yahoo.com
T-Shirt Colour	Burgundy	

### FYZABAD "Forever Green" est. March 2007

Meeting Place	Fyzabad Regional Community Complex	
Meeting Date & Time	3rd Thursday of each month @ 10:00 am.	
Chairman	Monica NELSON	394-5571   649-1866 monicanelson1960@gmail.com
Vice Chairman	Judith DE BOULAY	736-0962   677-5207 jdeboulay@gmail.com
Treasurer	Hermina TIMOTHY	354-1204 herminatimothy@hotmail.com
Secretary	Michael BOODOOSINGH	753-6488 michael.boodoosingh@yahoo.com
T-Shirt Colour	Green	

### LA BREA "Black Gold" est. July 2011

Meeting Place	Vessigny Community Centre – Southern Main Road, Vessigny	
Meeting Date & Time	3rd Thursday of each month @ 3:30 – 6 pm	
Chairman	Dennis MARCHAN	774-2701 dennismarchan110@gmail.com
Vice Chairman	Ezra VAUGHN	389-8346 Ezra54@hotmail.com
Treasurer	Kerlin ROBERTS-JAMES	380-5782 kerlinrobertsjames@yahoo.com
Secretary	Jo-Anne BOWEN-DELYSIA	764-9132 joannedelysia@gmail.com
PRO	Michelle MOHAMMED-JOHN	780-6515 sweetface5tt@yahoo.com
T-Shirt Colour	Black & Gold	

### HEAD OFFICE:

#167-169 Belmont Circular Road, Belmont., Trinidad W.I  
 Tel: 622-9223, 222-7912, 221-7771  
 WhatsApp: 497-2687  
 Email: ttarp1993@gmail.com  
 Website: www.ttarp.org

### PEMBROKE (Tobago) "Cultural Stars" est. March 2009

Meeting Place	Quarters #126, Cow Farm, Goldsborough, Tobago	
Meeting Date & Time	2nd Monday of each month @ 4:00 pm	
Chairman	Leccia ROSS	639-3029   391-2228
Vice Chairman	John DAVIS	702-2189
Treasurer	Umlita EDWARDS	780-4308 meltaedwards@gmail.com
Secretary	Carmen CHARLES	759-4244 carmencharles27@gmail.com carmencharles27@hotmail.com
T-Shirt Colour	Orange/Green	

### PRINCES TOWN/RIO CLARO "Royals" est. January 2001

Meeting Place	St. Stephens Anglican Church Parish Hall. Cor. High Street & Lothians Junction, Princes Town	
Meeting Date & Time	3rd Saturday of each month @ 2:00 pm	
Chairman	Ronnie ROBERTS	375-5112 ronnierobert10@gmail.com
Vice Chairman	Mervyn TOBIAS	706-4564 tobiasmervyn@gmail.com
Secretary	Anmarie PAUL-ROBERTS	754-5361 anniepr89@gmail.com
Treasurer	Ramchand KALIPERSAD	359-3042 rkali@gmail.com
Asst. Treasurer	Angela GUERRA	753-7382 amgela_aguerr@hotmail.com
T-Shirt Colour	White	

### SAN FERNANDO "Purple Diamonds" est. April 1997

Meeting Place	Pleasantville Community Centre, #2 Prince Alfred St. Pleasantville, San Fernando	
Meeting Date & Time	1st Tuesday of each month @ 10:30 am	
Chairman	Norma GEORGE-OCHOA	330-0437   374-0701 Virtex1751@gmail.com
Vice Chairman	Herbert De Gannes	746-6605 herbertdegannes@gmail.com
Treasurer	Irmene Mc Kenzie	770-1188 irmene.mckenzie@gmail.com
Secretary	June THOMPSON	770-4258 Auntyjuncakes@gmail.com
Trustee	Lenore DALY	484-2787 Lenoredaly55@gmail.com
T-Shirt Colour	Purple	

### SANTA CRUZ "Cruzers" est. June 2010

Meeting Place	Bourg Mulatresse Parish Hall, Santa Cruz	
Meeting Date & Time	4th Friday of each month @ 5:00 pm	
Chairman	Jacqueline AUSTIN	396-6389 jeularia50@hotmail.com
Vice-Chairman	Joan EDWARDS JAMES	739-9551 Joanedwards00@gmail.com
Treasurer	Raena De FOUR	797-3384 raenadefour@yahoo.com
Secretary	-	-
Asst Secretary	Debria ISAAC	271-3155 debriaisaac@gmail.com
T-Shirt Colour	Turquoise	

### Tobago "Corals" est. August 2001

Meeting Place	Happy Haven School – Signal Hill, Tobago	
Meeting Date & Time	2nd Saturday of each month @ 3:00 pm	
Chairman	Selby COLE	390-0142 selby_cole@yahoo.com
Vice-Chairman	Elton RICHARDSON	754-8620 elstephenrich@gmail.com
Treasurer	Geoffrey LEWIS	752-8992 lewisgbg@gmail.com
Secretary	Rawle ANDERSON	374-8677 andersonrawle@yahoo.com
PRO	Zilpah EDWARDS-MOORE	758-0853 zilpahm@gmail.com
T-Shirt Colour	Blue/Gold	

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# Laughter



## Christmas Crossword

**ACROSS**

3. snack you leave out for Santa
5. Santa's spouse
8. sound a bell makes
12. the night before Christmas
13. reindeer with a Valentine name
14. found on the top of many Christmas trees
15. you might mail Santa one of these
16. helper who makes toys
17. Santa gets into your house through this
18. The reindeer who couldn't join the reindeer games
20. location of Santa's home and workshop

**DOWN**

1. twelfth month of the year
2. deck the halls with boughs of this
4. things you hang on a christmas tree
6. large sock that might get filled with presents
7. person who brings gifts to well-behaved kids
9. only reindeer whose name begins with P
10. you might get kissed if you stand under this
11. eight of these pull Santa's sleigh
13. striped candy treat
19. Santa's famous words



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