



Lorien Bel Air
Newsletter
October 2019

Cook

A prayer for Yom Kippur

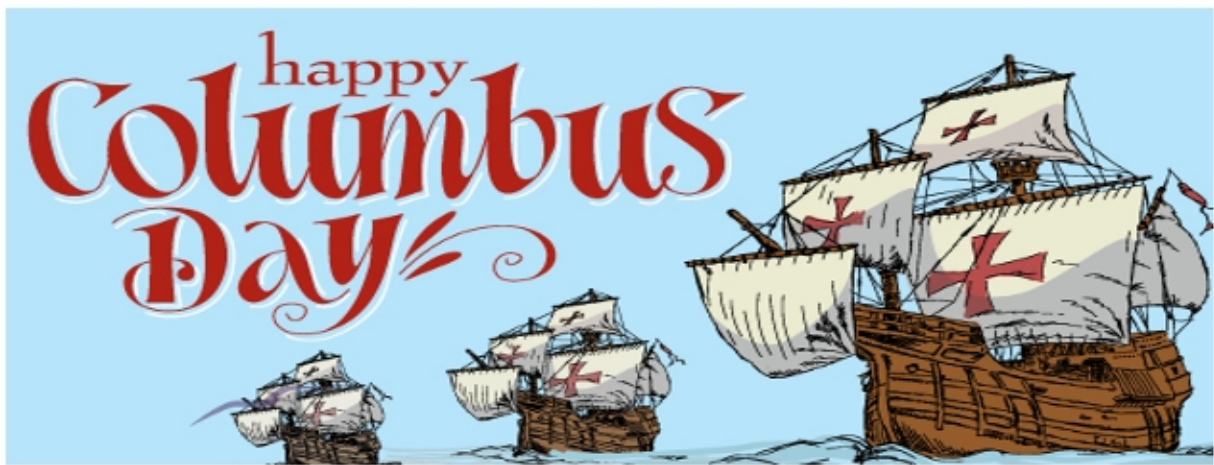
To those I may have wronged,
I ask forgiveness.

To those I may have helped,
I wish I had done more.

To those I neglected to help,
I asked for understanding.

To those who helped me,
I thank you with all my Heart

G'mar Hatimah Tovah!



In fourteen hundred and ninety-two, Columbus sailed the ocean blue. He took three ships with him, too. And called aboard his faithful crew. Mighty, strong, and brave was he. As he sailed across the open sea. Some people still thought the world was flat! Can you even imagine that?



THE
UNITED NATIONS

PEACE AND
SECURITY
SUSTAINABLE
DEVELOPMENT
HUMAN
RIGHTS
HUMANITARIAN
ASSISTANCE

www.un.org

October 24, 2019

- Provides food and assistance to 80 million people in 80 countries
- Supplies vaccines to 45% of the world's children, helping save 3 million lives a year
- Assists and protects 65.3 million people fleeing war, famine and persecution
- Works with 195 nations to hold the rise in global temperature below 2°C/3.6°F
- Keeps peace with 117,000 peacekeepers in 15 operations on 4 continents
- Fights extreme poverty, helping improve the lives of more than 1.1 billion people
- Protects and promotes human rights globally and through 80 treaties/declarations
- Coordinates US\$22.5 billion appeal for the humanitarian needs of 93.5 million people
- Uses diplomacy to prevent conflict: assists some 67 countries a year with their elections
- Supports maternal health, helping over 1 million women a month overcome pregnancy risks

OCTOBER BREAST CANCER AWARENESS

WOMEN'S HEALTH

Breast Cancer Stats and Facts

When it comes to breast cancer, what you don't know can hurt you. These figures reveal the scary truth.

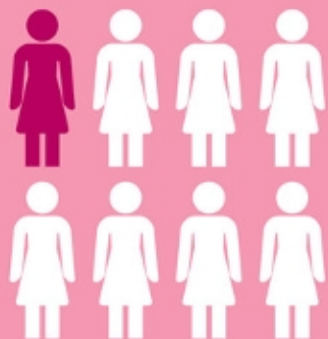
This year,

232,670

new cases of breast cancer will be diagnosed in women.

1 in 8 women

who live to be age 70 will develop breast cancer in her lifetime.



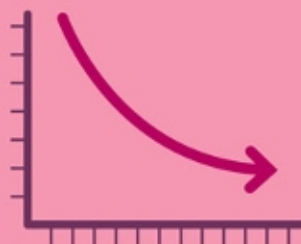
Breast cancer accounts for about **30%** of cancers in women.

It's the most common cancer diagnosis for women in Utah.

About 85% of diagnoses occur in women with no family history of breast cancer.

But there's good news.

Breast cancer's mortality rate has been declining since 1989, due to early detection and improved treatment.



Physically active women are **25% less likely** to develop breast cancer than those who are inactive.

More than **2.8 million** people living in the U.S. are breast cancer survivors.



ACT NOW

Breast cancer education and screenings can save up to 37 lives every day in the U.S., according to the World Health Organization. Share this infographic and discuss a screening plan with your doctor.

HEADLINES & HAPPENINGS

Protect Yourself & Loved Ones

Get your Flu Vaccine today!



FAMILY COUNCIL

Family Council will be on Tuesday, October 29th from 4pm to 6pm with Pets On Wheels & The Humane Society "Adopt A Pet" event. Please join us! It's going to be a furry time!

Highlights

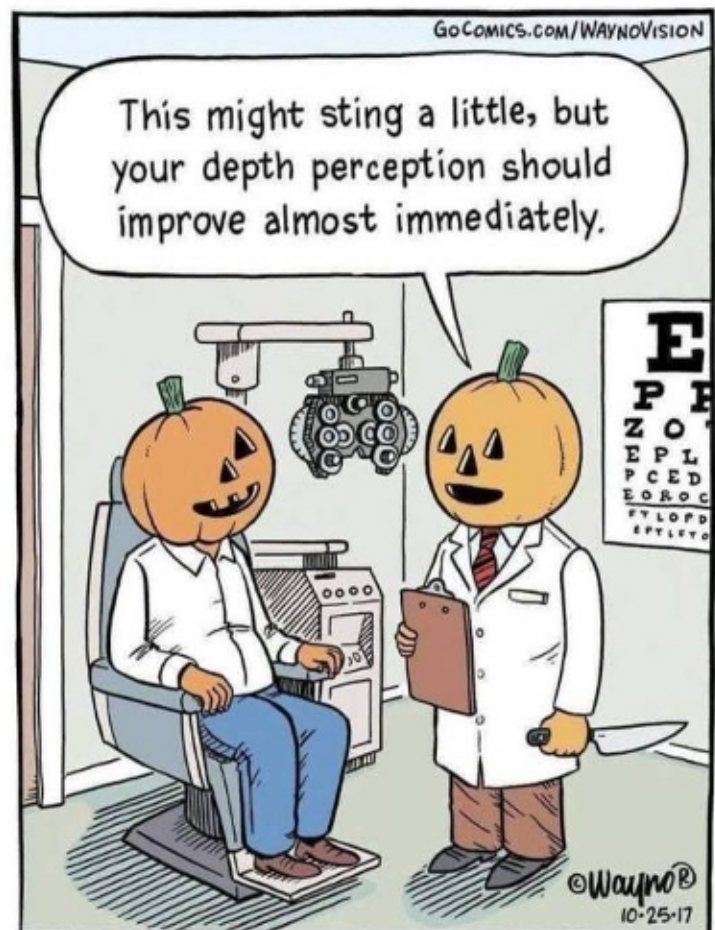
10/1 Homemade Cookies
10/3 Boyfriend Day
10/5 Alzheimer's Walk
10/7 Resident Council
10/9 Fire Prevention Day
10/10 Cake Decorating
10/12 Pumpkin Pie Day
10/13 M&M Day
10/14 Columbus Day
10/15 Poetry Day
10/18 Chocolate Cup Cake
10/21 Caramel Apple Day
10/22 Make A Difference
10/24 United Nations Day
10/25 Frankenstein Friday
10/26 Forgiveness Day
10/28 Chocolate Day
10/31 Halloween

Sugar & Spice Country Store

Find all your country decor and more at the country store on Friday, October 14th
10am-4pm



Halloween Humor





Halloween



Directions: Circle the words hidden in the puzzle. The words may be spelled vertically or horizontally

Bonus: How many times can you find the word "boo"?

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



Word Box



Halloween	apples	costumes	pretend
October	candy	haunted	scary
autumn	trick	ghost	fun
pumpkins	treat	boo	cat

ERGO HALLOWEEN SPOT-THE-DIFFERENCE

BY TIM VAN DE VALL

GEORGE, TESSA, AND MCFLUFF ARE RUNNING TO SAVE THEIR HALLOWEEN LOOT FROM ARROWBOT, THE CANDY-CRAZED MUMMY. CAN YOU FIND ALL 30 DIFFERENCES BETWEEN THE 2 SCENES?



For Ergo comics and activities, please visit www.ergocomic.com

For free educational activities, please visit Tim's Printables at www.timvandevall.com

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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		