

BELONGING-US

MARCH 2023

power of inclusion



TOPICS OF THE WEEK

- NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH
- WOMEN'S HISTORY MONTH
- IRISH AMERICAN HISTORY MONTH
- DEAF HISTORY MONTH
- RAMADAN

WELCOME BY ERIKA D'AQUILA, FISCAL ADMINISTRATIVE MANAGER

EVERY MONTH HAS MULTIPLE AWARENESS'S, CELEBRATIONS, AND MEANINGS THAT SPARK SOME TYPE OF INTEREST WITHIN PEOPLE DEPENDING ON THEIR BACKGROUNDS. FOR THE DEPARTMENT OF DEVELOPMENTAL SERVICES, THE MONTH OF MARCH SHOULD HOLD A SPECIAL MEANING TO ALL WITHIN THE AGENCY AS IT IS NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH. SINCE STARTING WITH DDS BACK IN AUGUST, I HAVE SEEN HOW IMPORTANT INCLUSION OF ALL IS TO EVERYONE AND THERE IS A FEEL UNLIKE ANY OTHER STATE AGENCY I HAVE WORKED FOR IN THE PAST. THERE IS SO MUCH LOVE AND MEANING BEHIND DDS STARTING WITH THE TRAININGS GIVEN TO ALL TO ENSURE ITS EMPLOYEES KNOW WHAT IS MOST IMPORTANT, THE INDIVIDUALS WE SERVE DAILY. IT IS SO WONDERFUL TO BE A PART OF AN AGENCY WITH SUCH A STRONG MISSION AND I LOOK FORWARD TO THE FUTURE AND CONTINUING SUPPORT OF THE INDIVIDUALS.



Photo: innertruth.org



Photo: www.bing.com

EVERY MARCH, PEOPLE IN THE UNITED STATES CELEBRATE THE ACHIEVEMENTS AND HISTORY OF WOMEN AS PART OF WOMEN'S HISTORY MONTH. HERE ARE JUST A FEW WOMEN WHO MADE HER-STORY!
 (SUBMITTED BY YANA RAZUMNAYA, NR SELF ADVOCATE COORDINATOR)

RUTH BADER GINSBURG IN 1956 WAS ONE OF ONLY NINE WOMEN (OUT OF 500 STUDENTS!) AT HARVARD LAW SCHOOL. SHE AND HER FEMALE CLASSMATES WERE BANNED FROM USING ONE OF THE LIBRARIES ON CAMPUS. JUSTICE EMERITUS GINSBURG ENDED UP FINISHING HER LAW DEGREE AT COLUMBIA UNIVERSITY AFTER HER HUSBAND TOOK A JOB IN NEW YORK CITY.



SHE GRADUATED FIRST IN HER CLASS FROM COLUMBIA LAW SCHOOL. SHE WAS NOT ONLY THE FIRST WOMAN TO BECOME A MEMBER OF THE STUDENT-RUN LEGAL JOURNALS FROM EACH SCHOOL, BUT THE FIRST PERSON, EVER. DESPITE HER STELLAR EDUCATION, SHE HAD TROUBLE FINDING A JOB. "I STRUCK OUT ON THREE ROUNDS," GINSBURG SAID. "I WAS JEWISH, A WOMAN AND A MOTHER. THE FIRST RAISED ONE EYEBROW; THE SECOND, TWO; THE THIRD MADE ME INDUBITABLY INADMISSIBLE.". JUSTICE GINSBURG TOOK A JOB AS A LAW PROFESSOR AT RUTGERS UNIVERSITY. IT WAS HERE THAT SHE TOOK UP THE FIGHT FOR EQUAL PAY. IN 1972, JUSTICE GINSBURG BECAME THE FIRST TENURED FEMALE COLUMBIA LAW SCHOOL PROFESSOR. AFTER BEING APPOINTED BY PRESIDENT BILL CLINTON IN 1993, JUSTICE GINSBURG BECAME THE SECOND OF ONLY FOUR FEMALE JUSTICES IN US HISTORY AND THE FIRST JEWISH SUPREME COURT JUSTICE. SHE WAS A FEMINIST ICON AND NICKNAMED "THE NOTORIOUS RBG." (SOURCE: [HTTPS://WWW.SUPREMECOURT.GOV/ABOUT/BIOGRAPHY GINSBURG.ASPX](https://www.supremecourt.gov/about/biography_ginsburg.aspx))



KATHARINE MARTHA HOUGHTON HEPBURN

KNOWN AS "KIT," BORN IN 1878 TO THE WEALTHY FAMILY THAT FOUNDED THE CORNING GLASS WORKS, KATHARINE HOUGHTON GREW UP OUTSIDE BUFFALO, NEW YORK. SHE HAD A DIFFICULT CHILDHOOD. HER FATHER COMMITTED SUICIDE WHEN SHE WAS 14, AND HER MOTHER DIED SOON AFTER OF CANCER AT THE AGE OF 36. KIT AND HER TWO SISTERS WERE PLACED UNDER THE CARE OF AN UNCLE, AMORY HOUGHTON. IN 1899 KATHERINE RECEIVED HER BACHELOR OF ARTS IN HISTORY AND POLITICAL SCIENCE AND IN 1900 COMPLETED HER MASTER'S DEGREE. IN 1904 KATHARINE HOUGHTON MARRIED THOMAS NORVAL HEPBURN, A MEDICAL STUDENT. AFTER HER HUSBAND FINISHED HIS MEDICAL TRAINING, THE HEPBURNS MOVED TO HARTFORD, WHICH REMAINED HOME FOR THE REST OF THEIR LIVES. BETWEEN 1905 AND 1918, THE HEPBURNS HAD SIX CHILDREN. THEY NAMED THE SECOND KATHARINE, AFTER HER MOTHER, AND SHE BECAME THE FAMOUS AMERICAN STAGE AND SCREEN ACTRESS. FROM 1910 TO 1911, AND THEN AGAIN FROM 1913 TO 1917, SHE SERVED AS PRESIDENT OF THE CONNECTICUT WOMAN SUFFRAGE ASSOCIATION. DURING HER TIME WITH THIS ORGANIZATION, SHE WROTE AND PUBLISHED SEVERAL PAMPHLETS DEALING WITH CONTROVERSIAL TOPICS OF THE DAY. (SOURCE: [HTTPS://CONNECTICUTHISTORY.ORG/KATHARINE-HOUGHTON-HEPBURN-A-WOMAN-BEFORE-HER-TIME/](https://connecticuthistory.org/katharine-hepburn-a-woman-before-her-time/))



WOMEN'S HISTORY MONTH



RITA MORENO HAS INFLUENCED THE ENTERTAINMENT INDUSTRY FOR OVER 70 YEARS AS AN ACTRESS, SINGER, AND DANCER. SHE WAS THE THIRD PERSON IN HISTORY AND THE FIRST LATINA TO WIN ALL FOUR MAJOR ENTERTAINMENT AWARDS: AN OSCAR, AN EMMY, A GRAMMY, AND A TONY AND TO EARN AN "E.G.O.T.". IN 2004, SHE WAS HONORED WITH THE PRESIDENTIAL MEDAL OF FREEDOM FOR HER MANY CONTRIBUTIONS TO THE ARTS. MS. MORENO WAS BORN IN PUERTO RICO AND IMMIGRATED TO THE UNITED STATES WHEN SHE WAS FIVE YEARS OLD. SHE WAS FIRST HIRED AT AGE 11 TO RECORD SPANISH-LANGUAGE VERSIONS OF AMERICAN FILMS AND MADE HER BROADWAY DEBUT AT AGE 13. HER FIRST FILM CAME OUT IN 1950 AND SHE SIGNED TO A SEVEN-YEAR CONTRACT WITH MGM STUDIOS WHERE SHE ADOPTED THE STAGE NAME RITA MORENO. MORENO REMEMBERS FREQUENTLY BEING OFFERED STEREOTYPICAL "ETHNIC" OR SEXUALIZED ROLES BEING ASKED TO DEPICT VARIOUS ETHNICITIES INCLUDING HAWAIIAN, NATIVE AMERICAN, EGYPTIAN, FILIPINO. IN 1961, SHE WAS CAST AS ANITA IN THE FILM ADAPTATION OF "WEST SIDE STORY" FOR WHICH SHE WON AN OSCAR. EVEN AFTER THIS SUCCESS, RITA'S AGENTS ONLY SUBMITTED HER FOR "EXOTIC" AND LATINA ROLES. RITA MORENO'S FIRST FORAY INTO SOCIAL JUSTICE WAS ATTENDING THE MARCH ON WASHINGTON WITH MARTIN LUTHER KING, JR. "I WAS THERE WHEN HE UTTERED THE 'I HAVE A DREAM' SPEECH," SHE SAID. SHE CONTINUED TO BE A CONSCIOUS ACTIVIST THROUGHOUT HER CAREER, FIGHTING FOR LATINO AND WOMEN'S RIGHTS. (SOURCE: [HTTPS://WWW.KENNEDY-CENTER.ORG/ARTISTS/M/MO-MZ/RITA-MORENO/](https://www.kennedy-center.org/artists/m/mo-mz/rita-moreno/))

(Submitted by Yana Razumnaya, NR Self Advocate Coordinator)

SIMONE BILES AN AMERICAN GYMNAST HAS BEEN CONSIDERED ONE OF HER SPORT'S GREATEST OF ALL TIME. MS. BILES AND HER YOUNGER SISTER WERE ADOPTED BY HER MATERNAL GRANDFATHER AND HIS SECOND WIFE. ON A DAYCARE FIELD TRIP AT AGE SIX, SHE WAS TAKEN TO A GYM AND SAW OLDER GIRLS PRACTICING GYMNASTICS. WHEN THE COACHES SAW THE SIX-YEAR-OLD SIMONE SUCCESSFULLY IMITATING THE FEATS OF GIRLS IN THEIR TEENS, THEY WROTE A NOTE TO THE FAMILY SUGGESTING GYMNASTIC CLASSES, STARTING HER ON THE PATH TO STARDOM. AT AN EARLY AGE, SHE RECEIVED A DIAGNOSIS OF ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD). LIKE MOST YOUNG PEOPLE WITH THIS DIAGNOSIS, SHE WAS PRESCRIBED THE STIMULANT RITALIN. "THE CHALLENGES WE FACE HELP DEFINE WHO WE ARE," SIMONE WROTE. "MY CHALLENGE IS ALSO MY SUPERPOWER: ADHD." BILES ROSE TO FAME IN 2013 – WINNING TWO WORLD CHAMPIONSHIP GOLDS AGED JUST 16, INCLUDING THE ALL-AROUND TITLE. SHE FOLLOWED THAT WITH FOUR WORLD GOLDS IN 2014 AND ANOTHER FOUR IN 2015. MS BILES HAS DEBUTED MOVES NEVER SUCCESSFULLY DONE IN COMPETITION, INCLUDING A DOUBLE-DOUBLE DISMOUNT FROM THE BALANCE BEAM. THE MOVE BECAME KNOWN AS "THE BILES". MS. BILES BROUGHT MENTAL HEALTH ISSUES TO THE FOREFRONT IN TOKYO AND WAS VERY BRAVE TO PUT HERSELF AND HER TEAM FIRST. SHE WON TWO SILVER MEDALS IN TOKYO-ONE FOR THE TEAM COMPETITION AND ONE FOR BEAM. MS.BILE'S BRAVERY, TALENT AND PERSONALITY TRULY MAKE HER THE GREATEST OF ALL TIME! (SOURCE: [HTTPS://WWW.TIMEFORKIDS.COM](https://www.timeforkids.com)).

(Submitted by Yana Razumnaya, NR Self Advocate Coordinator)

WHO STARTED WOMEN'S HISTORY MONTH AND WHY?

SUBMITTED BY NATASHA COLE, WR SELF-ADVOCATE COORDINATOR



Photo: www.teachhub.com

THE MONTH OF MARCH HAS BEEN DESIGNATED BY PRESIDENTIAL PROCLAMATION TO HONOR WOMEN'S CONTRIBUTIONS TO AMERICAN HISTORY. THE NATIONAL MONTH OF RECOGNITION WAS INSTITUTED BY PRESIDENT JIMMY CARTER. MARCH IS WOMEN'S HISTORY MONTH, A NATIONAL RECOGNITION OF THE VITAL ROLES WOMEN HAVE PLAYED THROUGHOUT HISTORY

For more information on Women's History Month [click here](#)

NATIONAL DEAF AWARENESS MONTH



Submitted by WR Cultural Committee

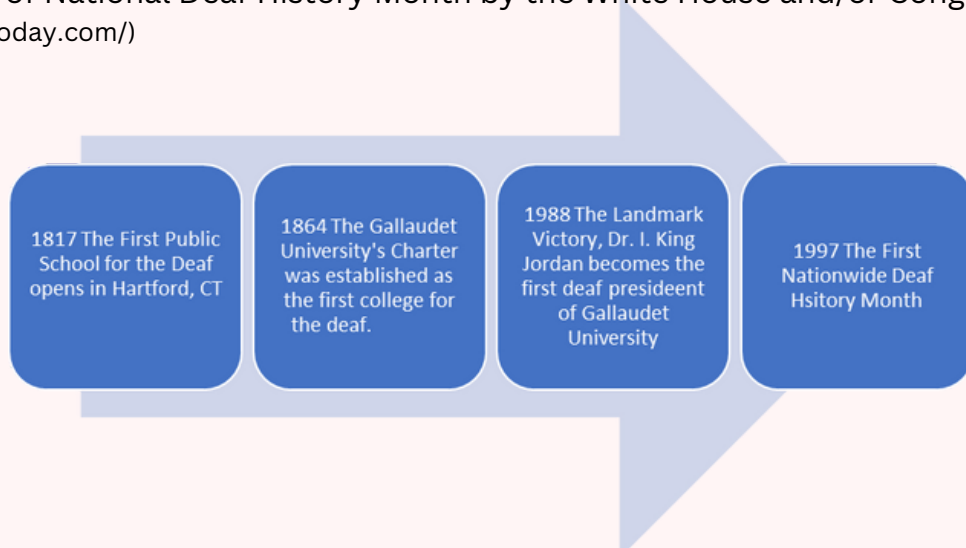
National Deaf History Month runs from March 13 to April 15 every year. Although National Deaf History Month is not a federally recognized holiday, it's a time to raise awareness about the deaf community and their struggles in our society. The month also focuses on honoring the immense contributions of deaf individuals and the deaf community to our country. During this month, we also get to learn more about the ongoing advocacy work many organizations undertake to make life easier and more inclusive for deaf and hard-of-hearing individuals.

On April 8, 1864, America's only higher education institution for deaf and hard-of-hearing students Gallaudet University was founded, following President Abraham Lincoln's assent of the charter which established the prestigious college. The university is named after notable educator and minister, Thomas Hopkins Gallaudet, who pioneered research and advocacy for an improved educational system for deaf and hard-of-hearing students in the U.S. Lastly, American School for the Deaf (ASD) in West Hartford, Connecticut – the first permanent public school for the deaf and hard-of-hearing – was founded on April 15, 1817.

On March 13, 1988, the 'Deaf President Now' – also known as the DPN Movement – successfully campaigned for the appointment of a deaf president at Gallaudet University. Dr. I. King Jordan subsequently became Gallaudet University's first deaf president

The celebration of National Deaf History Month is traced to two deaf employees at the Martin Luther King Jr. Memorial Library in Washington D.C. who taught their colleagues sign language on March 13, 1996. This event spurred the library management led by the deaf librarian, Alice Hagemeyer – who also initiated Friends of Libraries for Deaf Action (FOLDA) – to create the Deaf Awareness Week in 1997.

In 2006, the American Library Association (ALA) and National Association of the Deaf (NAD) designated March 13 to April 15 of every year as Deaf History Month and a month-long nationwide event. Since then, both advocacy organizations have continued to clamor for a federal proclamation of National Deaf History Month by the White House and/or Congress. (Source:<https://nationaltoday.com/>)



FAST FACTS: HELEN KELLER

* BLIND AND DEAF FROM INFANCY, HELEN KELLER IS KNOWN FOR A CAREER OF PUBLIC SERVICE AND HUMANITARIAN ACTIVISM.

*BORN: JUNE 27, 1880 IN TUSCUMBIA, ALABAMA

*PARENTS: CAPTAIN ARTHUR KELLER AND KATE ADAMS KELLER

*DIED: JUNE 1, 1968 IN EASTON CONNECTICUT

*EDUCATION: HOME TUTORING WITH ANNIE SULLIVAN, PERKINS INSTITUTE FOR THE BLIND, WRIGHT-HUMASON SCHOOL FOR THE DEAF, STUDIES WITH SARAH FULLER AT THE HORACE MANN SCHOOL FOR THE DEAF, THE CAMBRIDGE SCHOOL FOR YOUNG LADIES, RADCLIFFE COLLEGE OF HARVARD UNIVERSITY

*PUBLISHED WORKS: THE STORY OF MY LIFE, THE WORLD I LIVE IN, OUT OF THE DARK, MY RELIGION, LIGHT IN MY DARKNESS, MIDSTREAM: MY LATER LIFE

*AWARDS AND HONORS: THEODORE ROOSEVELT DISTINGUISHED SERVICE MEDAL IN 1936, PRESIDENTIAL MEDAL OF FREEDOM IN 1964, ELECTION TO THE WOMEN'S HALL OF FAME IN 1965, AN HONORARY ACADEMY AWARD IN 1955 (AS THE INSPIRATION FOR THE DOCUMENTARY ABOUT HER LIFE), COUNTLESS HONORARY DEGREES

NOTABLE QUOTE: "THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CANNOT BE SEEN, NOR TOUCHED ... BUT ARE FELT IN THE HEART."

(SOURCE: WWW.THUGHTCO.COM)

HOW TO OBSERVE NATIONAL DEAF HISTORY MONTH

1. LEARN SIGN LANGUAGE

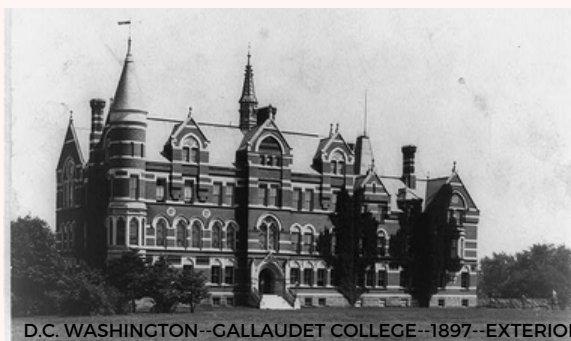
2. LEARN MORE ABOUT DEAF HISTORY

3. READ MEMOIRS, ARTICLES, BOOKS BY DEAF AUTHORS, AND TED TALKS THAT FEATURE DEAF SPEAKERS.

4. PARTNER WITH THE DEAF COMMUNITY
THERE ARE VARIOUS

5. LEARN ABOUT DEAF RIGHTS

6. SUPPORT ADVOCACY GROUPS IN THE U.S. SEARCH THROUGH THE WEBSITES OF THESE ADVOCACY GROUPS TO LEARN HOW YOU CAN JOIN THEIR FIGHT FOR EQUITY FOR THE DEAF COMMUNITY.



D.C. WASHINGTON--GALLAUDET COLLEGE--1897--EXTERIOR

PHOTO, COPYRIGHTED BY R. DOUGLAS, 1897.
//HDL.LOC.GOV/LOC.PNP/CPH.3B38769

IRISH AMERICAN HISTORY

The Irish started immigrating to America in the 1600s while it was still a colony of Great Britain. They were mainly indentured servants or redemptioners, whose passage was paid in return for a certain number of years of work. By the 1700s, Protestants, Catholics, and Quakers were coming to the United States to start new lives without religious discrimination and laws against the Celtic heritage of the Irish. (librarypoint.org) The first recorded celebration of Irish Americans in the United States dates back to 1762 with the first St. Patrick's Day parade in New York City. In 1991, President George H. W. Bush issued the first proclamation designating March as Irish-American Heritage Month to commemorate the millions of Irish citizens who immigrated to America and their descendants and their contributions. What is less talked about is the anti-immigrant sentiment that was often faced by new Irish Americans. (Source: nationaltoday.com). It is easily forgotten, how anti-Catholic the United States was 150 years ago, when the Know Nothing Party in Boston, campaigned on an anti-Catholic ticket and where Irish Catholics were perceived as a threat by the majority Protestant population. The middle of the nineteenth century was at a time when many believed "Protestantism defined American society" and that "Catholicism was not compatible with the basic values Americans cherished most". These people believed their values were threatened by the arrival of thousands of Catholics fleeing famine in Ireland (Source: www.catholicireland.net). The discrimination was not subtle or insidious. It was right there in black and white, in newspaper classified advertisements that blared "No Irish Need Apply." The image of the simian Irishman, imported from Victorian England, was given new life by the pens of illustrators such as Thomas Nast that dripped with prejudice as they sketched Celtic ape-men with sloping foreheads and monstrous appearances.

While many of the Irish immigrants in the early 1800s were skilled workers, by the middle of the century, most were simply fleeing the famine and poverty of their homeland. Not enough land and the Great Famine of the 1840s resulted in millions emigrating to the United States. Instead of finding farms in their new country where they had lived in their former homeland, many settled in big cities, including Boston, New York, and Philadelphia. These emigrants were part of the foundational workforce for increasing industry and manufacturing in the United States. They also helped build roads and canals throughout the country, such as the Erie Canal in New York. (Source: librarypoint.org)

Although they often faced discrimination from other American citizens, the bravery and fierce loyalty of the 69th New York Infantry Regiment, also known as The Irish Brigade, opens a new window, in the Civil War and soon won them a place of honor in the making of America. This brigade also served honorably in World War I and World II and is now a part of the New York National Guard. Along with contributing their backbreaking work in building much of the country's infrastructure and manufacturing plants in the 1800s, Irish immigrants brought their strong social structures with them to support each other and the Americans around them. America continued to be the country of choice for many young Irish people wanting to improve their lot throughout the 20th century.

Over the years, many Irish Americans rose to places of power and influence in our country, and, as of 2019, 30.4 million, or 9.2%, of the American population claimed Irish ancestry, including 700,000 residents of Virginia. (Source: librarypoint.org)



An Irishman depicted as a gorilla ("Mr. G. O'Rilla")
Source: wikiwand.com



CELEBRITIES YOU DIDN'T KNOW WERE OF IRISH DESCENT

Nicole Kidman

Known as a cherished import from Australia, Kidman was actually born in Hawaii to parents who gave her Irish, English, and Scottish genes.

Brad Pitt

The son of a school counselor and a trucking company manager, Pitt is mainly of English ancestry, but also Irish and Welsh.

Robert DeNiro

Everyone knows that this household name has Italian blood, but you may not be aware of his maternal grandmother's Irish stock.

George Clooney

Clooney, born in Lexington, Kentucky, is of Irish, German, and English ancestry. (Did you know that he tried out for the Cincinnati Reds before discovering acting?)

Jennifer Aniston

The "Friends" star's father is of Greek descent, but she also has her mother's English, Irish, and Scottish forebears' blood in her veins.

(Source: nationaltoday.com)

Billy the Kid

Gene Kelly

Walt Disney

Bruce Springsteen

Henry Ford

John and Jackie Kennedy

Eileen Marie Collins

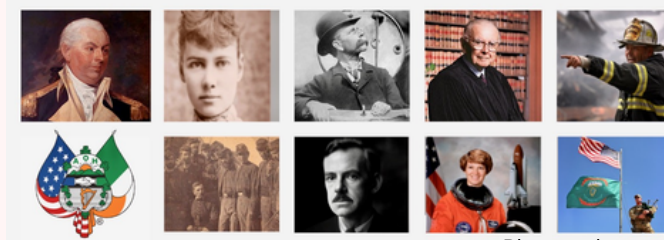


Photo:aoh.com

Ramadan



Photo: Jasmin Merdan//Getty Images

Submitted by WR Cultural Committee

Ramadan is a holy month of fasting, worship, and prayer. It celebrates the creation of the Quran, which is the holy book for people who practice the Islamic faith. Ramadan is a holy month observed by the majority of the world's 1.8 billion Muslims. Along with Eid al-Fitr, which is celebrated at the end of Ramadan and often involves the exchanging of Eid gifts and eating delicious sweets, Eid al-Adha, it's one of the most significant Muslim holidays. You may be familiar with the practice of fasting during Ramadan, which is an important spiritual practice for many Muslims. Fasting during Ramadan is one of the Five Pillars of Islam, which are the core beliefs and practices that define the religion. It allows Muslims to demonstrate their devotion and connect with themselves during the month of Ramadan. Hina Khan-Mukhtar, a teacher and writer who is on the Board of Directors for the Muslim Community Center East Bay in Northern California says that in addition to fasting, Ramadan is also a time for reflection. "It's a time for being really mindful about how we talk to people, what kind of language we use, what we're absorbing, even with our eyes — like what kinds of things we're looking at or watching. We're seeing how it affects our heart." In addition to fasting, there are other special things people do to observe Ramadan, like "moonsighting," praying on certain Quran verses, donating to charity, and more. And of course, there are special Ramadan greetings that are often used during this time.

Ramadan is a time for being mindful about how you interact with the world. "It's as if you can imagine Christmas being celebrated every night for a month. The community comes together, people bring food to share, even children love going to the mosque at night. It's a time of community and gathering."

(Source: www.womansday.com; authored by Jamie Ballard)



Interview by Jossie Torres, Self-Advocate Coordinator
Insights of Ramadan with Bibi Khan, Office Assistant, West Region

I had the pleasure of interviewing BiBi Khan, and asking her some questions about Ramadan.

Ramadan is a holiday observed by the Muslim religion that has been dated back to 624. It consists of fasting, (from sunrise to sunset), prayer, reflection, and community, typically it lasts for approximately 30 days. This year, 2023, Ramadan is from March 22nd to April 21st. It does not fall on the same day each year. The Muslim community depends on the moon to see when Ramadan will fall.

I asked Bibi what Eid al-Fitr means. She responded that Eid al-Fitr is the celebration after the 30 days of Ramadan that breaks the fasting. They also give gifts of money to the little kids because they don't receive gifts during Ramadan. The three most important parts to her are celebrating with the cultural food; Halal, being with family and friends, and the cleansing and giving thanks for everything she has.



Photo: www.fluentarabic.net

WHAT SHOULD I DO TO BE RESPECTFUL OF MY MUSLIM FRIENDS AND COWORKERS DURING RAMADAN?

“A GOOD WAY TO SUPPORT IS JUST HAVING A VERY POSITIVE MINDSET ABOUT RAMADAN, BEING EXCITED FOR PEOPLE, AND SAYING THINGS LIKE, ‘HOW IS YOUR RAMADAN GOING?’”

KEEPING A POSITIVE MINDSET CAN ALSO MEAN QUESTIONING YOUR OWN ASSUMPTIONS.

ALTHOUGH IT'S NOT EXPECTED THAT NON-MUSLIMS FAST DURING RAMADAN, SOME MAY FAST WITH MUSLIM COWORKERS IN SOLIDARITY. “IT'S REALLY HEARTWARMING TO SEE SOMEONE IS WANTING TO EXPERIENCE WHAT YOU'RE EXPERIENCING.”

LASTLY, IF YOU'RE AT AN EVENT LIKE A WORK PARTY AND YOU KNOW YOU HAVE MUSLIM COWORKERS WHO ARE FASTING, IT WOULD BE A THOUGHTFUL GESTURE TO PREPARE A PLATE FOR THEM AND COVER IT SO THAT THEY CAN TAKE IT HOME AND EAT IT WHEN THEY BREAK THEIR FAST THAT EVENING.

(SOURCE: WWW.WOMANSDAY.COM)

How to wish someone a Happy Ramadan

In addition to asking someone how their Ramadan is going and taking an interest in their experience, there are other ways you can wish them a Happy Ramadan. Here are a few ideas for Ramadan greetings you can share with friends, family, coworkers, and anyone else in your life.

*Enjoy the moonsighting this year!

*Have a happy Ramadan and Eid al-Fitr!

*May this year's Ramadan leave you feeling rejuvenated and happy.

*Ramadan Mubarak!

*Have a peaceful Ramadan.

*May all your duas come true this Ramadan!

*May we enter this month of Ramadan in peace and faith.

*Wishing you love and joy in Ramadan and on Eid.

*Eid Mubarak!

*May this Ramadan bring you a fresh start.

*Have a wonderful Ramadan and a blessed Eid.

*Wishing you health, wealth, and happiness this Ramadan.

*May the light of Ramadan continue to shine in your home all year long.

*Wishing you a Ramadan filled with joy!

*Ramadan Kareem!

*Wishing you harmony and joy during this month of Ramadan.

[For more information click here](#)

More to Celebrate

What is Purim and why is it celebrated? March 6&7

Purim, (Hebrew: "Lots") English Feast of Lots, a joyous Jewish festival commemorating the survival of the Jews who, in the 5th century BC, were marked for death by their Persian rulers. The story is related in the biblical Book of Esther. Purim. [For information about Purim please click here](#)

Submitted by Natasha Cole WR Self Advocate
Coordinator

March 21- International Day for the Elimination of Racial Discrimination



March 6 & 7 - Holi - Hindu HolidayHoli celebrations, also called Holi Festival, Festival of Colors, Festival of Spring and Festival of Love, have been called some of the most colorful festivals in the world. In India, and in countries with large populations of people who follow the Hindu religion, such as Nepal and Pakistan, it's one of the biggest celebrations of the year. Holi welcomes spring and the promise of a good harvest season. It's also a time to start new, which for some may mean mending fractured relationships, offering apologies or granting forgiveness, paying past-due debts, and letting go of petty disagreements.



March 25 -The International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade is an observance day occurring every 25th of March, according to the United Nations (UN) resolution in December 2007. According to historical accounts, slave traders transported 15-20 million people to Europe, Central, and South America for over a period of 400 years.

March 20 -Ostara marks the Spring Equinox, which happens between March 19 -23. Ostara is a pagan celebration of the German goddess Eostre and the origins of the Christian celebration of Easter. As the beginning of spring Ostara is a good time to literally and figuratively plant seeds for the future. Ostara is also a good time to freshen up your home and life. Take time to do some spring cleaning. Cleaning isn't just limited to your home. Take some time to declutter and clean up areas where you spend a lot of time, like your car, your computer (delete those old emails!) or your work office.

March 31- International Transgender Day of Visibility





Submitted by Lisa Fioravanti, WR Self
Determination Unit Secretary

13. "We're sucking diesel now."

Hard work and "Speaking up and Speaking out" truly fits the Irish saying "We're sucking diesel now" to live your best life...



[Wikimedia Commons](#)

When you've fallen into good fortune thanks to your own hard work — not the good ol' Irish luck — you'd say that you are "sucking diesel now."

This phrase is a way to pat yourself on the back about things going well in your life.

"GRANDFATHERED IN": AN OLD LAW CONTINUES TO APPLY IN CERTAIN SITUATIONS INSTEAD OF THE NEW LAW
WHY YOU SHOULD STOP USING IT: THE ORIGINAL GRANDFATHER CLAUSE WAS USED IN THE AMERICAN SOUTH TO DENY BLACK PEOPLE THE RIGHT TO VOTE BEFORE 1866 AND THEIR DESCENDANTS WERE EXEMPT FROM EDUCATIONAL, PROPERTY, OR TAX REQUIREMENTS FOR VOTING.
ALTERNATIVE: "THE OLD RULES APPLY"
SUBMITTED KARIN FRODEL, SR DS CASE MANAGER

RESOURCES:

- [HTTPS://WWW.JDSUPRA.COM/LEGALNEWS/RACIST-LANGUAGE-AND-ORIGINS-I-DIDN-T-35616/](https://www.jdsupra.com/legalnews/racist-language-and-origins-i-didn-t-35616/)
- [HTTPS://WWW.OPPORTUNITYAGENDA.ORG/EXPLORE/RESOURCES-PUBLICATIONS/SOCIAL-JUSTICE-PHRASE-GUIDE?UTM_MEDIUM=REFERRAL&UTM_SOURCE=IDEALIST](https://www.opportunityagenda.org/explore/resources-publications/social-justice-phrase-guide?utm_medium=referral&utm_source=idealist)
- [HTTPS://WWW.BUSINESSINSIDER.COM/OFFENSIVE-PHRASES-THAT-PEOPLE-STILL-USE-2013-11](https://www.businessinsider.com/offensive-phrases-that-people-still-use-2013-11)
- [HTTPS://WWW.MIC.COM/ARTICLES/141124/5-EVERYDAY-PHRASES-THAT-ACTUALLY-HAVE-RACIST-ORIGINS](https://www.mic.com/articles/141124/5-everyday-phrases-that-actually-have-racist-origins)
- [HTTPS://WWW.ICTINC.CA/BLOG/CULTURALLY-OFFENSIVE-PHRASES-YOU-SHOULD-USE-AT](https://www.ictinc.ca/blog/culturally-offensive-phrases-you-should-use-at)
- [HTTPS://WWW.IDEALIST.ORG/EN/CAREERS/WORDS-AND-PHRASES-TO-STOP-USING](https://www.idealists.org/en/careers/words-and-phrases-to-stop-using)
- [HTTPS://ABCNEWS.GO.COM/POLITICS/COMMONLY-TERMS-RACIST-ORIGINS/STORY?ID=71840410](https://abcnews.go.com/politics/commonly-terms-racist-origins/story?id=71840410)
- [HTTPS://WWW.MSN.COM/EN-US/NEWS/WORLD/25-EXPRESSIONS-WITH-RACIST-ORIGINS-YOU-SHOULD-STOP-SAYING/SS-](https://www.msn.com/en-us/news/world/25-expressions-with-racist-origins-you-should-stop-saying/ss-)

National Developmental Disabilities Awareness Month

National Developmental Disabilities Awareness Month (D.D.A.M.), observed throughout March, is a nationwide event to raise awareness about the inclusion of people with developmental disabilities and address the barriers that those with disabilities face. D.D.A.M. is about understanding the relationship between the way people function and how they are included and participate in society and making sure everybody has the same opportunities.

HISTORY OF NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH

Back in the 1960s, people with intellectual and developmental disabilities (I.D.D.) were regarded as ‘mentally disabled,’ and often relegated to the back rooms of family homes or underfunded state-run institutions. In the early 1960s, President Kennedy leveraged his family’s personal experience with his sister Rosemary’s disability and used the power of the Presidency to bring attention to the needs of people experiencing life with an intellectual and developmental disability (I.D.D.). He convened a Presidential Panel focused on the exclusion from education, employment, and community participation suffered by people with I.D.D. (Source: nationaltoday.com)

In October 1961 President John F. Kennedy convened the President’s Panel which developed “A Proposed Program for National Action to Combat Mental Retardation.” The panel’s work took place within the larger context that people with developmental disabilities in the United States who faced exclusion from schools, community activities, and many spheres of public and private life. President Kennedy sent a message to Congress in February 1963, which included a proposed legislative package with objectives for change. The 1975 amendments articulated findings that people with developmental disabilities have a right to appropriate treatment, services, and habilitation in the least restrictive setting that maximizes developmental potential. (Source: acl.gov)

The Developmental Disabilities Assistance and Bill of Rights Act of 1984 set up much of the system we all experience today with an emphasis “to achieve their maximum through increased independence, productivity, and integration into the community.” State Developmental Disabilities Councils were implemented in all states and territories. These were intended to provide additional training to individuals, families, and service delivery systems. (Source: acl.gov)

In 1987 President Reagan proclaimed March as National Developmental Disability Awareness Month to focus awareness on the potential of citizens with I.D.D. to work, contribute, and enjoy typical lives. In 1990, another landmark year, President Bush signed the Americans with Disabilities Act (D.D.). The act was amended again to move from the goals of independence, integration, and productivity toward interdependence, inclusion, and recognition of individual contributions. Training opportunities were expanded to include professionals, paraprofessionals, family members, and individuals with developmental disabilities and advocate for innovative public policy and community acceptance. The D.D. Act continues to grow to include affirmation of individual dignity, person-centered goals, and multicultural focus inclusive of individual and family participation.(Source: nationaltoday.com)

Photo: www.stcolettawi.org



WHAT YOU CAN DO TO CELEBRATE DEVELOPMENTAL DISABILITY MONTH

Share on social media

Post to your social media channels, information and stories that will amplify the voices of people with disabilities.

Bullying of students with special needs has become a serious and growing national problem. Some reports indicate that nearly 85% of students with special needs experience bullying. Stereotypes about people with disabilities contribute to the prevailing high unemployment rate among people with disabilities. Advocate and support.

Wear orange

Is the official color of Developmental Disabilities Awareness Month. One of the easiest ways to recognize D.D. Awareness Month is to invite your team to wear orange. So grab your orange attire, and let's celebrate!

About 15% of the world's population live with a disability. Learn about the DD community.

Half of people with disability cannot afford healthcare. Encourage system change.

Source: nationaltoday.com



THE WORLD'S COOKBOOK!



EGYPTIAN OMELET - EGGAH

Recipe by www.food.com
submitted by WR Cultural Committee

INGREDIENTS

UNITS: US

6

eggs

1

tablespoon flour

salt & pepper

1

large onion, diced

5

tablespoons oil (reserve 3 tbsp)

½

bunch parsley, chopped semi fine

1

tomatoes, diced

½

green bell pepper, diced

DIRECTIONS

PRE HEAT OVEN TO BROIL.

IN A BOWL MIX EGGS SALT, PEPPER AND FLOUR, SET ASIDE.

SAUTÉ ONIONS WITH 2 TBSP OIL TILL JUST TRANSLUCENT, ADD PARSLEY, TOMATOES AND BELL PEPPER COOK OVER MEDIUM HEAT FOR APPROX 3 MIN'S, REMOVE FROM FLAME AND SET ASIDE TO SLIGHTLY COOL.

MIX EGG MIXTURE WITH VEGETABLE MIXTURE. IN A NON STICK LARGE PAN ADD REMAINING 3 TBSP OIL, ONCE HOT ADD THE EGG/VEG MIXTURE. SHAKE MIXTURE AROUND PAN TILL ALL LIQUID IS EVENLY COATED. ONCE BOTTOM OF EGGAH IS COOKED PLACE PAN UNDER BROILER FOR 2 TO 3 MIN'S TILL TOP IS BROWNED. Serve with salad and pita bread, you've got dinner!

Irish Soda Bread

Recipe by www.landolakes.com

How to make

STEP 1

Heat oven to 375°F. Line baking sheet with parchment paper; set aside.

STEP 2

Combine all ingredients except buttermilk and currants in bowl; cut in butter until mixture resembles coarse crumbs. Stir in buttermilk and currants just until moistened.

STEP 3

Turn dough onto lightly floured surface; knead gently 10 times. Shape into ball. Place onto prepared baking sheet. Pat into 6-inch circle. Cut 1/2 inch deep "X" in top of dough with sharp knife.

STEP 4

Bake 30-35 minutes or until golden brown. Serve warm.

Ingredients

2 1/2 cups all-purpose flour

3 tablespoons sugar

2 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon salt

1/3 cup cold Land O Lakes® Butter, cut into chunks

1 1/4 cups buttermilk

1/2 cup currants or raisins



DDS HAPPENINGS

- Southbury Training School Bingo Night, Mardi Gras and St. Patrick's Day Celebration (flier to come)
- SR Regional Committee shared a community event for Women's History [Link click here](#)
- March 8 @4 PM -Self Advocate Employment Focus Group -(flier to come)
 - March 16@ 3 PM - Monthly Diversity Meeting
 - March 28@ 3 PM - Housing Forum

DDS COMMUNITY, WE ARE LOOKING FOR CONTRIBUTIONS TO THE MARCH 2023 NEWSLETTER. IF YOU HAVE A STORY, A RECIPE, INTERESTING FACT, OR PHOTO, PLEASE FEEL FREE TO CONTACT ME OR SEND TO CHERYL.ELLIS@CT.GOV. SUBMISSIONS ARE DUE BY **March 27**