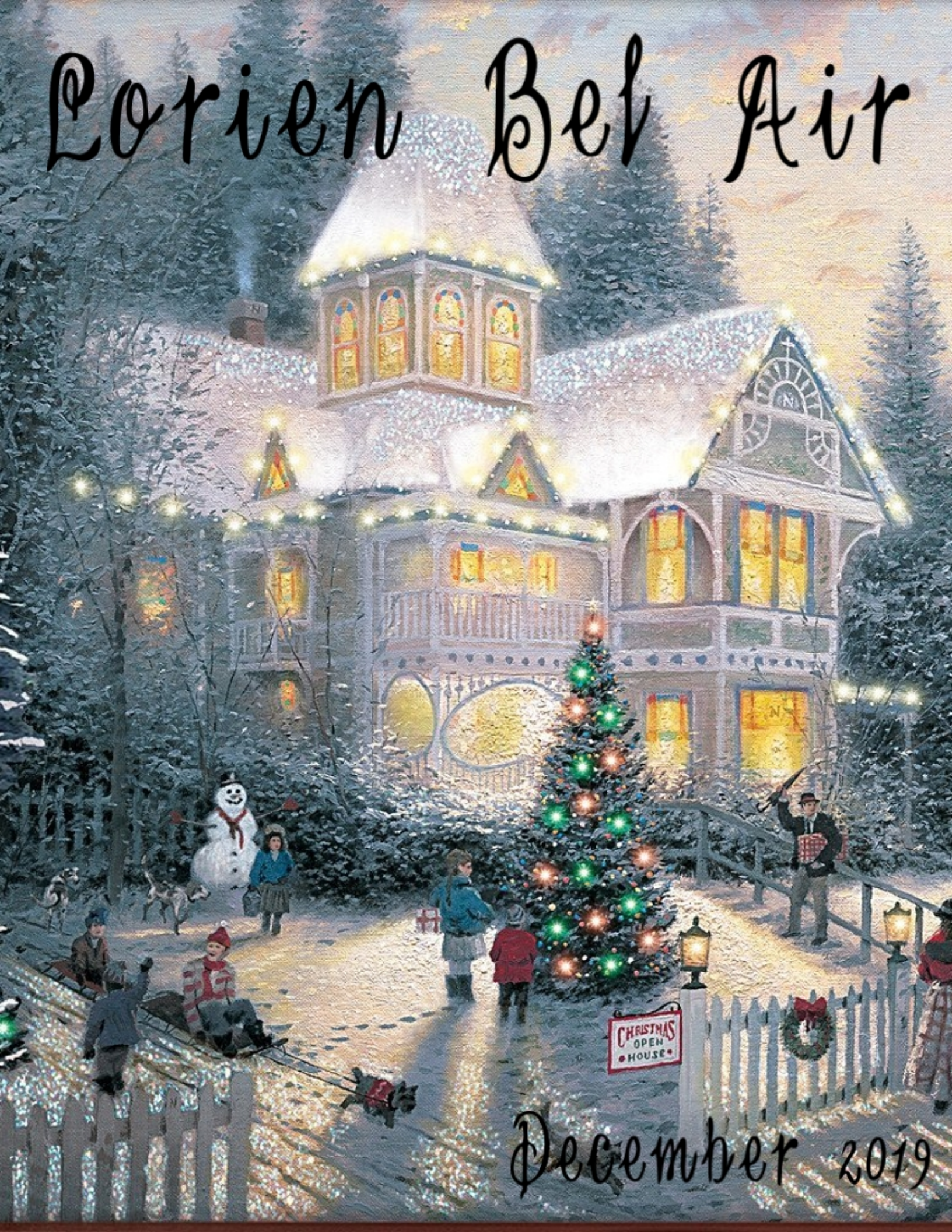


Lorien Bel Air



December 2019

Flu in Adults Age 65 Years and Older

What Are the Risks?

Adults **65+** are at increased risk of flu-related complications

**Pneumococcal
Pneumonia**
kills more than

18,000

older adults in the US
each year

Heart Attack risk
is increased by

3 to 5x

in the first 2 weeks
of infection

Stroke risk is
increased by

2 to 3x

in the first 2 weeks
of infection



High rates
of related
deaths and
hospitalizations
in adults 65+

78%

of all flu-related
hospitalizations

(more than 750,000 in US
2014-2015 flu season alone)

6x

more deaths from flu and
related complications

compared to all other age
groups combined

**Annual vaccination is the best way to protect
yourself against the flu**

Vaccines are safe and
effective and reduce
the risk of flu and
related complications



Immune systems decline as adults age. Certain
vaccines are available to help boost immune
response, specifically in adults 65+:



High-dose vaccines
contain **4X more
antigen** than
standard-dose
vaccines



Adjuvanted flu
vaccines contain an
ingredient that **helps
create a stronger
immune response**

If a specific flu vaccine is not available in your area,
don't delay! Vaccination with any available influenza
vaccine is recommended and will still provide protection.

Pearl Harbor **REMEMBRANCE DAY**

December 7th, 1941

*"A date which will live in infamy...
No matter how long it may take
us to overcome this premeditated
invasion, the American people,
in their righteous might, will win
through to absolute victory."*

-President Franklin D. Roosevelt



HELLO WINTER SOLSTICE!

December 21st

*The shortest
day & the
longest
night
of the year.*



THE TRUE MEANING OF *Christmas*



**GIFT BOW-TIED AS
WE SHOULD ALL BE
TIED TOGETHER IN
BONDS OF
GOODWILL
FOREVER.**



**CANDY CANE-
THE SHEPHERD'S CROOK,
USED TO BRING LAMBS BACK
INTO THE FOLD-A REMINDER
THAT WE ARE ALL OUR
BROTHER'S KEEPER.**



**THE BELL-RINGS OUT TO
GUIDE LOST SHEEP BACK TO
THE FOLD-SIGNIFYING ALL
ARE PRECIOUS IN THE EYES
OF THE LORD.**



**THE CANDLE-A MIRROR OF
STARLIGHT REFLECTING
OUR THANKS FOR THE
STAR OF BETHLEHEM.**



**RED-
THE FIRST COLOR OF
CHRISTMAS SYMBOLIZING
THE SAVIOR'S SACRIFICE
FOR ALL.**



**THE STAR-A
HEAVENLY SIGN OF
PROPHECY FULFILLED
LONG AGES AGO-THE
SHINING HOPE OF
MANKIND.**



**FIR TREE; EVERGREEN-
THE SECOND COLOR OF
CHRISTMAS SHOWS
EVERLASTING LIFE. THE
NEEDLES POINT
HEAVENWARD.**



**THE WREATH-A SYMBOL
OF THE NEVER ENDING
ETERNAL NATURE OF
LOVE, HAVING NO
BEGINNING AND NO END.**

HANUKKAH FESTIVAL

Hanukkah (Chanukah) is called the Jewish festival of lights. It lasts for eight days. The primary religious tradition of Hanukkah involves the lighting of the Hanukkiyah (Hanukkah Menorahs).



Hanukkiyah is a type of the candelabrum, with nine candle holders. Hanukkah is celebrated to recall and show respect for the Jewish army and the re-dedication of the Holy Temple in Jerusalem.

GIFT IDEAS FOR HANUKKAH



The sharing of Hanukkah gifts among loved ones is important and thoughtful. We will help you choose the perfect gift to make your loved ones happy.

HANUKKAH MENORAHS

Hanukkah Menorahs are a type of candelabrum, with nine candle holders. At sunset during Hanukkah, Jewish families get together and light the Hanukkiyah.



SHABBAT CANDLESTICKS

Shabbat Candlesticks are the perfect gift idea for Hanukkah, because they represent the light theme. Different styles and materials of candlesticks are available bring the joyous light of the Sabbath.



DREIDEL

Dreidel is a four-sided spinning-top game commonly made up of wood by Jewish artist. It is a tradition in Jewish families to play Dreidel games during Hanukkah.



JEWISH JEWELRY

Jewish jewelry is an amazing gift idea for any Jewish occasion. A gorgeous selection of Jewish jewelry includes necklaces, pendants, bracelets, anklets and rings. A rich collection of Jewish jewelry represents the creative design of Jewish artist.



KIDDUSH CUPS

Kiddush Cups are used during the Kiddush ceremony, in which a blessing is recited before the meal. Following the blessing, the wine in the glass is passed to everyone at the table. Kiddush cups make ideal gifts for those hosting a large meal.



7 Facts About Kwanzaa



1. Kwanzaa is not a religious holiday and is not meant to replace Christmas.
2. Kwanzaa was started in 1966 by Dr. Maulana "Ron" Karenga, a professor of African Studies. It was designed to be a celebration honoring the values of ancient African culture and to build unity between cultures.
3. The celebration is based on the year-end harvest festivals which have been held throughout Africa for thousands of years.
4. Each year Kwanzaa is celebrated for seven days beginning December 26th, and ending with a feast and the giving of gifts on January 1st.
5. Each of the seven days honors a different principle: Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, and Faith.
6. The word Kwanzaa comes from a Swahili phrase, *matunda ya kwanza*, meaning "first fruits of the harvest". In the inaugural celebration for the new holiday, seven children volunteered to carry the six letters that spell Kwanza. Rather than leave one child out, the word was given an additional "A", and it is now spelled Kwanzaa.
7. During the seven day celebration, people celebrating greet each other with, "Habari Gani?" which is Swahili for, "What's the news?"

Please join us for a

HOLIDAY

Open House

12/10/19 6pm to 8pm

**PROTECT YOURSELF &
THOSE AROUND YOU...**

**PLEASE HELP US TO
STOP THE SPREAD OF
COLD & FLU GERMS BY
STAYING HOME
IF YOU ARE
SICK** 😊👍

NEW YEARS EVE

Write it on your heart that every day is the best day in the year!

volunteer

opportunities

We need your hands.

call 410-803-1400 ext.1414

Decorations

Since the holiday season is here, please keep in mind that all decorations must be flame retardant and labeled as such. Lights should be U/L approved, no electric lights on metal, no candles, no live trees and no cut trees. Please abide by these Life Safety Codes for the well being of all.

CHRISTMAS DINNER

Please sign up in advance to join your loved one for Christmas Dinner at noon. Reservations are due by 12/20 with a 2 guest limit at eight dollars per ticket.

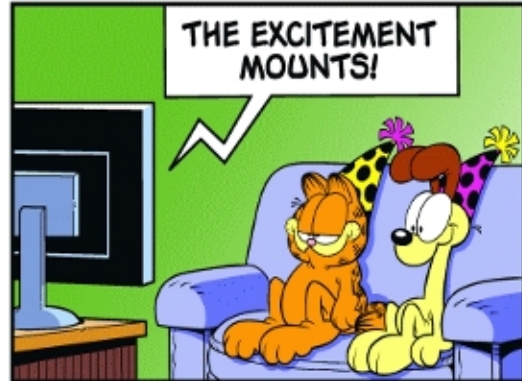
Holiday Excursions

If you are taking your family member home for the holidays, please give us advance notice, so everything you may need will be in order for a pleasant and prepared holiday excursion.

Store Hours

Sunday	-
Monday	2:00 - 3:00
Tuesday	-
Wednesday	1:30 - 3:30
Thursday	-
Friday	2:00 - 3:00
Saturday	2:00 - 3:00

GARFIELD



SPOT the
DIFFERENCE



MERRY CHRISTMAS

Wordsearch

Search for the words going up, down, left and right.

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

YULETIDE
GREETINGS
CAROLING
PRESENTS

WREATH
NUTCRACKER
TREE
MISTLETOE

SANTA
GINGERBREAD
ORNAMENT
ELVES



womanofmanyroles.com



December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				