

# BELONGING

## Building Relationships

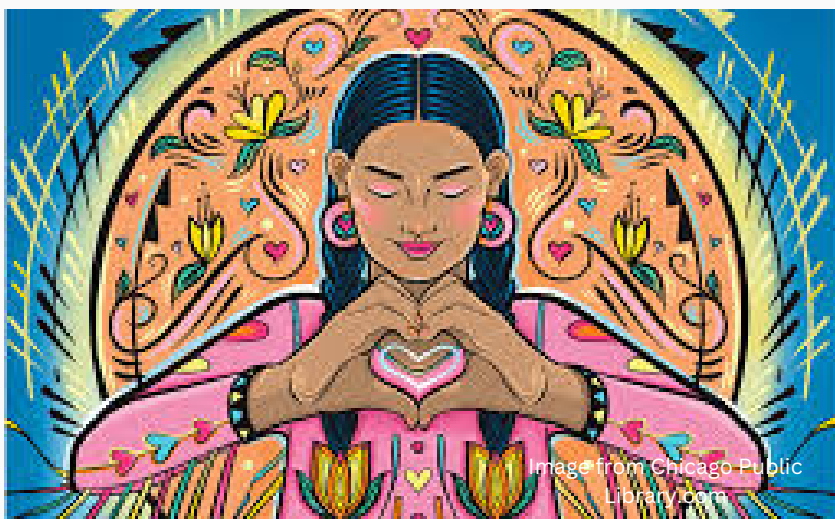
### Good words for Great Souls

QUOTES SUBMITTED BY JOSSIE TORRES , SAC

Let us be grateful to people who makes us happy; they are the charming gardeners who make our souls blossom. (written by Marcel Provost)

Enjoy the little things for one day you may look back and realize they were the big things. (written by Robert Brault)

Enjoy the November newsletter and take the opportunity to celebrate the diversity of our world, our workplace and our families.



Belonging comes from being yourself and being seen.  
(Melissa Camara Wilkins)

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# Native American Heritage Month



November is Native American Heritage Month, a time to celebrate the rich and diverse cultures, traditions, and histories of Native people. It is also an opportune time to educate ourselves about the unique challenges Native people have faced both historically and, in the present, and the ways in which tribal citizens have worked to conquer these challenges.

The first American Indian Day was celebrated in May 1916 in New York. The event culminated an effort by Red Fox James, a member of the Blackfeet Nation, who rode across the nation on horseback seeking approval from 24 state governments to have a day to honor American Indians. In 1990, more than seven decades later, then-President George H.W. Bush signed a joint congressional resolution designating the month of November "National American Indian Heritage Month." (www.census.gov) In 2009, Congress passed, and the President signed legislation establishing the Friday following Thanksgiving Day of each year as "Native American Heritage Day."(www.bia.gov/NNAHM)

Did You Know?

9.7 million

The nation's American Indian and Alaska Native population alone or in combination in 2020.

324

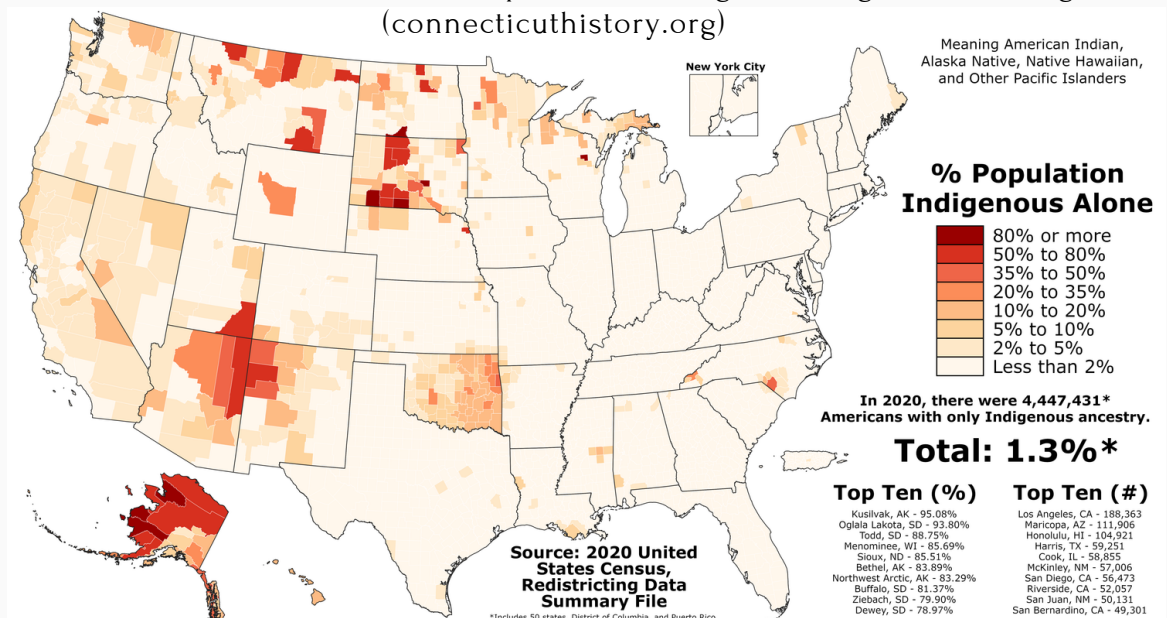
The number of distinct, federally recognized American Indian reservations in 2022, including federal reservations and off-reservation trust lands.

574

The number of federally recognized Indian tribes in 2023.

The state-recognized sovereign nations in Connecticut are the Eastern Pequot, Golden Hill Paugussett, and Schaghticoke tribes with the Mashantucket Pequot and Mohegan having federal recognition as well.

(connecticuthistory.org)



For more information about Native American Heritage please click here to access [www.nativeamericanheritagemonth.gov](http://www.nativeamericanheritagemonth.gov)



Image by www.southdelta.org

On behalf of the Jossie Torres, Self-Advocate Coordinator

## The Real Story of the First Thanksgiving

We think we know what happened at that first Thanksgiving, why it was held, how the Wampanoag were invited, what the English ate. It is easier to believe this tale than to look at the facts. In reality, the English story was invented and the holiday proclaimed for political reasons. Did you know that Florida, Maine, Texas, and Virginia have each claimed site of the first Thanksgiving? Or that Spanish explorers and some English colonists celebrated religious services of thanks years before the Mayflower arrived? Few people knew about these events until the 20th century. So, it is the three-day event in Plymouth in the fall of 1621 that marks the “familiar” birth of the Thanksgiving holiday in America.

When you hear about the English and the Wampanoag sharing the first Thanksgiving meal in 1621, the Wampanoag are the ancestors of the Wampanoag Nation. As the story goes, the English sailed from England on the Mayflower, landed at Plymouth Rock, and had a good harvest in 1621. So, the governor (William Bradford) held a feast to celebrate and invited a group of friendly Native Americans, including the Wampanoag chief Massasoit, and they feasted for three days on fowl and deer. But “not exactly,” says Ramona Peters, the Tribal Historic Preservation Officer for the Mashpee Wampanoag Tribe.

Read on to get the real story of the first Thanksgiving, as shared by descendants of the Wampanoag Tribe and descendants of the English in Plymouth Colony. ([nativepartnership.org](http://nativepartnership.org))

[For more information about the “Real Thanksgiving Story” click here to access the document.](#)

[For more information about the Traditions, Origins, and Meaning of Thanksgiving click here](#)

[For more information about the Native American Thanksgiving \(Dine\)](#)



# NATIONAL FAMILY CAREGIVER MONTH

On behalf of the Self-Advocate Coordinators and Dr. Cheryl Ellis:

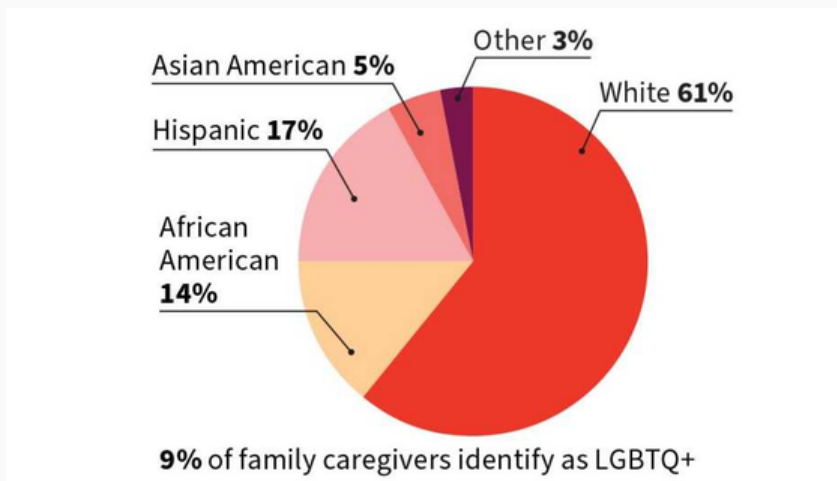
National Caregivers Month honors individuals who selflessly provide personal care, and physical and emotional support to those who need it most. Caregivers can be family members, friends or professionals. Some of them are not paid for their role, which is why it is important to recognize and thank them.

Here are some interesting facts about caregivers:

1. Nearly one in five Americans provide care to an older adult, such as a parent.
2. Caregivers are most likely to be women.
3. Caregiving takes a toll on finances and livelihoods.
4. Overall there is a direct care workforce shortage.



“Breaks from caregiving are essential to long-term care, otherwise, you may experience burnout, frustration, or worsening health conditions,” says Kuhlman. (fsacares.org)



## NATIONAL FAMILY CAREGIVERS MONTH: PRIORITIZE SELF-CARE

Self-care for caregivers is vital. Prioritizing self-care doesn't just benefit caregivers' health, it helps them become better caregivers. If you're a caregiver, try these tips to take care of yourself.

*Have fun being active.*



*Ask for help when you need a break.*



*Make sure you get plenty of sleep.*

Stay socially connected.





# DIA DE LOS MUERTOS

[On behalf of Lisa, please click the link below to learn more about “Dia de los Muertos” on the History Website.](#)

## **Day of the Dead (Día de los Muertos) - Origins, Celebrations, Parade**

The Day of the Dead (el Día de los Muertos), is a Mexican holiday where families welcome back the souls of their deceased relatives for a brief reunion that includes food, drink, and celebration. A blend of Mesoamerican ritual, European religion and Spanish culture, the holiday is celebrated each year from October 31-November 2. While October 31 is Halloween, November 2 is All Souls Day or the Day of the Dead. According to tradition, the gates of heaven are opened at midnight on October 31 and the spirits of children can rejoin their families for 24 hours. The spirits of adults can do the same on November 2. (Source: history.com)



Image by casa de corazon



Images productssagecollectibles.com



Image from San Francisco Chronicle

# HISTORY OF VETERANS DAY!

1. Veterans Day was originally called Armistice Day to commemorate the end of which war?
  - a. World War II
  - b. World War I
  - c. Civil War
  - d. Korean War
2. What federal holiday do most people confuse with Veterans Day?
  - a. Labor Day
  - b. Independence Day
  - c. Memorial Day
  - d. Columbus Day
3. True or False: Veterans Day isn't spelled with an apostrophe in "veterans"



1. World War I; 2. Memorial Day; 3. no an apostrophe is used to indicate that the day belongs to veterans, the day is for all to honor veterans, therefore no apostrophe is needed.

On behalf of Natasha Cole:

## **History of Veterans Day**

World War I – known at the time as “The Great War” – officially ended when the Treaty of Versailles was signed on June 28, 1919, in the Palace of Versailles outside the town of Versailles, France. However, fighting ceased seven months earlier when an armistice, or temporary cessation of hostilities, between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. For that reason, November 11, 1918, is generally regarded as the end of “the war to end all wars.”

Veterans Day continues to be observed on November 11, regardless of what day of the week on which it falls. The restoration of the observance of Veterans Day to November 11 not only preserves the historical significance of the date, but helps focus attention on the important purpose of Veterans Day: A celebration to honor America’s veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good. (Source:department.va.gov)

# VETERANS DAY



Image from [www.awarenessdays.com](http://www.awarenessdays.com)

Veterans Day originated as “Armistice Day” on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 making it an annual observance, and it became a national holiday in 1938. Sixteen years later, then-President Dwight D. Eisenhower signed legislation changing the name to Veterans Day to honor all those who served their country during war or peacetime. On this day, the nation honors military veterans — living and dead — with parades and other observances across the country and a ceremony at the Tomb of the Unknown Soldier at Arlington National Cemetery in Virginia.

## DID YOU KNOW?

16.2 million

The number of military veterans in the United States in 2022, representing 6.2% of the total civilian population age 18 and over.

1.7 million

The number of female veterans in the United States in 2022, representing 10.3% of the total veteran population.

0.8%

The percentage of veterans in 2022 who served in World War II. Additionally, 4.1% of veterans served in the Korean War, 33.6% in the Vietnam War, 24.4% in the first Gulf War (August 1990 to August 2001), and 26.3% in the second Gulf War (September 2001 or later).

8.6%

The percentage of veterans in 2022 who were Hispanic or Latino (of any race). Additionally, 72.3% of veterans were White alone (not Hispanic or Latino), 12.4% African American, 2.1% Asian American, 0.8% American Indian or Alaska Native, 0.2% Native Hawaiian or Other Pacific Islander, and 2.8% Some Other Race. The percentages include only those who reported a single race.

26.5%

The percentage of veteran age 75 and older in 2022. At the other end of the age spectrum, 8.5% of veterans were younger than age 35.

[For more information about Veterans Day click here](#)

Link submitted by Kai Berzinskas-Willard







# The first Transgender Day of Remembrance is held

On behalf of Kai Berzinskas-Willard

November 20, 1999 marks the first Transgender Day of Remembrance, honoring the victims of transphobic violence. Now an annual observance, the first TDoR is a vigil commemorating Rita Hester, a 34-year-old African American trans woman murdered in Boston the previous year.

Hester had been openly trans for nearly her whole life and was well-known in the Boston neighborhood of Allston. She and her friends were all too familiar with violence against trans people—just a few months before her death, Hester had responded to a Boston paper’s question about the murder of another Black transgender woman, Chanelle Pickett, saying “I’m afraid of what will happen if [the perpetrator] gets off lightly.”

On November 28, 1998, Hester was stabbed to death in her apartment, apparently by someone whom she had invited in. As her friends and family grieved, many of them found the media’s coverage of the murder insulting to Hester and the trans community. Mainstream media covering the tragedy misgendered and deadnamed Hester, taking their cue from the police report. For Hester’s loved ones, these added insults to an already horrific loss underscored the need for respectful remembrances of trans people, especially those who had been victims of violence.

A year after Hester’s death, the first Transgender Day of Remembrance was observed, thanks largely to the efforts of transgender activist Gwendolyn Ann Smith. It is now observed each year on November 20, the anniversary of Pickett’s murder. The observance is not official in the United States, but President Joe Biden became the first president to issue a statement on TDoR in 2021.

Though trans visibility has increased greatly since Hester’s death, gender non-conforming people are still murdered at a rate far higher than the national average, and the majority of victims are Black trans women. Even though violence against trans people is understood to be vastly underreported, 2021 was reported to be the deadliest year on record for trans and gender non-conforming people, with more than 50 murders. The Human Rights Campaign notes that in nearly half of cases, the police or media misgendered the victim.(Source: [www.history.com](http://www.history.com))



# INTERNATIONAL MENS DAY

November 19

Men are fathers. Men are brothers. Men are sons. Men are friends. Men are husbands. Men are boyfriends. Men are leaders and supporters. Men are strong in their vulnerability. Men are single. Men are married. Men are gay. Men are straight. Men are bi. Men are trans. Men love. Men cry. Men feel. In fact, Men can be anything. So, in a patriarchal system, why do we need an International Men's Day?

- Men make up three in every four suicides
- Boys have more than three times the number of permanent school exclusions than girls
- 40% more women go to university
- Boys have had worse exam results than girls for 30 years.
- Men make up 85% of rough sleepers.
- 76% of murder victims are men.
- 96% of people in prison are male
- 85% of children who received a caution or sentence in the latest year are boys.
- More than 50% of those in Youth Prisons are from Black, Asian, Minority Ethnic backgrounds.
- One in three victims of domestic abuse are male
- Race and LGBTQIA+ hate crime is increasing and men are most likely to be victims of violent crime

It is important to celebrate male diversity and to remind ourselves and each other that men don't have to be imprisoned by stereotypes. Today we hope to highlight the need for intersectionality and for those conversations that are needed to bring all these issues together.

(Source: [antiracistcumbria.org](http://antiracistcumbria.org))





Diwali, also known as Deepawali in many parts of the world, is a Hindu festival of lights that symbolizes the victory of good over evil and the triumph of light over darkness. Diwali is celebrated during the darkest days of October or November, a period known as Kartika in the Hindu calendar.

#### When is Diwali celebrated? Date and timings:

Diwali this year will be celebrated on the fifteenth day of Kartik, which is the holiest month in the Hindu lunar calendar. In 2023, the festival of lights will be celebrated on November 12. However, Diwali is not limited to just one day, as it involves preparations well before the main day. Typically, the festival spans five days, with each day having its unique significance and associated rituals

#### History and significance of Diwali:

India's diverse culture is expressed in various ways, including the celebration of Diwali, which varies from region to region and person to person. However, a common theme in all Diwali celebrations is the belief in the victory of good over evil, righteousness over falsehood, and the triumph of the oppressed over injustice.

In northern India, Diwali is celebrated to commemorate Lord Rama's return to Ayodhya with his wife Sita, aided by Lakshman and Hanuman, after defeating the demon king Ravana. The people of Ayodhya welcomed them by lighting earthen lamps throughout the city on a moonless night, making the city brighter than daylight.

In South India, it is believed that Lord Krishna defeated the demon Narakasura on this day. Other legends suggest that Goddess Lakshmi was born on the new moon day of the Kartik month, making this day highly auspicious.

#### Diwali Muhurat

On the auspicious occasion of Diwali, prayers are offered to Goddess Lakshmi and Lord Ganesha to seek blessings for wealth and prosperity, and some also seek wisdom.

#### Significance of diwali

Diwali represents not only the victory of good over evil but also the victory of light over darkness and knowledge over ignorance. Lord Rama's return to Ayodhya symbolizes the triumph of truth over falsehood. The illumination of the entire city upon his arrival signifies that truth welcomes us with open arms when we overcome falsehood









## Disparities

submitted by Gloria Jones

Cambridge Dictionary defines disparities as a lack of equality or similarity, especially in a way that is not fair. Many times, disparity is looked at in relation to race and ethnicity.

The American Psychological Association (APA) includes in their definition of disparities as differences: in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific populations in the United States (NIH, 2011) in health outcomes that are closely linked with social, economic, and environmental disadvantage (Office of Minority Health, 2011) where inequalities are considered unnecessary, avoidable, and unfair/unjust (Commission on Social Determinants of Health, World Health Organization, 2008) health-disparities-defined.pdf (apa.org)

The Centers for Disease Control and Prevention (CDC) recently updated their Healthy People 2030 goals. <https://www.cdc.gov/nchs/data/factsheets/Factsheet-HealthyPeople2030-H.pdf> Disparities are vast and include a myriad of areas. Some are economic conditions, wage and earnings, poverty levels, access to health care, uninsured/underinsured, preventative screening, mental health screening, equitable educational opportunities and resources, basic health needs, gender, age, disabilities, access to affordable education after high school, maternal health, ability to age in place for seniors, to name a few. I am sure that we all have stories of inequality or disparities. Because of these stories we have and continue to be a voice and make strides to make it better for others.

I had an opportunity when I worked with children in Hartford to research the effectiveness of asthma management and coauthor an article related to disparities in Pediatric Asthma. Here is the abstract. Effectiveness of an asthma management program in reducing disparities in care in urban children - PubMed (nih.gov)

# THE WORLD'S COOKBOOK

Recipes submitted by SAC  
Recipes by www.delish

## THREE SISTERS DISH



### Ingredients

1 large squash, such as butternut or acorn  
2 tbsp. sunflower or extra-virgin olive oil, divided  
1/4 c. pure maple syrup  
2 bunches dandelion greens or kale  
5 c. hominy (nixtamalized and cooked, or canned, drained, and rinsed)  
4 c. black beans (soaked and cooked, or canned, drained, and rinsed)  
Kosher salt  
Garlic powder  
2 green onions, thinly sliced  
1 c. toasted sunflower seeds

### Directions

#### Step 1

Preheat oven to 400°. Cut squash in half, clean out seeds, and cut into 1" cubes. Place on a sheet pan, toss with 1 tablespoon oil, and bake for 25 to 30 minutes, or until tender. Toss with maple syrup and set aside.

#### Step 2

De-stem and thinly slice dandelion greens or kale. In a large skillet over medium heat, heat remaining oil. Add greens and cook until wilted, 5 to 8 minutes.

#### Step 3

Add roasted squash, hominy, and beans to skillet with greens and stir to combine. Season to taste with salt and garlic powder, and cook until all ingredients are warmed through, 3 to 5 minutes.

#### Step 4

Spoon mixture into serving bowls and top with green onions and sunflower seeds.



## FRIED CORNBREAD

### Directions

#### Step 1

In a medium bowl, whisk together cornmeal, flour, sugar, baking powder, and salt.

#### Step 2

In a large bowl, whisk buttermilk, eggs, and melted butter. Stir dry ingredients into wet ingredients, until just combined.

#### Step 3

Heat a large heavy bottomed skillet over medium heat. Add 1 tablespoon of oil. Spoon about 2 to 3 tablespoons of the cornbread batter into pan, spread into a circle, about a scant 1/2-inch thick. When little bubbles appear, about 2 to 3 minutes, flip and continue cooking until both sides are lightly golden, about 1 to 2 minutes more. Adjust heat to medium-low if pan gets too hot. Repeat with remaining batter and oil.

#### Step 4

Dollop warm fried cornbread with pats of butter and drizzle with honey.

### Ingredients

1 1/2 c. yellow cornmeal  
1 c. all-purpose flour  
1 tbsp. granulated sugar  
1 tbsp. baking powder  
3/4 tsp. kosher salt  
1/4 c. buttermilk  
2 large eggs  
6 tbsp. butter, melted and cooled slightly  
1/4 c. vegetable oil, for frying  
Honey and room temperature butter, for serving

## Ally

A person of one social identity group who stands up in support of members of another group. Typically, a member of the dominant group standing beside member(s) of targeted a group, e.g., a male arguing for equal pay for women. (Source: Pacificu.edu)



Coco is a 2017 American animated fantasy film produced by Pixar Animation Studios and released by Walt Disney Pictures. The concept for Coco is inspired by the Mexican holiday Day of the Dead. Coco received two awards at the 90th Academy Awards and numerous other accolades. The film was chosen by the National Board of Review as the Best Animated Film of 2017.



This documentary on Netflix takes a close look at Indigenous American movements that aim to rediscover identity and reclaim sovereignty through ancestral foods. Gather is a beautiful empowering film that reconstitutes what documentary filmmaking should be like. It has Native producers to guide and help to gather the stories that need to be shared, not only in "rematriation," but also in the preservation of First Nations cultures and histories and connections to Mother Earth for all of its peoples. Through GATHER, film partner and co-producer First Nations Development Institute aims to further build international awareness, understanding, and appreciation of the Native American food movement, which will ultimately bolster the support in improving policy and the regulatory environment for long-term sustainability.



# DDS HAPPENINGS

November 2, 2023 - Basket Raffle Fundraiser in the West Region -  
for more information contact Ashley Barr

November 8, 2023 at 9AM - Coffee Conversation - Topic Bullying

[Click here to join](#)

Meeting ID: 289 782 927 278

Passcode: dSA6wH

November 8, 2023 at 10AM- South Region Monthly DEI Meeting

for more information contact Karin Frodel

November 15, 2023 at 1PM - North Region Monthly Cultural Competence Committee

for more information contact Reginald Robinson or Serginho Walker

November 16, 2023 at 3PM Monthly Statewide Diversity Committee Meeting

for more information contact Dr. Cheryl Ellis

November 17, 2023 at 9AM- Raising Consciousness Series Part 2- Topic Microaggressions

[Click here to register](#)