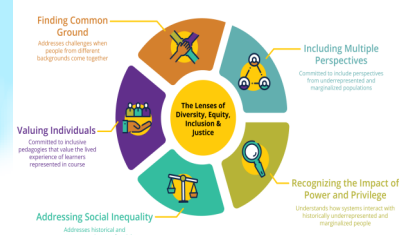


BELONGING—The Value of Community



WELCOME

The power of “we”. “We”, the community, is necessary to assist individuals in learning, growing, surviving, and thriving. Without “we”, the community cannot prosper. As Yehuda Berg states “A true community is not just about being geographically close to someone or part of the same social web network. It’s about feeling connected and responsible for what happens. Humanity is our ultimate community, and everyone plays a crucial role”. The way humanity interacts and connects is ever changing. The pandemic, social media, virtual meetings. Access to one another through Facebook, Teams, Zoom, MeetUp allows us to be more connected but also to hide behind the safety of anonymity. This feeling of safety can lead increased degradation, division, and dehumanization of others. It has allowed like minded individuals a platform to only hear voices that support their opinion, limit opportunity to truly dialogue about our differences, and our similarities, to experience someone else perspective even if you don’t agree by just unfriending, or stop listening (turn off the camera). This newsletter hopes to serve as another medium to share stories, learn from one another, lend a voice to diversity, and an opportunity to share cultural stores and experiences.

Please enjoy reading this months newsletter.

“In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it. - Marianne Williamson

This Newsletter:

Jewish American Heritage

Asian American and Pacific Islander Heritage

Haitian Heritage Month

Mental Health Month

Submitted Cheryl Ellis

Our Stories

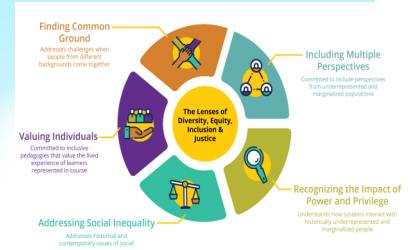
Submitted by Delores Williams and Dr. Rachel Duzant

Ms. Williams has been living in an apartment with staff support since August of 2018 and has been receiving DDS residential supports since 2009. She is a strong advocate for herself and wants others to know how you treat or respond to people in order to make a difference in their mental health. She has worked hard to learn ways to cope and, in her words, “I like to be educated, I like to learn new things.” Lastly something that is important to her is “being supported and being heard.” Delores is very bright and has learned how to navigate the system from within.

Ms. Williams states “For example, when a person is upset, I feel like people should not go back and forth with an individual because it just adds fuel to the fire. Sometimes just let a person vent and don’t go tit for tat then another staff jumps in and now there is an audience when there is other individuals there. It can make the individual more and more upset. It just gets the person more and more agitated. Instead give the person space and give them time to cool off. Then give them different strategies and coping techniques to talk them through it. For example, when calm ask the individual if they want to go for a walk or if they need time for themselves before talking about things (like five minutes). Ask the individual if they feel safe or unsafe because safety comes first. Then ask the individual if there is any staff there they trust or feel comfortable talking to.”



Asian American and Pacific Islander Heritage



In 1977 New York Representative Frank Horton introduced a House Resolution proposing the first 10 days in May be proclaimed as Asian /Pacific Heritage Week. In 1978 President Carter signed the proclamation. In 1992 President Bush expanded the observance from a week to a month. Asian Americans contribute to many facets of American culture and society, including science and medicine, literature and art, sports, recreation, government and politics, and activism and law. Asian American’s have a longstanding rich history in the United states that we should all learn and honor. In 1763 Filipinos who were escaping forced labor and enslavement during the Spanish galleon trade immigrated to North America, eventually establishing a settlement in St. Malo, Louisiana. During the California Gold Rush of the 1850s, a wave of Asian immigrants came to the West Coast and provided labor for gold mines, factories and the transcontinental railroad. Japanese and Koreans began immigrating to the United States by 1885 to replace Chinese labor in railroad construction, farming and fishing. In the mid-1970s, refugees from Southeast Asia like Vietnam, Cambodia, and Laos came to the United States to flee war, violence, and hardship. These are just a few of the contributions our Asian American and Pacific Islanders citizens have made to US history.

Source: <https://www.history.com/topics/holidays/asian-american-pacific-islander-heritage-month>



Haitian Heritage

Haitian Heritage Month is a nationally recognized month celebrated in May every year. It is a great time to celebrate the vibrant culture, distinct art, delectable cuisine, and to get to know people of Haitian origin. Haitian Heritage Month is an expansion of the annual Haitian Flag Day, which falls on May 18. Haiti, a country populated majorly by African descendants, gained its independence from French colonizers in 1804. Haiti’s first name was Saint Domingue. The name was changed to Haiti after they gained independence. Haiti was the first Black republic in the world to free itself from colonial rule. Haitian culture is an amalgamation of Taino and African practices blended with European elements, resulting from French colonization.

Resource: <https://nationaltoday.com/haitian-heritage-month>

Submitted by: James Louchen, Self Advocate Coordinator

Mwen sipòte kominote mwen an (Haitian Creole)

I support my community (English Translation)

Watch List - Movies of the month



The Joy Luck Club—*The Joy Luck Club* is a 1993 American drama film about the relationships between Chinese-American women and their Chinese immigrant mothers.

Minari- *Minari* follows a Korean-American family that moves to an Arkansas farm in search of their own American Dream.

The Namesake is a 2006 drama film based on the novel *The Namesake* by Jhumpa Lahiri. The movie depicts the struggles of first-generation immigrants from the East Indian state of West Bengal to the United States, and their American-born children

Bad Rap—a documentary of four Asian-American rappers and the tough obstacles they face as they try to make it big in the genre Hip Hop music.



The World's Cookbook

On January 1, Haitians celebrate a new year and Haiti's independence. The pride in its history is celebrated each year with a traditional pumpkin soup known as Soup Joumou.

Recipe by: Haitian Recipes

Marinate the meat overnight or for at least 1 hour. Place the seasoned meat in a stockpot and cover with water. Add oil and let boil over high heat. Keep covered until the water has evaporated. Uncover, stir and simmer a few drips of water occasionally to brown the meat. Keep stirring and simmer water occasionally until you have a nice browning color to the meat. Stir in one tbsp of tomato paste. Remove meat and set aside the pot for the vegetables. In a separate bowl, cut into small pieces the large scallions and half medium cabbage. Peel & chop the potatoes, yams, malanga, butternut squash, carrots, and turnip. Wash the vegetables. In a separate pot, boil water and add the vegetables. Cover and cook over high heat for about an hour. Reduce heat and add scotch bonnet pepper. Once the squash is fully cooked, remove it from the pot. Use some of the cooking water to blend the squash into a purée. Strain the purée through a fine sieve set over a bowl. Press it through with a spoon or rubber spatula. For best flavoring, pour the cooked vegetables, the squash purée and cooking liquid into the pot that cooked the meat. Add parsley, thyme, and broken spaghetti (or substitute with macaroni). Let it all cook, until tender. Combine meat into soup. Serve hot.

EXERCISE- GOOD FOR THE BODY AND MIND



It is widely known that exercise is good for the body, but regular exercise and movement is also a great way to improve mental health. Physical therapy can help alleviate symptoms of depression, anxiety, stress, ADHD, and PTSD/trauma.

“Studies show that exercise and physical therapy interventions can treat mild to moderate depression as effectively as antidepressant medication without the

undesirable side-effects. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent you from relapsing.” Exercising with an experienced physical therapist can enhance your well-being, reduce anxiety and stress, and improve your mood by releasing endorphins. Your confidence and proficiency will skyrocket as you incorporate correct postural and proper exercise form.

Physical fitness can also aid in slowing cognitive decline and improve quality of sleep. Working out, especially between age 25 and 45, boosts the chemicals in the brain that support and prevent degeneration of the hippocampus, an important part of the brain for memory and learning. Cardiovascular exercise has also been shown to create new brain cells, increase levels of a brain-derived protein (BDNF), improve memory, and improve overall brain function.

Physical therapy has also demonstrated a positive impact on patients with schizophrenia, anxiety and depression. In fact, during a randomized clinical trial, therapists concluded that one to two hours a week of exercise improved patients’ cardiovascular fitness and reduced the need for intense cognitive treatments. As for more common disorders such as anxiety and depression, exercise was able to significantly reduce symptom and has been shown to decrease the risks of other severe health conditions like metabolic syndrome, heart disease or even cancer. Overall, exercise improves your body image, stimulates constructive coping strategies and fosters a stable sense of independence.

References:

1. Physical activity in the prevention and treatment of anxiety and depression

Nordic Journal of Psychiatry 12 Jul 2009 pages 25-29.

2. 13 Mental Health Benefits of Exercise- Huffington Post Dec 6, 2017 https://www.huffingtonpost.com/2013/03/27/mental-health-benefits-exercise_n_2956099.html

Submitted by- Erin M. Conneely PT,MS,GCS,CLT- DDS Private Therapy North Region

The logo for Jewish American Heritage Month is a square with a blue background and a yellow diagonal stripe. The text "JEWISH AMERICAN HERITAGE MONTH" is written in bold, black, sans-serif capital letters across the center of the square.

JEWISH AMERICAN HERITAGE MONTH

The efforts of Jewish leaders to introduce resolutions to create a Jewish American Heritage Month started in 1980. In April 2006 President Bush designated the whole month of May to recognizing and honoring Jewish contributions and achievements. Jewish people have had a huge role to play in where America stands today on the world stage. The more than 350-year history has given us names like Albert Einstein and Ruth Bader Ginsburg – both of whom fought through hard times to emerge as icons remembered for their great work and contributions to our society.

SOME WAYS TO OBSERVE JEWISH AMERICAN HERITAGE MONTH

1. Read articles, books, and information on Jewish Americans.
2. Spend time with friends and family going to museums, lectures, and watch movies of the journey.
3. Promote Jewish businesses and organizations with friends, family, and on social media.

Resource: <https://nationaltoday.com/jewish-american-heritage-month/>

Upcoming Events and Celebrations for the June 2022

- Alzheimer's and Brain Awareness Month
- Black Music Month
- National Caribbean American Heritage Month
- Pride Month (LGBTQIAA+)

Important D&I calendar dates:

- **June 8** — Race Unity Day
DDS Coffee Conversation
- **June 12** – Loving Day
- **June 19** – Juneteenth
- **June 20** – National Indigenous Peoples Day (Canada)
- **June 20** – World Refugee Day
- **June 21** – Litha, Summer Solstice (Pagan)
- **June 24** – Pride Day (LGBTQIAA+) (varies by city and country)