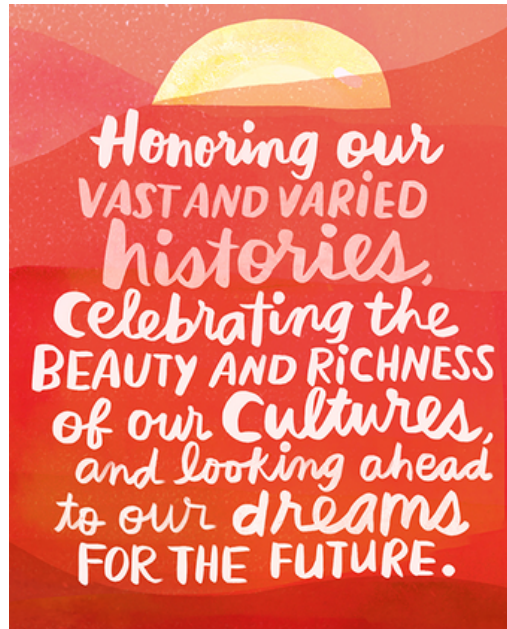




Belonging- Acceptance



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Welcome

BY CHERYL ELLIS

Happy May, the diversity, equity, and inclusion newsletter has been going out for over a year now. We hope when we think about diversity, equity and inclusion, we think about togetherness, awareness, fairness, acceptance, and action. Acceptance is not just about I'm okay with you, but it is about integrating others in our communities, in our workplaces, in our lives the way they are. To see people for themselves, for who and how they live their lives as long as it does not hinder others from living theirs, it is recognizing and seeing all of us. Welcome to the May DEI Newsletter enjoy, learn, and act.

Inside:

Asian American and Pacific
Islander Heritage Month


Haitian Heritage

Jewish American Heritage Month

Mental Health Awareness Month

Older Americans Month

Asian American Pacific Islander Heritage Month



Asian American and Pacific Islander Heritage Month (AAPI Heritage Month) is an annual celebration that recognizes the historical and cultural contributions of individuals and groups of Asian and Pacific Islander descent to the United States.

The AAPI umbrella term includes cultures from the entire Asian continent—including East, Southeast and South Asia—and the Pacific Islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji, and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru, and Federated States of Micronesia), and Polynesia (New Zealand, Hawaiian Islands, Tokelau, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia, and Easter Island). As of the 2020 U.S. Census, there were about 20.6 million people of Asian or Pacific Islander descent in the United States. According to the Pew Research Center, AAPI people are a diverse and growing population that make up about 7 percent of the total U.S. population. (Source: www.history.com and asiianpacificheritage.gov)

The month of May was chosen for AAPI Heritage Month because it commemorates the immigration of the first Japanese people to the United States on May 7, 1843. May is also a significant month because it recognizes Golden Spike Day, May 10, 1869, which marks the completion of the transcontinental railroad that was built with significant contributions from Chinese workers. (Source: www.history.com) AAPI people have a long history in the United States, despite the stereotype that they are “perpetual foreigners.” According to the Bering Land Bridge Theory, Asians first migrated to what is now known as North America over 15,000 years ago through a land bridge between Asia and North America. In the 16th century, 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 in 1763. 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. In 1882, Congress enacted the Chinese Exclusion Act, which banned Chinese immigration for 20 years. Japanese and Koreans began immigrating to the United States by 1885 to replace Chinese labor in railroad construction, farming and fishing.

However, in 1907, Japanese immigration was restricted by a “Gentlemen’s Agreement” between the United States and Japan. The 1965 Immigration and Nationality Act changed restrictive national origin quotas and allowed for the large numbers of Asians and Pacific Islanders to come to the United States with their families. In the mid-1970s, refugees from Southeast Asia like Vietnam, Cambodia, and Laos came to the United States to flee war, violence, and hardship.

Since their immigration to the United States, Asians have been met with xenophobia, racism, bias, and violence. Chinese workers were abused, robbed and murdered in San Francisco in the 1850s. In 1854, the California Supreme Court ruled in *People v. Hall* that people of Asian descent could not testify against a white person in court, meaning that white people could avoid punishment for anti-Asian crimes. During World War II, from 1942-1945, people of Japanese descent were incarcerated in internment camps across the nation. In 1982, Chinese American Vincent Chin was murdered by two white men in Detroit because they believed Asians were taking auto industry jobs from whites. In March 2021, a man shot and murdered six women of Asian descent at three spas in the Atlanta area. At the beginning of the COVID-19 pandemic, racist and xenophobic rhetoric about the origins of the virus led to a spike in anti-Asian racism and violence, with AAPI people of all ages and cultures being verbally and physically harassed and murdered in cities across the United States.

As a response to the rise in anti-Asian violence, the AAPI Equity Alliance, Chinese for Affirmative Action, and the Asian American Studies Department of San Francisco State University launched the Stop AAPI Hate coalition on March 19, 2020. The coalition tracks and responds to violence, hate, harassment, discrimination, shunning, and bullying of AAPI people. In January 2021, the White House released a “Memorandum Condemning and Combating Racism, Xenophobia, and Intolerance Against Asian Americans and Pacific Islanders in the United States,” acknowledging their role in furthering xenophobic sentiments and proposing ways to prevent discrimination, harassment, bullying, and hate crimes against AAPI individuals. (Source: www.history.com)

HAITIAN HERITAGE MONTH



Photo La Citadelle Laferriere, Haiti
Source britannica.com

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, and 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. (Source: nationaltoday.com)

Haiti, located between the Caribbean Sea and the North Atlantic Ocean, Haiti occupies the western one-third of the island of Hispaniola. The Dominican Republic borders Haiti on the eastern side of the island. Haiti's closest neighbors include Jamaica to the west and Cuba to the northwest. Hispaniola has been inhabited since around 5000 B.C., when groups of Native Americans likely arrived from Central and South America. Some of these early settlers included the Taíno, whose cave paintings are scattered throughout the country and have become national symbols of Haiti and popular tourist attractions. Explorer Christopher Columbus landed on the island in 1492 and claimed it as a Spanish colony. Soon hundreds of Spanish settlers arrived killing most of the island natives and bringing r enslaved Africans to work in the colony. By the 1600s, the French had taken over much of the colony, which they called Saint Domingue. They increased the production of many crops such as coffee, cotton, and sugarcane. But the enslaved people of Saint Domingue revolted against French rule in 1791. After what many historians refer to as the largest and most successful rebellion by enslaved people, they finally declared their independence from France in 1804 and changed the name of the country to Haiti, creating the first independent nation in the Caribbean and the first Black republic. Most Haitians are of African origin, but a small number are of European descent. (Source: kids.nationalgeographic.com)

Haiti (Hayti) means "land of the mountains" in the Indigenous, or native, Taíno language. The country's highest peak, Pic la Selle, is part of the Massif de la Selle range located in southeastern Haiti and reaches nearly 9,000 feet (2,715 meters). (Source: kids.nationalgeographic.com)

Haitian Creole, a mixture of French and African languages, is one of the country's official languages and is spoken by the majority of the population. Though French is also an official language, only about 10 percent of Haitians speak it fluently. (Source: kids.nationalgeographic.com)

Many Haitians practice voodoo, which combines West African spiritualism with the worship of Roman Catholic saints. In 2003, voodoo was declared an official religion. Today, marriages and other ceremonies held in the voodoo tradition are recognized by the government. (Source: kids.nationalgeographic.com)

INTERESTING FACTS ABOUT HAITI

What was Haiti's first name?

Haiti's first name was Saint Domingue. The name was changed to Haiti after they gained independence in 1804.

What language do Haitians speak?

Many Haitians born and raised in the country speak Haitian Creole. A few speak French as well.

When was the Haitian Revolution to end slavery?

The Haitian Revolution of 1791 did not just end slavery, it also ended French control over the country.

What is the capital of Haiti?

Port-au Prince the most populous city of Haiti is its capital city with an estimated population of 1,200,000

SOURCE: NATIONALTODAY.COM



GRAPHIC: NATIONAL GEOGRAPHIC KIDS



GRAPHIC: POZ.COM



JEWISH AMERICAN HERITAGE MONTH ORIGINATED IN 1980 WHEN CONGRESS PASSED A RESOLUTION, WHICH AUTHORIZED AND REQUESTED THE PRESIDENT ISSUE A PROCLAMATION DESIGNATING APRIL 21-28, 1980, AS JEWISH HERITAGE WEEK. (SOURCE: WWW.AJC.ORG) IN 2006, ANOTHER PROCLAMATION BEGAN WITH EFFORTS BY THE JEWISH MUSEUM OF FLORIDA AND JEWISH LEADERS, PRESIDENT GEORGE W. BUSH PROCLAIMED IN 2006 MAY AS JEWISH AMERICAN HERITAGE MONTH. (SOURCE: WWW.ARCHIVES.GOV)

SINCE 2007, PRESIDENTS BUSH, OBAMA, TRUMP, AND BIDEN HAVE ALL ISSUED PROCLAMATIONS FOR JEWISH AMERICAN HERITAGE MONTH, WHICH CELEBRATE JEWISH AMERICANS AND ENCOURAGE ALL AMERICANS TO LEARN MORE ABOUT JEWISH HERITAGE AND CONTRIBUTIONS TO THE UNITED STATES.

OVER THE PAST 369 YEARS, JEWISH AMERICANS HAVE GIVEN TO THEIR COMMUNITIES AND THIS NATION AS LOYAL AND PATRIOTIC CITIZEN. JEWISH AMERICANS HAVE SERVED IN GOVERNMENT AND THE MILITARY, HAVE WON NOBEL PRIZES, HEADED UNIVERSITIES AND CORPORATIONS, ADVANCED MEDICINE, CREATED AND PERFORMED IN ENDURING WORKS OF PERFORMING AND VISUAL ART, WRITTEN GREAT AMERICAN NOVELS, AND BECOME EMBLEMS OF JUSTICE AS MEMBERS OF THE SUPREME COURT, AND SO MUCH MORE.

THIS MONTH, WE HOPE YOU WILL JOIN US IN CELEBRATING THE MANY CONTRIBUTIONS OF JEWISH AMERICANS IN THE LAST 369 YEARS AND THAT YOU WILL LEARN MORE ABOUT THE HISTORY, CULTURE, ACCOMPLISHMENTS, AND DIVERSITY OF THE AMERICAN JEWISH COMMUNITY.

HAPPY JEWISH AMERICAN HERITAGE MONTH! WWW.AJC.ORG

Ways to Honor and Celebrate

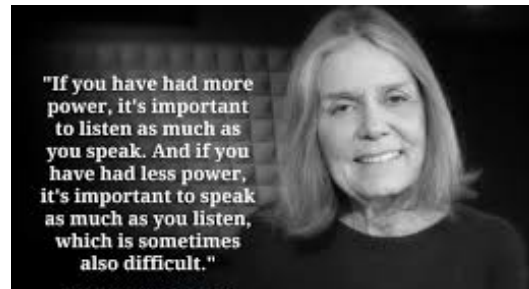
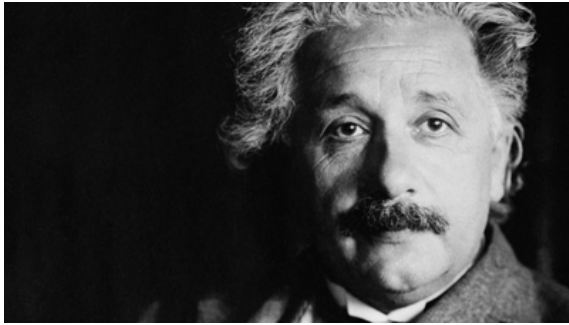
Visit a Jewish Museum if not in person then virtually

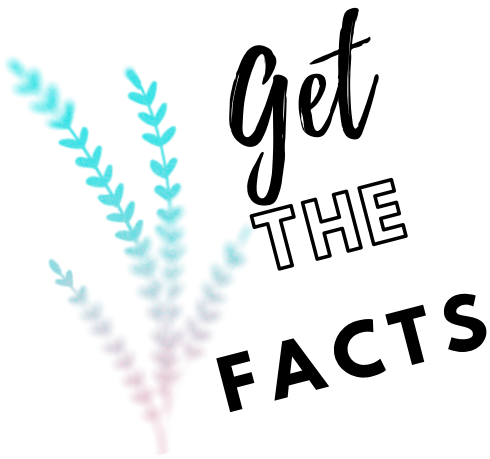
Listen to a podcast

Bake Challah

WATCH A JEWISH MOVIE.
Source: ReformJudaism.org.

CAN YOU NAME THESE FAMOUS JEWISH AMERICANS?





Individuals with intellectual and developmental disabilities (IDD) are at high risk of co-occurring mental health conditions, including major depressive disorder, bipolar disorder, anxiety disorders, psychotic illnesses, impulse control disorders, and others.

Myth: Mental health issues can't affect me.

Mental health issues can affect anyone. In 2020, about:

- One in 5 American adults experienced a mental health condition in a given year
- One in 6 young people have experienced a major depressive episode
- One in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

Additionally, suicide is a leading cause of death in the United States. In fact, it was the second leading cause of death for people ages 10-24. Suicide has accounted for the loss of more than 45,979 American lives in 2020, nearly double the number of lives lost to homicide

Myth: People with mental health conditions are violent.

Most people with mental health conditions are no more likely to be violent than anyone else. Only 3%–5% of violent acts can be attributed to individuals living with a serious mental illness. In fact, people with severe mental illnesses are over 10 times more likely to be victims of a violent crime than the general population. You probably know someone with a mental health condition and don't even realize it, because many people with mental health conditions are highly active and productive members of our communities.

Myth: Mental health issues are a result of personality weakness or character flaws, and people can "snap out of it" if they try hard enough.

Mental health conditions have nothing to do with being lazy or weak and many people need help to get better. Many factors contribute to mental health conditions, including:

- Biological factors, such as genes, physical illness, injury, or brain chemistry
- Life experiences, such as trauma or a history of abuse
- Family history of mental health conditions

People with mental health conditions can get better and many seek recovery support.

RESOURCES

- FindTreatment.gov
- SAMHSA's National Helpline 1-800-662- HELP (4357)
- Mental Health Connecticut 1-800-842-1501 or information@mhconn.org.
- 211
- CT Action Line 1-800- HOPE- 135 (800--467-3135)
- National Suicide & Crisis Lifeline 988
- NAMI CT 860-882-0236

OLDER AMERICANS MONTH

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is Aging Unbound, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. (Source: acl.gov). The purpose of Older Americans Month is threefold: to recognize older adults and their important contributions to society, to encourage them to remain active and engaged members of their communities, and to celebrate the legacy they have created. This month-long observance pays tribute to the seniors in our society and brings attention to the current challenges they face. It's a time for all generations to come together and recognize the wisdom, experience, and many accomplishments of older Americans. (Source: angieensler.com)

In April 1963, a meeting was held between President John F. Kennedy and members of the National Council of Senior Citizens (N.C.S.C.), leading to the designation of May as Senior Citizens Month, now Older Americans Month. (Source: nationaltoday.com) Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute to older persons in their communities. (Source: acl.gov)

Traditionally, the "elderly" are considered persons aged 65 and older. The growth of the U.S. elderly population has been much more rapid than the rate of growth in the overall population, a phenomenon often referred to as "the graying of America." Between 1987 and 2030, the total U.S. population is projected to increase by 26 percent from 252 million to 317 million, while the population aged 65 and older is expected to increase by more than 100 percent from the present 12 percent of the total population to nearly 21 percent of the total population (67 million) (Source: ncbi.nlm.nih.gov)

The vast majority of the elderly (95 percent) live in the community. Of this group, 54 percent live with a spouse, almost 30 percent live alone, and the remaining 16 percent share a home with children, other relatives, or friends. Women account for four-fifths of all elderly living alone. Elderly persons who live alone are more likely to be poor or near poor than those who live with others. Around a third of older Americans live in poverty. (Source: ncbi.nlm.nih.gov)



More CELEBRATIONS

May 1- May Day- also called Workers' Day or International Workers' Day, day commemorating the historic struggles and gains made by workers and the labor movement, observed in many countries on May 1. In the United States and Canada a similar observance, known as Labor Day, occurs on the first Monday of September. In 1889 an international federation of socialist groups and trade unions designated May 1 as a day in support of workers, in commemoration of the Haymarket Riot in Chicago (1886). Five years later, U.S. Pres. Grover Cleveland, uneasy with the socialist origins of Workers' Day, signed legislation to make. (submitted by Natasha Cole WR Cultural Committee, source www.britannica.com)



May 5 - Cinco de Mayo- is not Mexican Independence Day, a popular misconception. Instead, it commemorates a single battle. In 1861, Benito Juárez—a lawyer and member of the Indigenous Zapotec tribe—was elected president of Mexico. At the time, the country was in financial ruin after years of internal strife, and the new president was forced to default on debt payments to European governments.

In response, France, Britain and Spain sent naval forces to Veracruz, Mexico, demanding repayment. Britain and Spain negotiated with Mexico and withdrew their forces.

France, however, ruled by Napoleon III, decided to use the opportunity to carve an empire out of Mexican territory. Late in 1861, a well-armed French fleet stormed Veracruz, landing a large force of troops and driving President Juárez and his government into retreat. (submitted by WR Cultural Committee)



May 17- International Day Against Homophobia, Transphobia, and Biphobia- was established in 2004 to draw awareness to the continued discrimination and violence faced by members of the LGBTQ+ community. The date, May 17, was chosen to commemorate May 17, 1990, when the World Health Organization declassified homosexuality as a mental disorder.

(source: thediversitymovement.com)



May 21 World Day for Cultural Diversity for Dialogue and Development

Some simple things YOU can do to celebrate the World Day for Cultural Diversity for Dialogue and Development on May 21.

1. Visit an art exhibit or a museum dedicated to other cultures
2. Plan an international movie night
3. Listen to a musical tradition from a different culture
4. Play a sport related to a different culture (Karate, Criquet, Pétanque...)
5. Invite a friend over and cook traditional food
6. Learn about traditional celebrations from other cultures
7. Learn another language

(submitted by WR Cultural Committee)



May 24- Pansexual Visibility Day- People who are pansexual are attracted to all genders. These genders may include men, women, nonbinary individuals, trans individuals, folks who are gender fluid, and so on. (source: thediversitymovement.com)

May 29 - Memorial Day- is meant to honor all of the people who have died while serving in all of the U.S. military branches. Although remembrances, celebrations, and common images of veterans often focus on the military service of those who fought in World War I, World War II, The Korean War, or The Vietnam War, it's important to remember that a veteran is not only an elderly person who served decades ago. Servicepeople come from all generations and demographics. (source: thediversitymovement.com)



THE WORLD'S COOKBOOK

All Things Challah (submitted by WR Cultural Committee - Recipe
by Deborah Rood Goldman)

INGREDIENTS

- 6 cups flour
- 1/3 cup sugar
- 1 tablespoon salt
- 4 tablespoons butter, melted
- 2 packages active dry yeast
- 1 1/2 cups plain lowfat yogurt (optional, but excellent)
- 2 to 3 cups water
- 1 egg yolk, beaten with 1 teaspoon milk
- sesame seeds or poppy seeds (optional)



DIRECTIONS

1. In electric mixer with dough hook (or by hand), mix flour, sugar, salt, and yeast. Heat butter, yogurt, and water to about 110°F (warm but not hot), and add to dry ingredients.
2. Mix until dough forms a ball. (Add more water or flour, as needed.) Knead until smooth and elastic.
3. Place inverted bowl over dough and let rise until doubled, about 1 hour. Punch down dough, divide into two parts.
4. For each challah, divide dough into 3 equal parts, roll into ropes, pinch three ropes together and braid. Pinch at the end and tuck ends under. To make one big challah as shown in the photo, place one small braid on top of one big braid.
5. Place both challahs on greased baking sheet, about 3 inches apart. Let rise until almost double, paint with egg yolk and milk mixture, and sprinkle with sesame seeds or poppy seeds if you're using them. Bake at 375°F for about 1/2 hour or until golden brown (and loaves sound hollow when tapped on bottom).
6. Cool on rack.



Boulet submitted by WR Cultural Committee-Recipe by savorythoughts.com

WHAT ARE BOULÈT?

Boulèt (or Haitian meatballs) are made of ground beef, aromatic herbs such as thyme and parsley, onion, bell pepper, garlic and chili spices.

These meatballs are cooked in frying oil and simmered in a sauce made with onions, garlic and tomatoes, also seasoned with chili pepper. Boulèt are eaten with white rice or rice with beans. The dish is generally quite spicy, which makes a good contrast with plain rice.

INGREDIENTS

2 lbs. Ground Meat; We used 93% Lean and 7% Fat
 1/3 Cup Diced Onion
 2 Large Eggs; Beaten
 1/4 cup Haitian Epis
 3 Garlic Cloves; Minced (or 1 1/2 tsp. dried minced garlic)
 1 tablespoon Fresh Chopped Parsley; Or 2 Tbsp. Dried Parsley
 2 Slices Bread
 1/3 Cup Water To Mix With The Bread
 1 tsp. Kosher Salt
 1/2 Tsp. Black Pepper
 Olive Oil Spray
 1/2 Cup All-Purpose Flour
 1 1/2 Cup Oil For Frying; We used Canola Oil

Tomato Paste Sauce
 2 tbsp. Olive Oil
 1/3 cup Onions; Diced
 1 Tbsp. Tomato Paste
 3 Tbsp. Haitian Epis
 Juice From 1 Lemon
 1 cup Water; More if needed
 2 Chopped Garlic Cloves; Or 1 Tsp. Dried Minced Garlic
 1 Tbsp. Chopped Fresh Parsley; Or 2 tsp. parsley flakes
 Salt and pepper to taste

DIRECTIONS

Combine the meat and the ingredients (minus the oil for frying) together in a large bowl.

Using your desired cookie scoop size, scoop the meat mixture and place it on the palm of your hands to roll the meat in a circular motion to shape into a ball.

Then coat the meat with all-purpose flour on all sides. Set aside and repeat the steps until all the meatballs are coated.

Heat the oil to 350 degrees but no more than 400 degrees. Carefully add 5 to 7 meatballs at a time. Cook for 6 minutes per side or until golden brown and cook through.

Place the meatballs in a paper toweled plate and repeat the process until all the meatballs are cooked.

Air Fryer Version:

Mix the meat and the remaining ingredients together in a large bowl. Roll the meatball into desired size. Place the meatballs in the basket.

Spray with olive oil spray. Air fry for 15 minutes on 400 degrees, flipping in between cooking to allow all sides to cook.

Tomato Paste Sauce

Over medium – low heat, add the diced onions. Cook for about 30 to 45 seconds then add the Haitian Epis. Stir well then add 1 tablespoon table paste.

Next, add in the lemon juice to deglaze then add the minced dried or fresh garlic and the water. Stir well to combined and reduce the heat to low.

Add in the meatballs followed by fresh or dried parsley and additional peppers (dried red pepper flakes, Scotch Bonnet peppers or Habanero Peppers).

Stir well to combine and allow to simmer for an additional 5 to 8 minutes.

Word of the Month

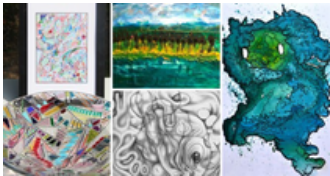
Autism- What is Autism

According to Oxford English Dictionary Autism is a neurodevelopmental condition of variable severity with lifelong effects that can be recognized from early childhood, chiefly characterized by difficulties with social interaction and communication and by restricted or repetitive patterns of thought and behavior.

How to Promote and bring Awareness to Autism

submitted by Jeremy Powell, Self-Advocate Coordinator, West Region

1 Public Art Display.



2 Wear a ribbon.



3. Use an Autism bookmark when reading



4. Support local businesses that hire employees with Autism.



5. Teach others about the signs of Autism.



TALKING MOVIES AND BOOKS

Coda -a drama about a majority-deaf family. Coda, a coming-of-age indie movie that was the big talking point of this year's Sundance Film Festival, was picked up for worldwide distribution by Apple TV+ in a record \$25m coup. A remake of the French film *La Famille Bélier* (2014), it centres on Emilia Jones' Ruby, the only hearing person in a deaf family who live in Massachusetts on the US East coast.



May is Asian American and Pacific Islander (AAPI) Heritage Month. Below is some recommended reading by authors of Asian and Pacific Islander descent, spanning numerous genres.

1. *Stories of Your Life and Others* by Ted Chiang

This collection of science fiction short stories features aliens, secret government serums that can increase intelligence, a tower so tall that it may pierce heaven if it grows higher, a procedure that prevents people from noticing the physical appearance of others, and other strange phenomena.

2. *Naturally Tan* by Tan France

Queer Eye's Tan France reveals in this memoir his experience living as a gay Muslim Pakistani man in both Britain and America, his relationship with his husband (a Mormon cowboy), and his career, which includes stints as a fashion brand owner and as the star of a hit Netflix show.

3. *Minor Feelings: An Asian American Reckoning* by Cathy Park Hong

In this essay collection, Cathy Park Hong explores what it's like to grow up as the daughter of Korean immigrants, to be Asian in America, and how she faced discrimination in her personal, academic, and creative life.

4. *Jade City* by Fonda Lee

An intergenerational saga set on the island of Kekon, which is ruled by two gangs and a rare, magical jade that grants those with the proper training and heritage superhuman traits. But when tragedy strikes the Kaul family, one of the island's ruling crime clans, tensions between them and their rival, the Mountain clan, come to a head, threatening to tear both the Kauls and Kekon apart.

5. *Mimi Lee Gets a Clue* by Jennifer J. Chow

This book is the first installment of the Sassy Cat mystery novels, and Mimi Lee is struggling with her brand-new Los Angeles pet grooming shop Hollywoof, her meddlesome mother's attempts at matchmaking, her new cat's remarkable ability to speak...and the fact that she's the number one suspect in the murder of a local dog breeder. Determined to clear her name, she enlists the help of her (incredibly cute) lawyer neighbor, Josh, and her sassy cat, Marshmallow, to help her solve the mystery.

6.

submitted by Erin Conneely

For additional books [click here](#)



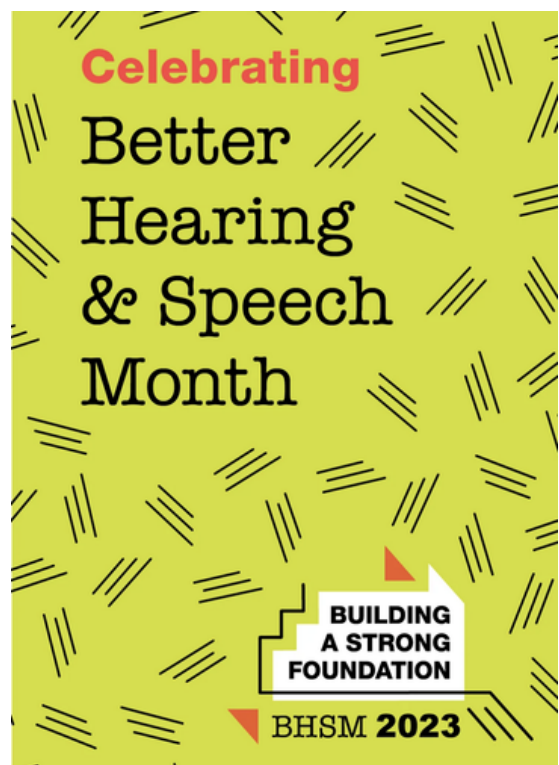
Proclamation

Communication disorders are among the most common conditions in children and adults, affecting tens of millions of people in the United States alone. Left untreated, these disorders can negatively impact a person’s academic, social, and career success—as well as their overall quality of life.

With early treatment, many communication disorders can be reversed or even prevented. However, treatment at any age or any stage can make a positive impact. Therefore, I am pleased to join with the DDS community in recognizing May as Better Hearing and Speech Month. I salute audiologists and speech-language pathologists in our community who dedicate themselves every day to improving the lives of individuals here in Connecticut.

Let’s also recognize the needs of those among us who have hearing, speech, language, and swallowing disorders—and do all that we can to ensure that they have access to the services of audiologists and speech-language pathologists who can help them communicate effectively and swallow safely.

submitted by Lisa Krol, Speech Language Pathologist



DDS HAPPENINGS

May 10 - All day APSE Conference

May 10 - 4 PM to 5 PM - Self Advocacy Topic: The importance of mental health and employment. Facilitated by Jossie Torres

May 18 3 PM to 4 PM Statewide Monthly Diversity Meeting

May 9 - May 23 several dates for the virtual forum series for DDS stakeholders. You have to register. To do so register at [Portal.CT.GOV/DDS](https://portal.ct.gov/dds)

May 23 - 3 PM to 4:30 PM - 4th Tuesday Forum

