

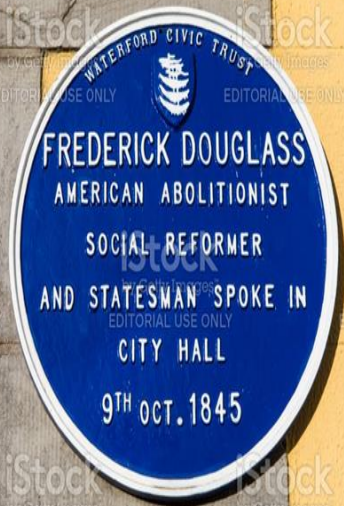
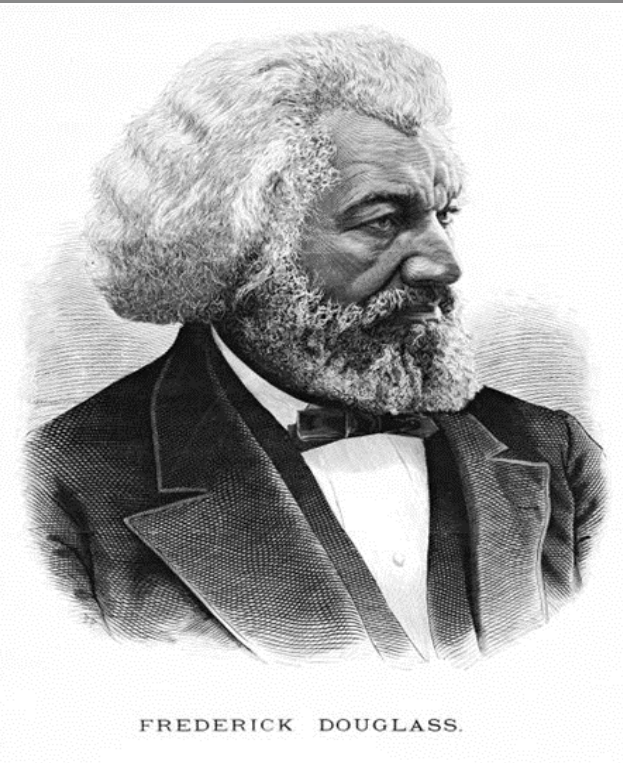
Birthday of Frederick Douglass

Douglass was born in slavery to a Black mother and a white father as Frederick Augustus Washington Bailey on Holme Hill Farm in Talbot County, Maryland.

- He estimated that he had been born in February 1818, and he had no accurate knowledge of his birthday as he was born into slavery, and he chose February 14 as the day to celebrate his birth, recalling that his mother called him her “Little Valentine.”
- Having no birth record and no true knowledge of one's age helped establish this mindset of being a non-person.
- At age eight the man who owned him sent him to Baltimore, Maryland, to live in the household of Hugh Auld. There Auld's wife taught Douglass to read. Douglass attempted to escape slavery at age 15 but was discovered before he could do so.
- He published three autobiographies, spent years writing and editing an influential abolitionist newspaper, broke barriers for African Americans in government service, served as an international spokesman and statesman, and helped combat racial prejudice during the Reconstruction
- He rose to fame with the 1845 publication of his first book *The Narrative of the Life of Frederick Douglass, An American Slave, Written By Himself*. He fought throughout most of his career for the abolition of slavery and worked with notable abolitionists like William Lloyd Garrison and Gerrit Smith.
- Frederick Douglass was The Most Photographed Man Of His Time. The abolitionist wanted to ensure a more accurate depiction of black Americans during the tumultuous years before the Civil War. 160 distinct images (mostly portraits) have survived, more than Abraham Lincoln at 126.
- *One of the reasons we celebrate Black History Month in February is because of Frederick Douglass.*
- Frederick Douglas most famous quote: “If there is no struggle, there is no progress.”

8 Facts About Frederick Douglass

1. He taught himself how to read and write. ...
2. He helped other slaves become literate. ...
3. He fought a 'slavebreaker' ...
4. He escaped from slavery in a disguise. ...
5. He took his name from a famous poem. ...
6. He travelled to Britain to avoid re-enslavement. ...
7. He advocated women's rights. ...
8. He met Abraham Lincoln.





Losar (Tibetan New Year) February 21, 2023

Losar is the Tibetan New Year. The festival usually takes place in February or March, depending on the lunar calendar and it is a time for Tibetan people to welcome the new year with joy, peace, and blessings. The word “Losar” means “New Year” in the Tibetan language, and the festival is believed to have its roots in the pre-Buddhist period of Tibetan history. Over the centuries, the celebration has evolved into a unique blend of religious and cultural traditions. Losar is a three-day festival that is marked by various rituals and ceremonies:



Day One: “Lama Losar” is the most significant day of the festival. On this day, Tibetans offer prayers and make offerings to the Buddha and other deities. They also visit monasteries and temples, where they participate in religious ceremonies and receive blessings from the monks (lamas).

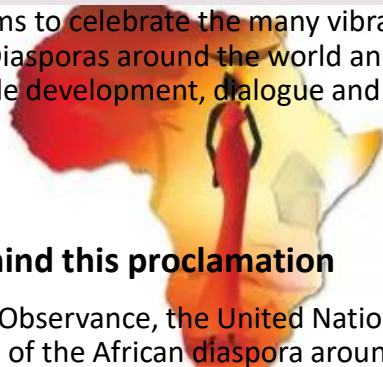
Day Two: “Gyalpo Losar” (King’s Losar) is the day when the secular activities of the festival take place. People wear new clothes, exchange gifts, and gather with their family and friends for feasts and celebrations. Traditional Tibetan dishes are served, including momo (dumplings), thukpa (noodle soup) and khapse (deep fried dough).

Day Three - “Choe-kyong Losar” (Offering Day) is a day for making offerings to local deities and protecting spirits. People visit their local temples and offer food and other offerings to the deities. Throughout the three days of Losar, Tibetans decorate their homes and public spaces with colorful decorations and symbols of good luck such as prayer flags and lanterns. Losar is a time for renewal, hope and positivity, and it is an important celebration for Tibetan people around the world.



World Day for African and Afrodescendant Culture

- UNESCO adopted 24 January as the World Day for African and Afrodescendant Culture at the 40th session of the UNESCO General Conference in 2019. This date coincides with the adoption of the Charter for African Cultural Renaissance in 2006 by the Heads of State and Government of the African Union.
- The United Nations proclaimed the International Decade for People of African Descent - that is, the descendants of enslaved West Africans brought to the United States, the Caribbean, and South America during the Atlantic slave trade. In the Americas, people of African descent are estimated to be around 200 million!
- This day It aims to celebrate the many vibrant cultures of the African continent and African Diasporas around the world and promotes them as an effective lever for sustainable development, dialogue and peace.



The reason behind this proclamation

- Through this Observance, the United Nations aims to promote the extraordinary contributions of the African diaspora around the world and to eliminate all forms of discrimination against people of African descent.
- As a rich source of the world's shared heritage, promoting African and Afro descendant culture is crucial for the development of the continent and for humanity as a whole.
- It is the growing realization that they represent a distinct group whose need for recognition, justice and development should be a priority.
- Recognition of culture is essential for sustainable development and this day presents the opportunity for us as global citizens to learn, value and educate the diversity to be found within African and Afro Descendant cultures.
- Celebration of this day also aims to promote the widest possible ratification and implementation of this Charter by African States, thereby strengthening the role of culture in promoting peace on the continent.



Harriet Tubman

March 1822 – March 10, 1913



1

Born *around 1820* on a plantation in Dorchester County, Maryland. Her parents, Harriet (“Rit”) Green and Benjamin Ross, named her **Araminta Ross** and called her “Minty.” Araminta later changed her first name to Harriet in honor of her mother. Around 1844, Harriet married John Tubman, a free Black man, and changed her last name from Ross to Tubman.

2

Known as the “**Moses of her people**”. Harriet Tubman was enslaved, escaped, and helped others gain their freedom as a “conductor” of the Underground Railroad. She also served as a **scout, spy, guerrilla soldier, and nurse** for the Union Army during the Civil War. She is considered the first African American woman to serve in the military.

3

Early signs of her resistance to slavery and its abuses came at **age twelve** when she intervened to keep her master from beating an enslaved man who tried to escape. She was hit in the head with a two-pound weight, leaving her with a *lifetime of severe headaches and narcolepsy*.

4

After the war, Tubman **raised funds to aid freedmen**, joined Elizabeth Cady Stanton and Susan B. Anthony in their **quest for women’s suffrage**, cared for her aging parents, and worked with white writer Sarah Bradford on her autobiography as a potential source of income. Tubman died in 1913 and was buried with **military honors** at Fort Hill Cemetery in Auburn, New York.



HOLI

What is Holi

Holi is the festival of colors. It is famous among the Hindus around the world, more importantly Nepal and India. The festival is celebrated with dance, concert, food and drinks. People also collect firewood, light bonfires, add hemp to their food and drinks and make fools with themselves. This festival indicates the start of the springs.

Why Celebrated

It is believed that Holi was originally celebrated to protect general people from different diseases that happen while changing the season from winter to spring. Traditionally, the colors used in Holi were made using extracts of flowers and Herbs like Neem, Tumeric, Mehendi, Kumkum, etc. The natural colors used to work as Ayurvedic medicines. The medicine was used to cure high fever, skin diseases, and in fact, the color is best for the skin. But nowadays, synesthetic colors are used in the Holi festival which is made using dyeing agents and other chemicals. The synesthetic colors have lost the medical value of Holi. But nevertheless, people enjoy the Holi festival.

Myth

The story is connected to Prahlad who is a devotee to Lord Vishnu. Prahlad's father, King Hiranyakashipu who was the evil king. In the arrogance of his strength, he started believing himself as God. He banned the name of God in his Kingdom but his own son Prahlad defied Hiranyakashipu and continued to worship Lord Vishnu. King Hiranyakashipu tried to kill his own son Prahlad in different ways but the evil king failed. Finally, his sister Holika, who had received a boon which makes her invulnerable to fire. One-day Hiranyakashipu and Holika decided to take Prahlad to Pyre. Holika convinced Prahlad that she would protect him from fire. Holika who was invulnerable to fire entered the pyre with Prahlad so that he would burn to death. But, by the grace of Lord Vishnu, Prahlad was untouched by fire but Holika was burned to death. The next day, people smeared the ashes over their heads and body as a celebration to the victory of good over evil. Later these days, people use colors instead and it becomes a tradition to play Holi between people as a celebration.

How is Celebrated

On the day of Holi, people visit around their friends and relatives' houses and color each other, dance and drink for the whole day. Nowadays people throw water among each other. So, the Holi festival is all about color and water. Families gather in one place and enjoy food, music, including hard and soft drinks.

Spring Equinox. Vernal Equinox. Ostara. – March 20, 2023

The **Spring** (or **Vernal**) **Equinox** occurs in March in the Northern Hemisphere. Each year, there are only two days in which daytime and nighttime are equal in length, and the Spring Equinox is one of them.

The word “Equinox” derives from the Latin word “aequinoctium”. *Aequi* means ‘equal’ and *Noct* refers to ‘night’, this gives the literal translation of *equal night*. This happens because of the tilt of Earth’s axis and how it’s orbit around the sun lands in a perfect position for the sun to shine exactly above the equator.

Ostara, or Eostre, is what many pagans (e.g., Druids, Wiccans, Greek, Asatru, etc.) call the Spring Equinox. It marks the first official day of spring and represents a time of balance, renewal, and rebirth. The name Ostara comes from the Germanic lunar spring Goddess, *Eostre*, who was once offered cakes and colored eggs at the equinox. The hare was sacred to her, as is the white rabbit.

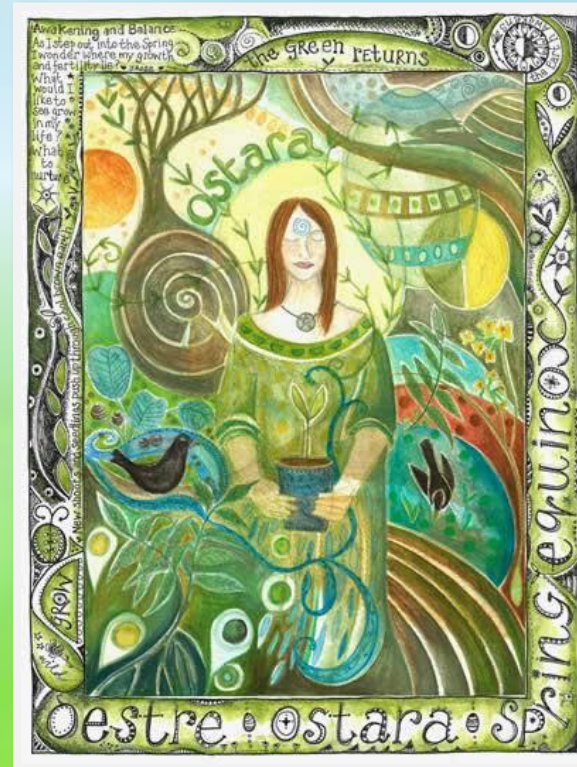
This is a time of balance and equilibrium. After the Spring Equinox, the days get longer, the sun’s strength slowly grows, and Earth begins growing new life. Flowers and buds on trees emerge, new odors arise from the soil, animals prepare to have their young.

Eggs (to represent fertility & joy), hares (to symbolize energy & passion), fresh spring flowers and bulbs are all common representations and decorations to this holiday. It’s a fantastic occasion for new beginnings, starting new projects, clearing out the old to make room for the new, and embracing a fresh start.

Many religions and cultures have festivals for this time of year and celebrate in their own way: the Christian *Easter* holiday has ties to Ostara, the ancient Greek *Dionysus Festival*, the Middle East and Central Asian *Nowruz*, the Hindu *Holi*, and the Mayan *El Castillo Pyramid* celebrations are several.

On **March 20, 2023**, get outside and enjoy the elements; wind, rain, or sunshine! Celebrate the end of winter and rejoice the dance of spring renewal. Be a mad March hare and run wild. Honor the Earth and the fertility of all life, the birds, the plants, the animals, fish, insects, herbs, and the growing of food.

Spring is nature’s way of saying, “Let’s party!” – Robin Williams



INTERNATIONAL TRANSGENDER DAY OF VISIBILITY (MARCH 31ST)



Transgender Day of Visibility is an international event dedicated to recognizing the resilience and accomplishments of the transgender community. On this day, we celebrate the lives and contributions of the transgender community, raise awareness about the struggles that they face, and advocate for more protected rights in a bid to reform society and empower the community.



Rachel Crandall, a U. S.-based transgender activist, founded this day in 2009 to raise awareness for the incredible burden of discrimination the community faces in every setting imaginable. Crandall wanted to highlight the fact that the only transgender-centric day that is internationally recognized is Transgender Day of Remembrance, which is in mourning of members of the community who had lost their lives, and that there was no day to pay homage to living transgender people. By 2014, the day was observed by activists in Ireland and Scotland. By 2015, many transgender individuals took part in the event by participating in social media campaigns. They successfully made the day go viral by posting selfies and personal stories.

Here are a few ways to support the transgender community today:

- Seek out stories by transgender creators: Seek out authentic stories and media that have been created by the transgender community, such as the Transgender Film Center, a non-profit organization that supports transgender filmmakers and their projects.
- Call your local LGBTQ center: See what kind of help they need, whether it be volunteering or offering a service that you're good at.
- Educate yourself: Allies can start by learning the basic terminology surrounding the transgender community. For example, people often confuse sexual orientation and gender identity. There are many places online that share tips on how to be a good ally.

DEFEND THE RIGHTS AND
DIGNITY OF TRANS PEOPLE





Assyrian New Year

- The Assyrian New Year was the biggest festival in the ancient Assyrian and Babylonian Empires.
- It celebrates the beginning of spring. Also known as Akitu, or Ras al-Sanna al-Ashuriya, this day goes back to ancient Mesopotamia when people celebrated the sowing of barley. As part of the Babylonian calendar, this day was treated as the first of the year. It marked the rebirth of nature in spring.
- The Assyrian New Year has a few names. Kha b' Nisan or Ha b' Nisin, means the "First of April", while Resha d'Sheta translates to "Head of the year" in Assyrian. Akitu, the Akkadian name for the Assyrian New Year is also commonly used. The Assyrian New Year is a spring festival celebrated on April 1.
- Today is the day of #akito, a festival celebrated by #Assyrian people & symbolizing the start of a new year. Akito is said to be existing since 6773 years ago, which makes it one of the oldest known celebrations. Traditional dances are performed in traditional clothes.
- Assyrians are one of the oldest nations in the world with over 6,000 years of history. They have their own distinct language, called Assyrian language which is a Semitic language spoken by around 3 million people in Iraq, Iran, Syria, Lebanon, Turkey and around the world. Assyrians have used two languages throughout their history: ancient Assyrian (Akkadian), and Modern Assyrian (neo-Syriac).
- In ancient Assyria, the New Year festival was celebrated for 12 days. Antique objects such as cuneiform tablets have shown that this celebration was the most significant event of the year.
- Celebrations take place throughout Assyria and other areas in the Middle East, along with some in the United States, Europe, Australia, Canada and the Caucasus among Assyrian diaspora communities. There are often parties with food, music and dancing. Celebrations include marches, parades, and parties.



NATIONAL DAY OF SILENCE

April 14, 2023

- The Day of Silence is a student-led national event that takes place on the third Friday in April each year. The event was started by a group of students at the University of Virginia in 1996 to raise awareness about the bullying and harassment of LGBTQ+ students in schools.
- On the Day of Silence, participants take a vow of silence for the entire day to symbolize the silencing of LGBTQ+ students and their allies who have been harassed or bullied. Participants typically wear a piece of duct tape or a pin that says "silence" to indicate that they are taking part in the event.
- The Day of Silence is not just about remaining silent, however. It is also an opportunity for participants to raise awareness and brings attention to the struggles of LGBTQ+ students in schools and promotes greater understanding and acceptance of LGBTQ+ issues in society.
- The Day of Silence has since grown into a national event, with thousands of students and educators from all over the United States participating each year. The event is organized by GLSEN (the Gay, Lesbian, and Straight Education Network, <https://www.glsen.org/>), a national organization that works to promote LGBTQ+ inclusion in schools.



Eid Al-Fitr (April 21st, 2023)

Eid Al-Fitr or “Festival of Breaking of the Fast” is a religious holiday celebrated by Muslims worldwide to mark the end of Ramadan, the Muslim holy month of fasting. Eid-Al Fitr falls on the first day of Shawwal in the Islamic calendar; this does not always fall on the same Gregorian day, as the start of any lunar Hijri month varies based on when the new moon is sighted by local religious authorities.

According to Muslim tradition, Eid al-Fitr was originated by the Islamic prophet Muhammad. These festivals were initiated in Medina after the migration of Muhammad from Mecca. Anas, a well-known companion of the Islamic prophet, narrated that when Muhammad arrived in Medina, he found people celebrating two specific days in which they entertained themselves with recreation and merriment. At this, Muhammad remarked that God had fixed two days of festivity: Eid al-Fitr and Eid al-Adha.

Traditionally, Eid al-Fitr begins at sunset on the night of the first sighting of the crescent moon. Eid al-Fitr is celebrated for one to three days, depending on the country. The day starts with performing a special prayer service at the mosque, known as salat al-Eid. This includes performance of the Eid salat, followed by a sermon from the imam and supplication asking for God's forgiveness, mercy, peace and blessings for all living beings across the world.

During the Eid celebration, Muslims greet each other by saying '*Eid Mubarak*', which is Arabic for "Blessed Eid". As it comes after a month of fasting, sweet dishes and foods are often prepared and shared during the celebration. Muslims typically decorate their homes and are also encouraged to forgive each other and seek forgiveness.

Eid Mubarak



Buddha Day – May 26, 2023

Buddha's Birthday, or "Buddha Day", is a Buddhist festival that is celebrated in most of East and South Asia commemorating the birth of the Prince Siddhartha Gautama, later the Gautama Buddha, who was the founder of Buddhism. Buddha was a wandering ascetic and religious teacher who lived in South Asia during the 6th and 5th century BCE.

Gautama Buddha was born circa 563-483 BCE in Lumbini, Nepal. Archaeologists from Durham University working in Nepal have uncovered evidence of a structure at the birthplace of the Buddha dating to the sixth century BC. The exact date of Buddha's birthday is based on the Asian lunisolar calendars. The date for the celebration of Buddha's birthday varies from year to year in the Western Gregorian calendar, but usually falls in April or May.

In South and Southeast Asia, the Buddha's birth is celebrated as part of *Vesak*, a festival that also celebrates the Buddha's enlightenment (on the day of the full moon) and death.

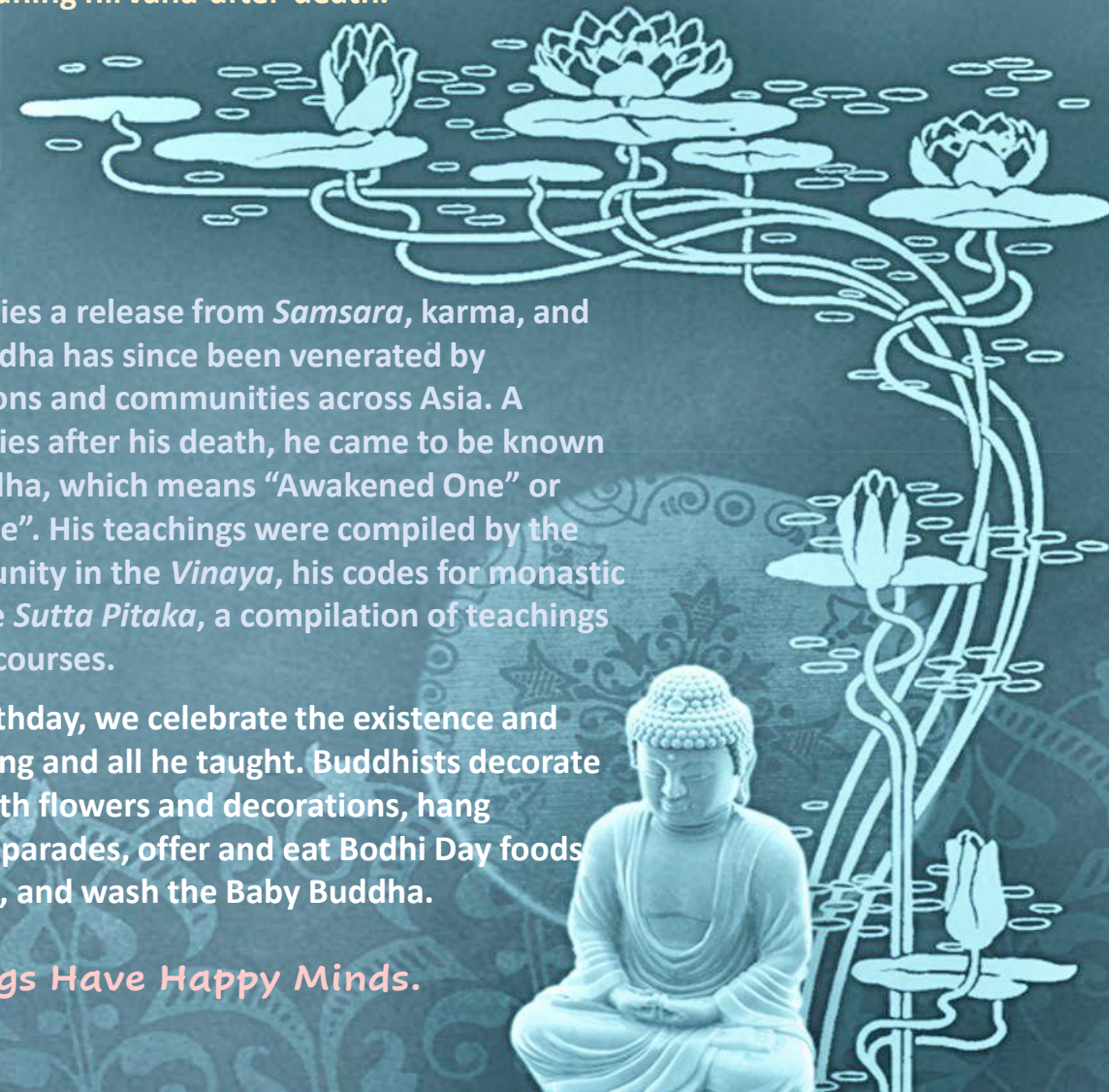
Buddha was born to royal parents of the Shakya clan but renounced his home life to live as a wandering ascetic. To be an ascetic is to practice severe self-discipline and abstention from all forms of indulgence. After leading a life of begging, asceticism, and meditation, he attained enlightenment at Bodh Gaya, in what is now India, under the Bodhi Tree. The Buddha thereafter wandered through the lower Indo-Gangetic Plain, teaching and building a monastic order. He taught a *Middle Way* between sensual indulgence and severe asceticism, leading to *Nirvana*, that is, freedom from ignorance, craving, rebirth, and suffering.

His teachings are summarized in the *Noble Eightfold Path*, a training of the mind that includes ethical training and meditative practices such as a sense of restraint, kindness towards others, mindfulness, and *jhana/dhyana* (meditation proper). He died in Kushinagar, attaining *Parinirvana*, meaning nirvana-after-death.

Parinirvana implies a release from *Samsara*, karma, and rebirth. The Buddha has since been venerated by numerous religions and communities across Asia. A couple of centuries after his death, he came to be known by the title Buddha, which means "Awakened One" or "Enlightened One". His teachings were compiled by the Buddhist community in the *Vinaya*, his codes for monastic practice, and the *Sutta Pitaka*, a compilation of teachings based on his discourses.

On Buddha's Birthday, we celebrate the existence and death of this being and all he taught. Buddhists decorate their temples with flowers and decorations, hang lanterns, attend parades, offer and eat Bodhi Day foods such as milk rice, and wash the Baby Buddha.

**May All Beings Have Happy Minds.
– Buddha**



Memorial Day

- Memorial Day is a federal American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.
- Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971 (the first national observance of Memorial Day occurred on May 30, 1868).
- Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I the United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars, including World War II, The Vietnam War, The Korean War and the wars in Iraq and Afghanistan.
- By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.
- Today, many people visit cemeteries and memorials on Memorial Day to honor and mourn those who died while serving in the U.S. military. Many volunteers place American flags on the graves of military personnel in national cemeteries.
- On Memorial Day, take time to reflect on the men and women who gave it all for us.





Resources

OSU EAP: [Employee Assistance Program - Human Resources at Ohio State \(osu.edu\)](https://www.osu.edu/eap)

OSUWMC Mental and Behavioral Health: [Mental and Behavioral Health | Ohio State Wexner Medical Center \(osu.edu\)](https://www.osu.edu/wmc/mental-behavioral-health)

National Alliance on Mental Illness: [Mental Health Month | NAMI: National Alliance on Mental Illness](https://www.nami.org/About-NAMI/Mental-Health-Month)

Substance Abuse and Mental Health Services Administration: [Mental Health Awareness Month | SAMHSA](https://www.samhsa.gov/mental-health-awareness-month)

Mental Health America: [Mental Health Month | Mental Health America \(mhanational.org\)](https://www.mhanational.org/mental-health-month)

Events

OSU 13th Annual Mental Health Fair: Wednesday, May 3rd, 7a-3:30p

- [Mental Health Fair | Ohio State Medical Center \(osu.edu\)](https://www.osu.edu/mental-health-fair)

National Prevention Week 2023: May 7th – May 13th

- [National Prevention Week - Substance Use Treatment, Prevention, and Recovery | SAMHSA](https://www.samhsa.gov/prevention-week)

Mental Health Action Day: Thursday, May 18th

- [Mental Health Action Day](https://www.mentalhealthactionday.org)

NAMIWalks 2023: ALL TOGETHER – FOR MENTAL HEALTH FOR ALL (#Together4MH)

- [Home \(namiwalks.org\)](https://www.namiwalks.org)

Find a NAMIWalks Event

OH

OR

SEARCH FOR YOUR LOCATION

NAMIWalks Mid-Ohio <small>05/06/2023</small>	NAMIWalks Southwest Ohio <small>05/13/2023</small>	NAMIWalks Greater Toledo <small>05/20/2023</small>	NAMIWalks Franklin County <small>06/10/2023</small>
NAMIWalks Greater Cleveland <small>09/23/2023</small>	NAMIWalks Geauga County <small>09/30/2023</small>	NAMIWalks Lake County <small>10/07/2023</small>	NAMIWalks Summit County <small>10/14/2023</small>

Webinars

PsychAlive – “In honor of Mental Health Awareness Month, we invite you to watch these Webinars free of charge.”

- **How Emotions Guide Your Life:** [How Emotions Guide Your Life Webinar - PsychAlive](https://www.psychalive.org/webinars/how-emotions-guide-your-life)
- **Empowering Strategies to Fight Depression:** [Empowering Strategies to Fight Depression Webinar - PsychAlive](https://www.psychalive.org/webinars/empowering-strategies-to-fight-depression)
- **How to Stop Sabotaging Yourself:** [How to Stop Sabotaging Yourself Webinar - PsychAlive](https://www.psychalive.org/webinars/how-to-stop-sabotaging-yourself)

World Day for Cultural Diversity for Dialogue and Development History

- This day, also known as Diversity Day, is celebrated on May 21 every year.
- It is a day set aside to appreciate the cultural diversities between different countries, states, and people in the World.
- Cultural diversity is about bringing people together from a diverse set of backgrounds and cultures, then creating an environment that not only recognizes the differences between those cultures and backgrounds but celebrates them. It helps create a space for people to be authentically themselves.
- Recognizing and honoring the similarities and differences of those around us not only makes our world a more equitable and enjoyable place to live, but it also helps us become more aware of the cultures, backgrounds, and traditions that have shaped our personal lives and upbringings.
- UNESCO leads the celebration of World Day for Cultural Diversity for Dialogue and Development highlighting not only the richness of the world's cultures, but also the essential role of intercultural dialogue for achieving peace and sustainable development.
- UNESCO encourages Member States and members of society to take part in this day. Cultural diversity events are held around the world. These events include concerts, educational seminars, workshops, and exhibitions.



Eight strategies for embracing diversity in the workplace:

1. Start the conversation.
2. Increase accountability and transparency.
3. Develop inclusive leadership skills.
4. Notice the diversity during discussions and decisions.
5. Pay attention to how all people are treated.
6. Act as a vocal ally.
7. Reflect and commit to change.
8. Build your platform on empathy, feedback, and psychological safety.






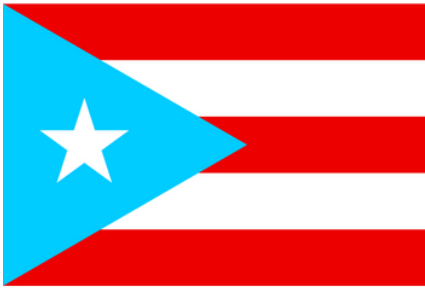
Juneteenth

June 19, 2023

Juneteenth, also known as Emancipation Day, Freedom Day and Jubilee day, is an annual holiday celebrated on June 19th that commemorates the end of slavery. The holiday has its origins in Texas, where on June 19, 1865, Union Army General Gordon Granger arrived in Galveston and read a federal order that declared that all slaves in Texas were to be freed, two and a half years after the Emancipation Proclamation had been signed by President Abraham Lincoln.

Juneteenth has been recognized as a state holiday in Texas since 1980. However, it was not until June 17, 2021 that Juneteenth was officially recognized as a federal holiday in the United States, when President Joe Biden signed a bill into law.





National Puerto Rican Day Parade

• **June 11th** •

Official website: <https://www.nprdpinc.org>

It is the largest demonstration of cultural pride in the nation.

It takes place from 44th Street to 79th Street along Fifth Avenue in Manhattan.

The parade is in honor of the 3.2 million inhabitants of Puerto Rico and all people of Puerto Rican birth or heritage residing on the U.S. mainland.



• SOME INTERESTING FACTS ABOUT PUERTO RICO •

The 4.2 million Puerto Ricans living in the mainland U.S. have come to surpass those on the island of Puerto Rico, which until this decade had the majority of the Puerto Rican population.

Puerto Ricans *are US citizens* and, yet, they *can't vote* in the US Presidential General Election or the US Congress unless they've moved permanently to the United States.

Puerto Rico is an **archipelago** that consists of a main island surrounded by smaller islands and cays. Two of the largest Puerto Rico islands are Vieques and Culebra.

Puerto Ricans include a mix of **Taino** (the indigenous people of the Caribbean), **Spanish**, **African**, and **American** races. Puerto Rico is filled with diversity, which you can see not only in the people, but also in their music, their local food, and their customs.

The **Coquí** is an important cultural symbol for Puerto Rico and an unofficial national animal.

Puerto Ricans call themselves "**Boricuas**". It's a term Puerto Ricans use to identify and define themselves, and it derives from the original country's name, **Boriken**. You'll also hear it in the phrase, "*You soy Boricua, pa' que tú lo sepa*".



Bomba & Plena dancers



Coquí



Mofongo



Viejo San Juan

World Refugee Day

- It is an international day organized every year on 20 June by the United Nations. It is designed to celebrate and honor refugees from around the world. The day was first established on 20 June 2001.
- The event aims to recognize the strength of the refugees who have fled the conflict and persecution of their country in hope of finding sanctuary and living a better life.
- The day is seen as an opportunity for everyone to experience, understand and celebrate "the rich diversity" of the communities of refugees.
- In 2023, the number of people who are displaced, stateless, seeking asylum or refugees is 117.2 million. If this number were a country, it would be the 13th most populous on earth, 3 just below Japan.
- Some 43 percent live in low- and middle-income countries. Many countries, at all income levels, are both the origin and destination of migrants at the same time.
- With a record number of people forced to flee their homes, the international community must work together to give refugees more hope and more opportunities while they are away from home.
- You can welcome new refugees who are arriving in your community by offering shelter, support or even a job. Get inspired by our stories of welcome and look for volunteer and sponsorship opportunities near you to support refugee families. The more we understand, the greater sense of belonging we create.
- Unlike refugees who cannot safely return home, migrants face no such impediment to return. If they choose to return home, they will continue to receive the protection of their government. For individual governments, this distinction is important. Migrants are not protected under international law.
- Its **theme** for this year is **compassion**. What a perfect concept to confront the wave of distrust, anger and fear against refugees and asylum seekers.



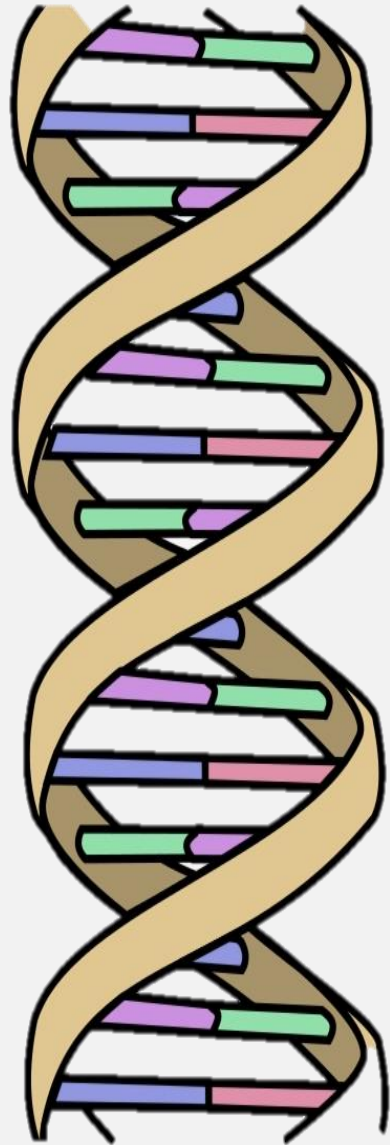
HOPE
AWAY FROM
HOME

A world where
refugees are
always included



National Fragile X Awareness Day

July 22, 2023



CAUSE

Fragile X Syndrome (FXS) is an X-linked dominant genetic disorder caused by mutations in the FMR1 gene on the X Chromosome. The mutation leads to a lack or reduced production of the FMRP protein that is essential in brain development



#1

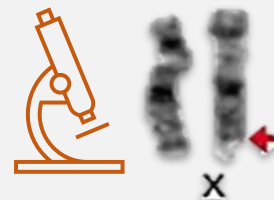
leading known genetic causes of intellectual disability

HISTORY

FXS was first described by Martin and Bell in 1943. The name "Fragile X" comes from a specific characteristic observed under a microscope on the X chromosome in affected individuals. A particular region Xq27.3 appears narrowed or "fragile"

CO-OCCURRING CONDITIONS

**Autism
ADHD
Anxiety disorders
Sensory processing disorders**



PREVALENCE

**1 in 4,000 male
1 in 8,000 female
Males are more severely affected than females**



INTERNATIONAL DAY OF FRIENDSHIP (JULY 30TH)

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.

The resolution places emphasis on involving young people in community activities that include different cultures and promote international understanding and respect for diversity.

To mark the International Day of Friendship, the UN encourages governments, international organizations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding and reconciliation.

The International Day of Friendship is an initiative that follows on the proposal made by UNESCO defining the Culture of Peace as a set of values, attitudes and behaviors that reject violence and endeavor to prevent conflicts by addressing their root causes with a view to solving problems. It was then adopted by the UN General Assembly in 1997.

Actions to Promote a Culture of Peace

- foster a culture of peace through education
- promote sustainable economic and social development
- promote respect for all human rights
- ensure equality between all individuals
- Embrace diversity and get to know other cultures by traveling the world and doing research
- support participatory communication and the free flow of information and knowledge
- promote international peace and security.

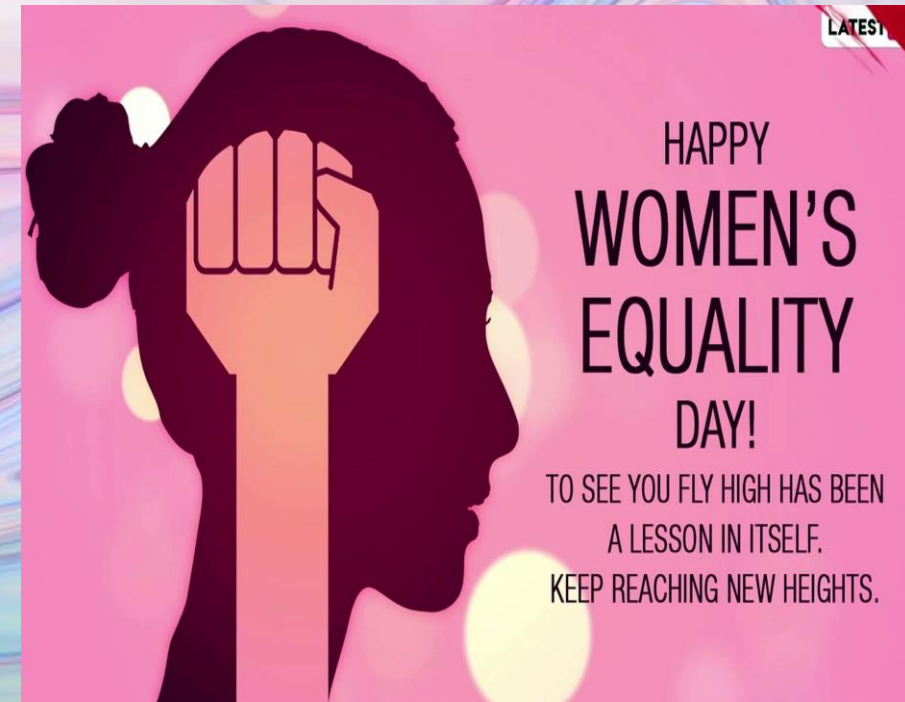


WOMEN'S EQUALITY DAY

- ❖ The right to vote, the cornerstone of democracy, belongs to all citizens — but this wasn't always the case.
- ❖ The 19th Amendment, ratified in 1920, ensures voting rights for everyone regardless of gender.
- ❖ Women's Equality Day is celebrated in the United States on August 26 to commemorate the day in 1920 when the Secretary of State Bainbridge Colby signed the proclamation granting American women the constitutional right to vote.
- ❖ It was first celebrated in 1971, designated by Congress in 1973, and is proclaimed each year by the United States President.
- ❖ This date reminds us of the hurdles overcome by the heroic women who faced violence and discrimination to propel the women's movement forward.
- ❖ Gender equality prevents violence against women and girls. It's essential for economic prosperity. Societies that value women and men as equal are safer and healthier. Gender equality is a human right.
- ❖ Today, Women's Equality Day celebrates the achievements of women's rights activists and reminds us of the unique daily struggles that women face.
- ❖ To make sure women are not oppressed by anyone, we need to empower them with education and to support their education, they require funds that can help build a base for their strong future.



- ❖ This year's **theme for Women's Equality Day** is **#EmbraceEquity** — as part of our 2021–26 Strategic Plan, WTS International prioritizes equity, access, and opportunity in everything we do.





September 15 to October 15

¡Mes de la Herencia Hispana!

We celebrate Hispanic Heritage Month, whose roots go back to 1968, by recognizing the contributions made and the important presence of Hispanic and Latino Americans to the United States.

We also celebrate this special heritage and culture during this time.

The term Hispanic or Latino, refers to Puerto Rican, South or Central American, and other Spanish cultures or origins regardless of race.

September 15th is the anniversary of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua's independence. Mexico, Chile, and Belize share their independence during this month as well. Columbus Day (Día de la Raza) is the second Monday in October.

Today nearly 58 million people, or 18% of Americans, are of Hispanic or Latino origin and another 3.3 million are residents of Puerto Rico, a U.S. territory.

Share in this annual tribute by learning about and celebrating the generations of Hispanic Americans who have positively enriched our nation and society.

¡Celebra!

Krishna Janmashtami

- Krishna is Hindu supreme deity, and worshiped in people's houses every day. Krishna is considered as 8th incarnation (avatar) of lord Vishnu. Krishna is the principal protagonist with Arjun in Bhagavad Gita (Holy book of Hinduism) where Arjun recognized him as a God. Lord Krishna imparted this knowledge to Arjuna in the battle of Kurukshetra, when the latter was in a distressed condition. Upon receiving this knowledge, he returned to his happy and stable position. Bhagavad Gita is the fundamental knowledge to lead a meaningful life.

- Krishna Janmashtami is the birthday of lord Krishna. It is widely celebrated by Hindus across the globe during the monsoon month. This year it is recognized on Sep 6-7th. It is the celebration of joy, love and divinity.





- [1. https://harekrishnamandir.org/bhagavad-gita?gclid=EA1alQobChMI2dalx_bXgAMVrfGUCR37NwVxEAAAYiAAEgLBPCD_BwE](https://harekrishnamandir.org/bhagavad-gita?gclid=EA1alQobChMI2dalx_bXgAMVrfGUCR37NwVxEAAAYiAAEgLBPCD_BwE)

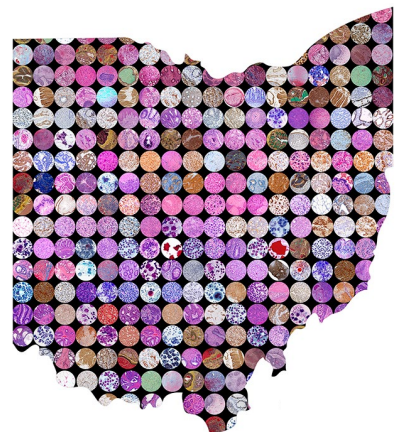
- [2. https://harekrishnamandir.org/sri-krishna-janmashtami](https://harekrishnamandir.org/sri-krishna-janmashtami)





HAPPY LABOR DAY

-  Labor Day, observed on the first Monday of September in many countries, is a day dedicated to celebrating the achievements and contributions of workers. It serves as a tribute to the countless individuals who labor tirelessly day in and day out to build, strengthen, and sustain our communities, our nations, and our world.
-  This special day is a reminder of the importance of labor rights, fair wages, safe working conditions, and the power of collective action. It commemorates the labor movement's historical struggles to secure these rights and improve the quality of life for workers everywhere.
-  Labor Day is a time to acknowledge that work is not just a means of earning a living; it is a fundamental part of our identity and purpose. It's a day to recognize that the dedication, skills, and commitment of workers from all walks of life drive progress, innovation, and prosperity.
-  As we celebrate Labor Day, we take a moment to express gratitude and appreciate the efforts of workers in various fields, from healthcare and education to manufacturing and service industries. We recognize that the labor force is made up of people of diverse backgrounds, talents, and abilities, each contributing uniquely to society.



SEPTEMBER IS SUICIDE PREVENTION MONTH

NATIONAL SUICIDE & CRISIS LIFELINE

- ◆ Call or text **988**
- ◆ Chat at [988lifeline.org](https://www.988lifeline.org)
- ◆ Text **4hope** to **741 741**

CONNECT TO FREE CRISIS COUNSELOR

- ◆ Text **NAMI** to **741 741**

LOCAL CRISIS PHONE LINE (24-HOUR)

- ◆ **614-221-5445**

TRANS LIFELINE

- ◆ **877-565-8860**

Call **911**

THE OHIO STATE UNIVERSITY SUICIDE PREVENTION PROGRAM

- ◆ suicideprevention.osu.edu
- ◆ **800-678-6265 (24-HOUR)**

OSU EAP: osuhealthplan.com/programs-and-services/eap

WHAT HAPPENS WHEN YOU CALL THE LIFELINE?

AUTOMATED MESSAGE

Featuring additional options while call is routed to local Lifeline crisis center

MUSIC

While connecting to skilled, trained crisis worker

TRAINED CRISIS WORKER

Answers, listens, provides support, gets you the help you need

Lifeline Center calls are:

- ◆ **FREE**
- ◆ **CONFIDENTIAL**
- ◆ **AVAILABLE 24/7**

988 Suicide & Crisis Lifeline



CHAT WITH LIFELINE

Navratri colours 2023

Day 1, October 15	Orange	Orange signifies warmth and exuberance. It is said that the colour attracts positive energy and vigour.
Day 2, October 16	White	It's best known that white is synonymous with purity and innocence. The colour also denotes peace; wearing it could bring a sense of calm.
Day 3, October 17	Red	Symbolic of passion and love, red has been ascribed to the third day of Navratri. It also reflects health, life and courage to fight evil.
Day 4, October 18	Royal Blue	The colour of regality and elegance, royal blue is a very vivid shade which exudes a poised richness. Wearing the colour reflects on an individual's reliability, as believed.
Day 5, October 19	Yellow	The colour is associated with a sense of optimism and warmth as well. According to people's belief, yellow brings unparalleled joy and thus is considered auspicious.
Day 6, October 20	Green	Green is often associated with fertility, serenity and growth. The colour is also symbolic of new beginnings. Wearing the colour will attract positive change of events.
Day 7, October 21	Grey	Representative of balance, the colour grey is ascribed to the seventh day. Wearing the colour will bring a balance in emotions and help the individual keep themselves grounded and subtle.
Day 8, October 22	Purple	Similar to royal blue, purple is symbolic of nobility and regality. It's also often associated with luxury. Wearing the colour will attract opulence and richness.
Day 9, October 23	Peacock Green	An exquisite blend of hues of blue and green, the colour signifies individuality and uniqueness. The colour is associated with compassion and freshness--qualities synonymous with blue and green.

Navaratri



- Navaratri is an annual Hindu festival observed in honour of the goddess Durga, an aspect of Adi Parashakti, the supreme goddess.
- This festival is celebrated with immense happiness and fervor across the country by all the Hindu devotees.
- It is celebrated for nine consecutive nights and begins on the first day of the Hindu lunar month of Ashwin. In 2023, Navratri will commence on October 15th and conclude on October 24th. The festival culminates on the tenth day, known as Dussehra or Vijayadashami.
- Celebrations include worshipping nine goddesses during nine days, stage decorations, recital of the legend, enacting of the story, and chanting of the scriptures of Hinduism.
- Devotees celebrate this festival by various ways. Some bring idol at home and worship the idol for nine long days and then they immerse the idol in the water on the day of Visarjan.
- On the ninth day, people honor Goddess Siddhidatri, the guardian of spiritual power. She is revered for success and wealth, with her preferred color, peacock green, symbolizing knowledge, wisdom, and the end of ignorance.

Kwanzaa is a week-long celebration honoring African heritage and culture, observed from December 26th to January 1st.

It was created in 1966 by Dr. Maulana Ron Karenga. The name “Kwanzaa” is derived from the Swahili phrase “matunda ya kwanza” meaning “first fruits”.

Kwanzaa features the lighting of seven candles in a kinara, with each candle representing the seven principles or values known as “Nguzo Saba”, focusing on unity, self-determination, collective responsibility, cooperative economic, purpose, creativity and Imani (faith).

The traditional colors of Kwanzaa are black, red, and green. Celebratory activities include feasts, music, dance and the exchange of symbolic gifts called Zawadi.

Kwanzaa encourages reflection on African heritage, fostering community building and cultural pride.



Celebrate Yule with Joy and Cheer!

Yule, both a historical and contemporary festival, is recognized during the winter solstice and is commonly observed in diverse cultures from late December to early January. Its origins can be traced back to ancient pagan traditions, especially in Northern Europe. During this festive occasion, the celebration symbolizes the rejuvenation of the sun as the days gradually lengthen after the culmination of the longest night of the year.

1. **Winter Solstice:** Yule aligns with the winter solstice, the shortest day and longest night of the year. It serves as a symbolic turning point, representing the juncture where daylight begins to increase. This shift signifies the return of the sun's strength and carries the promise of renewed life, encapsulating the essence of Yule's significance.
2. **Nature and Symbolism:** Yule is closely connected to nature, with evergreen plants like holly, mistletoe, and pine symbolizing life's continuity amid winter's dormancy. Decorations such as wreaths and Yule logs are common, representing the cyclical nature of life, death, and rebirth.



3. **Feasting and Merriment:** Yule is a time of feasting and joyous gatherings. Traditional foods vary across cultures but often include hearty meals, sweet treats, and drinks to celebrate the abundance of the season.
4. **Gift-Giving:** Exchanging gifts during Yule reflects the spirit of generosity and goodwill. It is a way of sharing warmth and appreciation with loved ones.
5. **Rituals and Traditions:** Yule ceremonies often involve rituals, such as lighting candles to represent the returning sun or performing ceremonies to honor the changing seasons. These may vary among different pagan or contemporary spiritual practices.
6. **Connection to Various Traditions:** While Yule has its roots in Norse and Celtic traditions, it has also been adapted and incorporated into various cultural and religious practices, including modern Pagan and Wiccan celebrations. In some contexts, Yule is synonymous with Christmas, as many Christmas customs have origins in Yule traditions.