

FRIENDSHIP HAVEN



TASTE THE SWEET FLAVORS OF THE SEASON: APPLES & CARAMEL

October is a month full of delicious fall flavors. While pumpkin often steals the spotlight, did you know October is also Apple Month and Caramel Month? These classic tastes deserve their own celebration alongside pumpkin spice!

Think warm apple cider on a crisp morning, a slice of classic apple pie, apple turnovers fresh from the

oven, or simply biting into a crisp, juicy apple. And caramel? It's not just plain or nutty anymore. Soft caramel chews, Werther's Originals, decadent caramel sundae sauce, and of course the iconic caramel apple all bring their own sweet charm.

Caramel apples, which even have their own special observance on October 31, are no longer just a simple candy-coated treat. **They're dipped in chocolate,**

sprinkled with candy toppings, or rolled in nuts, making every bite a little piece of autumn magic.

So this season, don't let these classic flavors be overshadowed. Warm up with apple cider, indulge in a caramel-topped treat, or enjoy the timeless combination of both. October is the perfect month to celebrate pumpkin, apples, and caramel—one sweet bite at a time!



Prioritize Your Well-Being

October is Emotional Wellness Month, a reminder to check in with yourself and make time for the habits that support your overall well-being. It is also home to World Mental Health Day on October 10, a day dedicated to raising awareness and encouraging conversations about mental health worldwide.

Emotional wellness means finding balance in how we handle stress, build connections, and enjoy life. While some factors like age or family history are out of our control, there are many positive steps we can take every day:



Practice self-care by doing activities that bring you peace or joy, whether it's reading, listening to music or enjoying nature.



Stay connected with friends, family, and community. Sharing time and conversation often brings comfort and reduces feelings of loneliness.



Care for your body with regular exercise, balanced meals, and plenty of rest.



Manage stress through breathing exercises, meditation, prayer, or quiet reflection. Stepping away from news or screens for a while often helps refresh your mind.



Remember you're not alone. Sharing with a loved one, doctor, or counselor often brings comfort during overwhelming times.

This month, allow yourself to slow down, recharge, and make space for what helps you feel good. Even small steps can create a stronger foundation for emotional wellness.

Celebrate the Colors of Fall



Did you know there's a day just for celebrating color? National Color Day

is October 22, and is all about appreciating the shades and hues that brighten our day, our world and even our moods! This holiday encourages creativity and mindfulness—it's a perfect excuse to look around and notice all the colors that make life more fun.

October is especially colorful with pumpkins, changing leaves, and cozy autumn décor. Let's have some fun with color:

- **Favorite color?** Do you wear it often or use it to decorate your home?
- **Mood check?** Which colors make you happy or energized?

Colors can inspire creativity, calm your mind, and even spark conversation with family and friends. Even adding a little color in your day, like a bright scarf, a cheerful piece of jewelry, or fun socks, can go a long way to lifting your spirits.

Noticing the colors around us is a good reminder that life can be brighter when we add a little color to our day.

What color are your pumpkins?

Grab your crayons or markers and bring these pumpkins to life! Go classic with orange, try pink or blue for a twist, or mix up a whole rainbow. There's no right or wrong—just have fun!





THINK PINK THIS OCTOBER: BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, a time dedicated to education, early detection, and support. Breast cancer affects hundreds of thousands of women and men each year, but when detected early, it can often be treated.

Know the Signs – Not every breast is the same, and changes are normal throughout life. Still, it's important to be aware of symptoms that may need a closer look, including:

- A new lump in the breast or underarm
- Thickening, swelling, or dimpling of breast skin
- Redness or flaky skin around the nipple
- Nipple turning inward or unusual discharge
- Any change in breast size, shape, or persistent pain

While many breast changes are not cancer, it's always best to check with a physician if you notice something new.

Early Detection Matters

- **Breast self-exams:** Starting in your 20s, regular self-checks can help you become familiar with what's normal for you.

- **Check-ups and mammograms:** Women ages 40–49 should talk with their physician about when to begin mammograms. For women 50–74 at average risk, a mammogram every two years is recommended.
- **Mammogram Day:** The third Friday in October serves as an annual reminder to schedule your screening.

Prevention and Wellness – Some risk factors like age or family history can't be changed, but healthy habits may help lower your risk:

- Maintain a healthy weight
- Stay active
- Limit alcohol
- Don't smoke
- Keep up with routine check-ups

Many people choose to wear pink throughout October as a visible sign of support. This year, **Wear Pink Day is October 25**, and many communities also encourage **"Wear Pink Wednesdays."** It's a simple way to honor survivors, remember those lost, and stand together in the fight against breast cancer.

Source: [cdc.gov](https://www.cdc.gov)

Strong Bones, Steady Steps: Bone & Joint Health Week

Bone and Joint Health Week, observed October 11–18, shines a light on how we can stay active, steady, and strong as we age.

Over time, our bones naturally lose density and cartilage thins, which can lead to arthritis, back pain, or osteoporosis. These changes may cause discomfort, but there are ways to ease pain and protect mobility. Nearly 15 million adults in the U.S. live with severe joint pain, often alongside other conditions like diabetes or heart disease.

The good news is that healthy habits can make a big difference. **Activities like walking, tai chi, yoga, golf, or gentle chair exercises can improve strength, balance, and flexibility.**

Don't overlook the value of assistive devices such as canes, walkers, or supportive braces. They can reduce strain, prevent falls, and help you stay confident and independent while moving through your day.

Small steps add up, but always check with your physician or physical therapist before starting something new. Ask about a bone density test, too. Early detection can help you stay active, independent, and living life to the fullest.

Source: [cdc.gov](https://www.cdc.gov)





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WORD SEARCH Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!

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

WORD LIST

APPLE
AUTUMN
AWARENESS
BONES
BREAST
CARAMEL
CARDS
COLORS
GOURD
HEALTH
LEAVES
PUMPKIN
SCAM
SECURITY
WELLNESS