

BELONGING Together

September 2023

WELCOME

Community is a word that means something different to everyone. We all know who we think of when we think of our communities. Our need for a social, supportive group of other people to interact with is truly what makes us human. Now more than ever, it is important for our populations to be strong and united. As we withstand division, massive fires, and floods around the world. We need community and togetherness, knowing that the world is part of our community. We are one planet with much diversity. Enjoy the read.

Morgan Stanley

“We did not get here because of luck or chance; it’s hard work, vision and community that’s given Latinos the opportunity to thrive.”

Gabriela Teran Branch Manager



Photo and quote submitted by Josie Torres, SAC



RECOVERY MONTH **FACES & VOICES OF RECOVERY**

#RecoveryMonth #Recovery
WWW.RECOVERYMONTH.NET

Inside this issue:

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To submit information for October's Newsletter email
Cheryl.Ellis@ct.gov by September 22, 2023



NATIONAL HISPANIC HERITAGE MONTH

Article submitted by Paola Zayas Garcia, North Region

According to the U.S. Census Bureau, there were an estimated 62.6 million Hispanics living in the U.S. as of 2021, which equals 18.9% of the United States population. These are all new highs, as just 10 years ago, the number was 50.5 million. As the Hispanic population grows, more individuals learn about, and begin to celebrate Hispanic Heritage Month, which commemorates the culture, history, and contributions of those whose ancestors descend from Spanish-speaking countries. One of the most interesting aspects that I find about my own heritage is how different we can look, even within our family tree. A recent study conducted by the Pew Research Center found that many Hispanics in the U.S. struggle with their identity. A huge contributor to this being the colorism that exists in the Hispanic/Latino community. According to WebMD, colorism is the discrimination or bias against someone's skin tone. This reminded me of my experience growing up in Puerto Rico, and then emigrating to the United States. Upon moving, my identity, as well as many other Hispanics that look like me (i.e., light skin tone, blue eyes, etc) have been challenged because we do not fit the norm of what a Hispanic should “look like”. Even though we look phenotypically different, it does not make us any less Hispanic. During Hispanic Heritage Month (HHM), I encourage everyone to embrace who they are and what makes them different. HHM is about more than just celebrating our history and contributions to the world, but it is about living life authentically, using your voice to share your life experiences, and ultimately, loving and accepting who you are no matter what that looks like.

Quote and link submitted by Jossie Torres, SAC

“

Preservation of one's own culture does not require contempt or disrespect for other cultures.

CÉSAR CHAVEZ

[Click here for more information](#)

© 2019 THE SPANISH TEACHERS

On behalf of the Jossie Torres, Self-Advocate Coordinator, learn more Hispanic Heritage Month

NATIONAL HISPANIC HERITAGE MONTH

On behalf of the SACs:

4 facts about Hispanic Heritage Month

- National Hispanic Heritage Month is celebrated from September 15 to October 15.
- The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson.
 - It was expanded by President Ronald Reagan in 1988 to cover a 30-day period.
 - It was enacted into law on August 17, 1988.

[Click here for more information about Hispanic Heritage Month](#)



Image by Green City Force



Image by My City Magazine



NATIONAL RECOVERY MONTH



Hundreds of thousands of people with intellectual disabilities are living with substance abuse disorders and the consequences can be severe. Individuals with intellectual disabilities are more susceptible to substance abuse problems for several reasons. Unfortunately, substance abuse isn't always immediately recognized among people with IDD, which can lead to delays in diagnosis and treatment. As a result, individuals often don't receive the same sort of prevention education as the general population. They are also less likely to receive treatment for addiction, according to a 2010 study in the Journal of Health & Social Work – and when they enter treatment, they are less likely to stick with it. It was estimated in 2004 that 7% to 20% of people with an ID also develop a co-occurring substance use disorder. An especially shocking statistic when compared to the 7.6% of people without an ID that was estimated to develop a substance use disorder in 2008. Still, there is a myth that people with IDs do not drink alcohol or use other drugs. It is just that, a myth. (Source: www.alcoholrehabguide.org)

A recent study from Disability and Health Journal indicates that people with disabilities, including those with sensory disabilities such as being deaf or blind, are more likely than the general population to have issues with substance abuse and addiction. Specifically, about 40 percent of the population that has some form of disability also struggles with drug or alcohol use. T Other studies estimate about 5% of the 7 to 8 million Americans with intellectual disabilities suffer from a substance use disorder. These disorders can range from episodic abuse of drugs and alcohol to dependence to addiction. The most common drugs of abuse are alcohol, tobacco, and marijuana. A 2006 study by Irish researchers identified and examined 67 people with intellectual disabilities who also misused alcohol and substances. The study found that those with mild or “borderline” intellectual disabilities were more at risk for developing a substance abuse problem. (Source: www.therecoveryvillage.com)

Often, the frustrations of these conditions can leave a person feeling depressed, anxious, and isolated from the rest of the world. For many people experiencing feelings of depression, anxiety, and isolation issues, drugs or alcohol can be a way to numb these negative feelings or create a false feeling of euphoria. This self-medication, in turn, can lead to addiction. While this is not a new idea, the understanding of substance abuse in the deaf and blind communities has lagged behind that of the general population. The result of this is that services for people with sensory disabilities and substance abuse problems are less than ideal. (Source: americanaddictioncenters.org)

Did You Know?

Approximately 5% of people with an intellectual disability – around 400,000 people – also struggle with a **substance use disorder.**



RECOVERY IS FOR EVERYONE: Every Person, Every Family, Every Community

Motto Image by Hartford County Health Department, MD

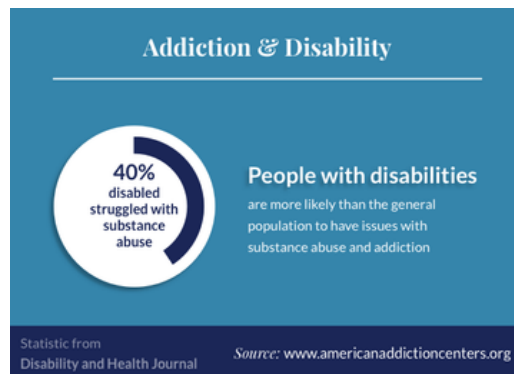
On behalf of the SACs, (Source: Center of Disease Control and Prevention (CDC)):

September marks National Recovery Month. The tagline, “Every Person, Every Family, Every Community,” emphasizes that recovery is possible for all Americans. Treatment can save a life and can help people struggling with substance use disorders by counteracting addiction’s powerful effects on their brain and behavior. The overall goal of treatment is to return people to productive functioning in their family, workplace, and community.

Recovery Month celebrates the gains made by those in recovery from substance use disorder. Read the new CDC feature which promotes and supports understanding treatment and recovery options.

Hashtag: #ReoveryMonth #RecoveryIsForEveryone #RecoveryisPossible

[For more information about recovery click here](#)



Resource:

CCAR 866-205-9770

Substance Use Access Line 1-800-563-4086

Problem Gambling Helpline 1-800-552-4700

Alcoholicos Anonimos en espanol 855-377-2628

Smoking Quitline 800-QUITNOW

Women for Sobriety 215-536-8026



INTERNATIONAL EQUAL PAY DAY

Image:nationaltoday.com

International Equal Pay Day falls on September 18. This day is dedicated to raising awareness about unequal pay to women and a push to close the gender pay gap. In the U.S., women earned about \$0.82 for every dollar a man made in 2019. The pay gap for women also varies by race, ethnicity, and disability. Those paid the least in the U.S. are Hispanic women who are currently paid 57% of what a white man makes. The problem with the wage gap is that it affects many families throughout generations, where women of color accumulate less wealth on average. This pay gap is prominent in nearly all occupations and industries, but especially in male-dominated ones. Female surgeons are annually paid \$19 billion less than their male counterparts. (Source: nationaltoday.com/international-equal-pay-day/)

Every year, the international organization World Economic Forum ranks around 150 countries based on the gap between women and men according to indicators within health, education, economy and politics. Since the report's inception in 2006, Sweden has never ranked lower than fifth. (Source: sweden.se/life/equality/gender-equality)



5 FACTS ABOUT THE GENDER PAY GAP

The pink tax -Feminine versions of the same product are more expensive simply because they're for women. (i.e. razors)

Eliminating the gender pay gap- If the gender pay gap were to be eliminated, women would receive enough money for a year of childcare or nine months' worth of rent, yearly.

It benefits everyone-If the gender wage gap closed, poverty for American working women would be reduced by half.

Mothers have it the worst- Working mothers earn 75 cents for every dollar and single mothers earn 54 cents.

It gets worse as women get older- The widest age gap for women is for those aged 55 to 64 — this also affects their pension.

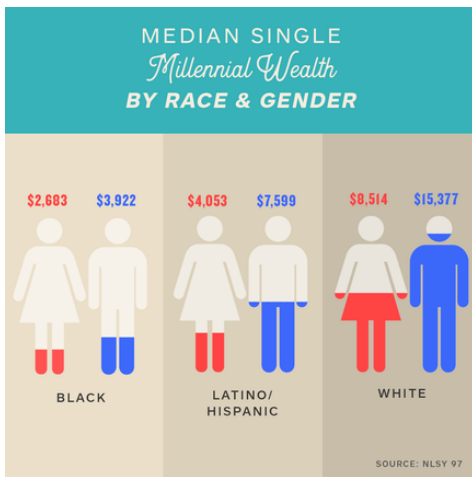
(Source: nationaltoday.com)

INTERNATIONAL EQUAL PAY DAY

Natasha Cole, Self-Advocate Coordinator, is sharing the following link to spread the news about International Equal Pay Day celebrated on 18 September!

Equal Pay Day represents the longstanding efforts towards the achievement of equal pay for work of equal value. It further builds on the United Nations' commitment to human rights and against all forms of discrimination, including discrimination against women and girls.

[For more information click here to access the link](#)

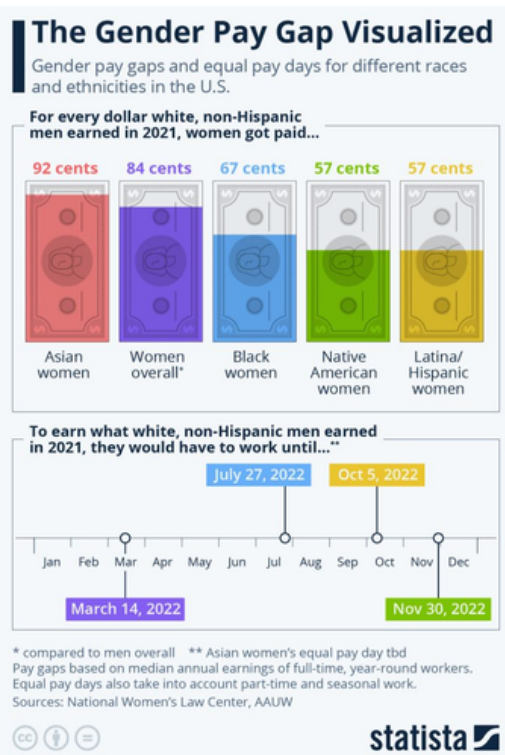


Using data on millennial women collected between 2010 and 2015, single millennial men had 162 percent of the average wealth of their female millennial counterparts, or \$11,230 to women's \$6,914 (adjusted to 2016 dollars), according to an analysis by Jhumpa Bhattacharya, vice president of programs and strategy at the Oakland-based Insight Center for Community Economic Development. (She defines "millennial" as those born between 1980 and 1997.) Single white millennial men had nearly six times as much wealth as single Black millennial women, \$15,377 to \$2,683. (Source: www.joinhoney.com- What is the Gender Wealth Gap)

Submitted by Colleen Neely, Resource Management Specialist

Below is an online article on International Equal Pay. Although the article is not new, it's from 2017, I think it still has a powerful platform with celebrities helping to draw attention to the fight of inequality.

[Click here for more information](#)



Source:www.electronicweekly.com)

Black Women's Equal Pay Day- Sept 21

Black women face unique barriers at the intersection of race and gender in the U.S. labor market. Since our country's founding, racism and sexism have shaped the structure of our economy, laws, and policies. As a result, pay discrimination and occupational segregation (the segregation of women into low-paid and undervalued jobs) have long inflicted harm upon Black women in the workforce. (Source: www.equalpaytoday.org)

In an Equitable Growth working paper, titled "Returns in the labor market: A nuanced view of the penalties at the intersection of race and gender," Mark Paul of the New College of Florida, Khaing Zaw of Duke University, Darrick Hamilton of The Ohio State University, and William Darity Jr. of Duke University find "Black women face a different gender penalty than White women and different race penalties than Black men." According to www.equalrights.org 55% of Black women surveyed have faced gender or racial discrimination or related obstacles to higher-paying jobs. Case in point: The median wage of nursing assistants was only \$13.23 in 2017—a profession where Black women are nearly one-third of the sector's workforce. (Source: equitablegrowth.org)

Mother's Equal Pay Day- Sept 8

The "motherhood penalty" is a well-documented phenomenon in which moms earn significantly lower lifetime earnings due to sexist assumptions about their capabilities as employees. Paid only 62 cents on the dollar on average compared to fathers, there's much to address when it comes to making workplaces equal for moms. (Source: www.equalityrights.org) Equal Pay Day is a reminder of systemic inequality faced by women especially those of color. In the U.S., women who work full-time, year-round, are paid an average of 83.7 percent as much as men, which amounts to a difference of \$10,000 per year. The gaps are even larger for many women of color and women with disabilities. (Source: www.dol.gov)

A new working paper by Eunjung Lee and Joya Misra of University of Massachusetts, Amherst and Marta Murray Close of the U.S. Census Bureau finds that despite mothers' gains in education and experience, the motherhood pay gap barely budged over the past 30 years. "Even before the COVID-19 crisis, mothers were losing thousands of dollars annually due to the wage gap, with Black, Latina, and Native American mothers suffering from the largest gaps," Jasmine Tucker, director of research at the National Women's Law Center, wrote in the fact sheet. "Couple that with the economic crisis moms and their families are still facing and mothers have been put between a rock and a hard place." When moms are short-changed in this way, that has impacts on not just their paycheck, but their entire family's stability and livelihood.

(Source: www.businessinsider.com/equal-pay-day-for-mothers-earnings-compared-to-fathers-2022-9)



Image by Getty Images



LABOR DAY



Labor Day is celebrated on the first Monday of September. This year, Labor Day is on Monday, September 4, 2023.

What Is Labor Day?

Labor Day is a holiday dedicated to honoring the contributions U.S. workers have made to the strength and prosperity of our country. The first Labor Day was celebrated on Tuesday, September 5, 1882, in New York City. The originator of this celebration was the Central Labor Union.

How Did Labor Day Become A Holiday?

The creation of Labor Day has been credited to two different people. Some historians believe Peter J. McGuire, the general secretary of the Brotherhood of Carpenters and Joiners, and a co-founder of the American Federation of Labor, first suggested a holiday to honor those “who from rude nature have delved and carved all the grandeur we behold.” Others credit Matthew Maguire, a machinist and, later, secretary of Local 344 of the International Association of Machinists in Patterson, N.J., as the creator of Labor Day. Many say he proposed the idea of a holiday to honor the working class when he was serving as secretary of the Central Labor Union in New York in 1882. What is agreed upon is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and a picnic. Following the deaths of workers during the *Pullman Railroad Strike of 1894* in Chicago, and in an attempt to repair ties with American workers, the United States Congress unanimously voted to approve legislation to make Labor Day a national holiday, making the official date the first Monday in September.

President Grover Cleveland signed it into law six days after the end of the strike.

(Source: www.farmersalmanac.com)

What is the Pullman Railroad Strike?

The Pullman Strike was two interrelated strikes in 1894 that shaped national labor policy in the United States during a period of deep economic depression. First came a strike by the American Railway Union (ARU) against the Pullman factory in Chicago in spring 1894. The strike and boycott shut down much of the nation's freight and passenger traffic west of Detroit, Michigan.

(Source: en.wikipedia.org)



American Disabilities Act

On behalf of Jake Manke and the SACs:

FEMA Celebrates Americans with Disabilities Act Anniversary with Accessibility Advancements
As the nation celebrates the 33rd anniversary of the Americans with Disabilities Act (ADA), FEMA commemorates its ongoing efforts to advance accessibility in the agency's mission to help people before, during, and after disasters.

The ADA guides FEMA's commitment to improving services and programs to be equitably available to people with disabilities and others with access and functional needs.

"FEMA's people-first approach is about ensuring our programs are accessible to all disaster survivors," said FEMA Administrator Deanne Criswell. "From ensuring survivors in wheelchairs can access our disaster recovery centers to updating our websites to support screen readers, to offering sign language interpretation, our commitment to meaningful and full access to our programs is driven by our core values of compassion, fairness, integrity, and respect."

When the act passed in 1990, it provided civil rights legislation that protects people with disabilities from discrimination by federal agencies and federally funded programs. The law ensures that FEMA and our partners have a strong foundation to work together so that disaster survivors with disabilities have equitable access to services and programs while preserving their independence.

To support the disability community, FEMA made equity in emergency management one of the top goals in its 2022-2026 Strategic Plan. In support of this plan, the agency has:

- **Improved the survivor registration intake process nationwide, expanding disability-related questions, making it easier for people with disabilities impacted by disasters to get the assistance they need.**
- **Continued updating the FEMA App, available in English and Spanish, so that it is now more accessible to people with disabilities. The app is a screen reader compatible with iOS (11.0 and later) and Android (5.0) devices. The user interface has also been redesigned to fit a wider variety of screen sizes, making it easier for users to interact with it on their preferred devices.**
- **Worked extensively with state, local, tribal, and territorial officials, and nongovernmental and private sector partners and stakeholders to facilitate ADA compliance. This includes removing physical, communication, and programmatic barriers that people with disabilities could face.**
- **Designed programs, services, policies, and procedures to include the needs of people with disabilities before disasters happen, rather than solely reacting to barriers that are identified during response and recovery.**

Nationwide, disability stakeholders are part of the agency's whole-community approach and work with FEMA's Office of Disability Integration and Coordination (ODIC) teams to create a path to independence for people with disabilities impacted by disasters.

5 Ways FEMA Honors the Americans with Disabilities Act

The Office of Disability Integration and Coordination is the hub of FEMA's work to improve policies, procedures, operations and support for disaster survivors with disabilities. We focus on ensuring the equity and inclusion of people with disabilities into all aspects of disaster preparedness and emergency management.

Here are five ways we are using the guidelines presented in the ADA to improve the way we do things at FEMA: Read the blog.

To learn more about FEMA's support to people with disabilities, go to Office of Disability Integration and Coordination | [FEMA.gov](https://www.fema.gov).



FEMA Disability Coordinator and Office of Disability Integration and Coordination Director Sherman Gillums Jr. shares how FEMA continues to improve how the agency uses guidance from the Americans with Disabilities Act to help survivors before, during and after disasters. “The ADA drives the future of community resiliency, enablement and universal access for all members of a community,” said FEMA Disability Coordinator and ODIC Director Sherman Gillums, Jr. “Founded on the principles of the ADA, we bring effective communication, expanded structural access and equitable opportunities for all to function as members of society. These are the conditions required prior to disaster that will shorten the disaster cycle for all survivors.

BISEXUALITY VISIBILITY DAY

Bisexual Visibility Day (September 23, 2023)

My name is Dee

I am bisexual.

I have learned a lot about the LBGQT+ community.

You don't have to be afraid of us, we are humans like other people too.

It was hard for me to tell people about my sexuality because I was afraid of what people would say about me.

This is some true words, I am telling you so please don't take this as a front, because I would never lie to you.

I treat everyone equally no matter their sexuality.

We all should love one another and stop judging.

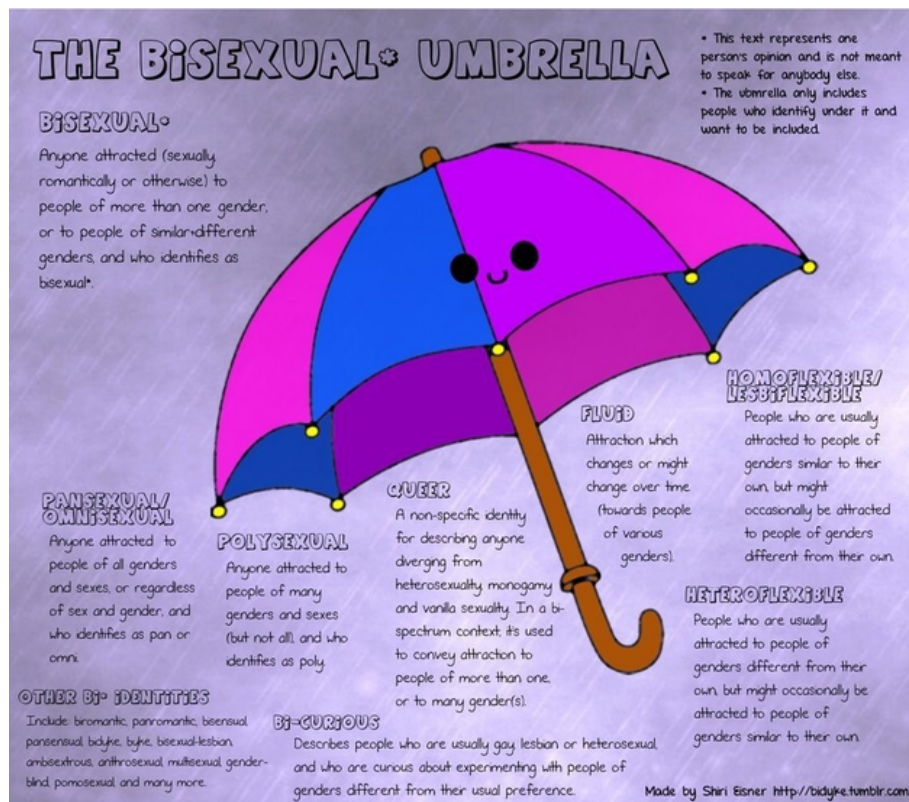
You never know what the next person has been through or is going through.

God put us on this Earth to love on each other and not hurt each other.

To all my LBGQT+ community we all have a voice so let's all come together and use it.

By Delores Williams

North Region





Pitru Paksha 2023 will begin on Friday September 29 and ends Saturday October 14. It is a period when Hindus offer prayers to their ancestors, especially through a ritual of offering prayers, food and water to the departed souls of the family which is known as Shradh. (Source: www.rudraksharatna.com)

PITRU PAKSHA



During Pitru Paksha, the eldest son of the deceased performs the Shradha by making offerings for ancestors said to be in pitrulok (the realm between Heaven and earth). Special food is prepared for the Shradh rites, and is first offered to a crow – believed to be Yama, the keeper of pitrulok – and then to priests before the family can partake. Pitru Paksha and Shradh are considered essential by Hindus to ensure their ancestors' passage into Heaven.

(Source www.dnaindia.com).



It is an occasion to pay respects to our ancestors. It is believed during this time our ancestors come down to bestow their blessings upon us. It is the season to pay an ode to those deceased relatives and our forefathers. It is believed Shradh rites help liberate our souls from the circle of life and death. (Source: www.dnaindia.com)

The shradh puja is performed by a male member, usually the eldest male member of the family or the eldest son. The shradh requires the participation of Karta (the does) and pandit (the priest) at which havan is performed and rice is offered to the departed souls. Food is also offered to crows, dogs, and cows. (Source: www.adotrip.com)



More to Celebrate



Arbaeen - Sept 6th forty days in Arabic is also the usual length of mourning after the death of a family member or loved one in many Muslim traditions. Arbaeen is the largest annual pilgrimage in the world, in which millions of people go to the city of Karbala in Iraq.

Krishna Janmashtami - Sept 6th & 7th commemorates the birth of Krishna, one of the most important gods in the Hindu religion. Consequently, this holiday is held in high regard among Hindu people. Vishnu, one of the triumvirate gods in Hinduism, is recognized as Krishna's father. Vishnu is seen as the protector of all the universe and believed to be incarnated to return to Earth and restore the balance between good and evil. His eighth incarnation is Krishna.



The god Krishna is recognized as a warrior, hero, teacher, and philosopher in the Hindu religion. (Source: blog.eastwest.org)

Rosh Hashanah - Sept 15, 16, & 17 is the celebration of the Jewish New Year. It's a very important holiday on the Jewish calendar. It is the first of what we call the High Holidays (or High Holy Days), a ten-day period that ends with Yom Kippur—the holiest day of the Jewish year. On Rosh Hashanah, Jewish people from all over the world celebrate God's creation of the world. (Source: toriavey.com)

Yom Kippur - Sept 24 & 25 Out of all the holy days in the Jewish faith, Yom Kippur is the holiest day of the year. Literally meaning “the day of atonement,” Yom Kippur encompasses all the emotions for spiritual ablution – from guilt to mourning to resolve. (Source: nationaltoday.com)

Mawlid- Sept 26th & 27th Mawlid' is Celebrated by Muslim people during the month of Rabiulawal, the third month of the Muslim calendar. It commemorates the anniversary of the birth of the founder of Islam and the proclaimer of the Qur'an, the prophet Muhammed. (Source: officeholidays.com)

Sukkot - Sept 29th thru Oct 6th is a weeklong Jewish holiday that comes five days after Yom Kippur. Sukkot celebrates the gathering of the harvest (Source: www.chabad.org)





SAY THIS NOT THAT (SUBMITTED BY ROBIN CARLSON, SR)

Enslaved vs. Slave: Most scholars use the term “enslaved people” instead of “slaves.” This language separates a person's identity from his/her circumstances.

Enslaver vs. Owner/Master: Use of the words of “owner” or “master” empowers the enslaver and dehumanizes the enslaved person by reducing him/her to a commodity rather than a person who has had slavery imposed upon him or her. Using the terms enslaved and enslaver, are subtle but powerful ways of affirming that slavery was forced upon that person, rather than an inherent condition.

Freedom Seeker vs. Fugitive: The term “fugitive” calls up the idea of a criminal, requiring capture and punishment, and was used to assert that the law was on the side of slaveholding society. “Freedom seeker” better demonstrates what is in the hearts and minds of those acting to make freedom a reality.

Key Concepts from Teaching Tolerance, A project of the Southern Poverty Law Center
Learning for Justice | Education Resources

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Rita Moreno: Just a Girl Who Decided to Go for It (2021)

This documentary directed by Mariem Pérez Riera is a powerful look at the life and work of Rita Moreno from her humble beginnings in Puerto Rico to her success on Broadway and in Hollywood.

Roma (2018)
Written and directed by Alfonso Cuarón, this black-and-white Oscar winner is a compelling tale of a live-in housekeeper working for an upper-middle-class family in 1970s Mexico City. When she finds out she’s pregnant, she starts preparing for motherhood, and there’s trouble with her own family. The film is visually stunning and based on Cuarón’s experiences as a child.

THE WORLD'S COOKBOOK

Through the years, Panama has been home to Spaniards, Africans, Chinese, Indians, Americans, and more, and Panamanian foods represent that diverse cultural mishmash.

Rice with Pigeon Peas and Coconut (Arroz con Guandú y Coco) is a popular Panamanian side dish containing seasoned rice and pigeon peas.
Recipe by www.nashifood.com



Ingredients

1/2 yellow onion
1 teaspoon chopped garlic
8 sweet peppers
5 culantro leaves
1 tablespoon olive oil
1.5 cups pigeon peas
3 cups white rice
2 cans coconut milk (400 ml each)
2 teaspoons salt
1/2 teaspoons black pepper



Instructions

Prep

Wash your fresh pigeon pea and set aside.

Dice the yellow onion and the sweet peppers. Next thinly slice the culantro leaves.

Cooking

Heat a pot to medium heat. Add the oil and let it heat up.

Add the chopped onion and sauté for two minutes.

Next, add the sweet peppers, garlic, and culantro leaves and continue sauteing for two more minutes.

Add the pigeon peas and sauté for six more minutes.

Add one and a half (1.5) cups of water and let the pigeon peas cook until they are al dente. Cooking the pigeon peas took around 15 minutes.

Now, add the rice, coconut milk, half a cup of water, salt and black pepper, mix everything.

Cover the pot with the lid and let it cook on low heat for around 30 minutes, or until the rice is done.

Serve with your favorite protein and enjoy!

DIVERSITY AT

DDS

Diversity and inclusion is alive at DDS, and we will continue to work and improve as an organization. We are sharing events throughout the year that each Region has facilitated. Come join us in the fight to be inclusive, to create an environment of belonging, and a move for social justice.

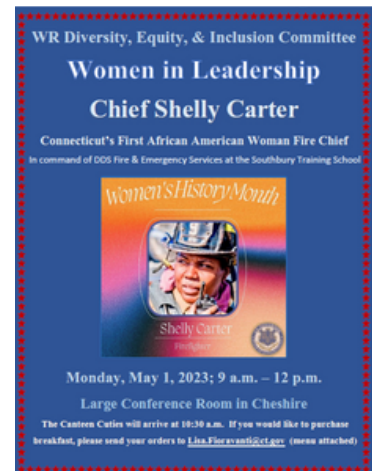
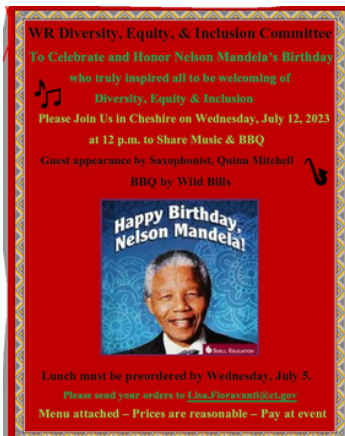


Jeremy Powell and Natasha Cole, Self-Advocate Coordinators, proudly wear their #itsnotokCT ribbon pins at the Diversity Luncheon in Cheshire on October 13, 2022.

Natasha Cole, Self-Advocate Coordinator, and Dr. Cheryl Ellis, Director of Diversity, Equity & Inclusion proudly share their #itsnotokCT ribbon at the Mental Health Awareness Luncheon in Cheshire on October 13, 2022



In celebration of National Developmental Disabilities Awareness Month, the West Region wears orange as they welcome Deputy Commissioner, Elisa Velardo, Director of Health Services, Gloria Jones, and Fire Chief, Shelly Carter to the Waterbury Office.



A Taste Of The Caribbean



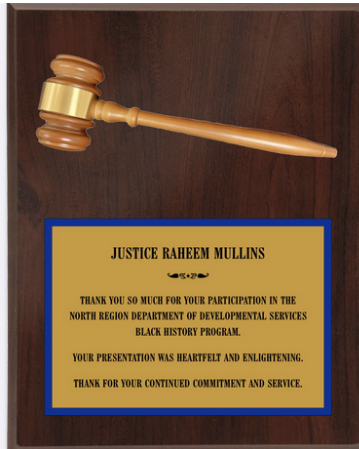
The DDS North Region Cultural Competency Committee will be Celebrating West Indian Awareness with A Taste of The Caribbean.

When: August 30th from 11am to 1pm
Where: East Hartford DDS Breakers

Countries Throughout the Caribbean will be represented with a tasteful dish. Please Come and join us. This Event is Free of Charge.



DDS North Region Cultural Competency Committee Fundraiser Bake Sale
East Hartford Office
Thursday July 27, 2023
11am-1pm or until items sell out
Donations of baked items needed. Please list ingredients.
Please contact Angela Frame, Sandra Tosca, La Shonda Yourse, Consuela Green via email for donations.
Thank you in advance for all donations!



JUSTICE RAHEEM MULLINS
THANK YOU SO MUCH FOR YOUR PARTICIPATION IN THE NORTH REGION DEPARTMENT OF DEVELOPMENTAL SERVICES BLACK HISTORY PROGRAM.
YOUR PRESENTATION WAS HEARTFELT AND ENLIGHTENING.
THANK FOR YOUR CONTINUED COMMITMENT AND SERVICE.

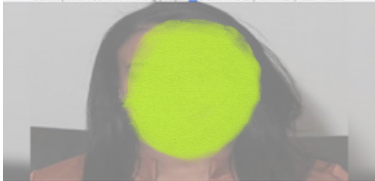
Join the North Region Cultural Competency Committee for a game of Disability Awareness Month Jeopardy.
Date: 7/25/23

Coffee Conversation
June 8, 2022 9:00am-10:00am
via Microsoft Teams
To register, click [HERE](#) or scan the QR Code >
For questions please contact: Cheryl.Ellis@ct.gov or Sergio.Walker@ct.gov

DDS Disability Awareness Month!
Tues. July 12th, 2022 @ 12pm
Please celebrate with us as we recognize National Disability Awareness Month! Take the "People First Language Pledge", & be an agent for change!
WE ARE PEOPLE. CALL ME BY MY NAME.
Please stop using these words.
With Special Guest:
SIOBHAN MORGAN, Disability Rights Specialist
For Teams Link, please email:

North Region Cultural Competency Committee would like to invite You to Join A Brown Bag Lunch We Celebrate Asian American & Pacific Islander Heritage Month. As well As Italian Awareness Month Presentation Will Take Place Via Teams. Wednesday May 31st at 12 Noon. Please Feel Free To Sign or Lunch. The Presentation Will Be From 12pm to 1pm

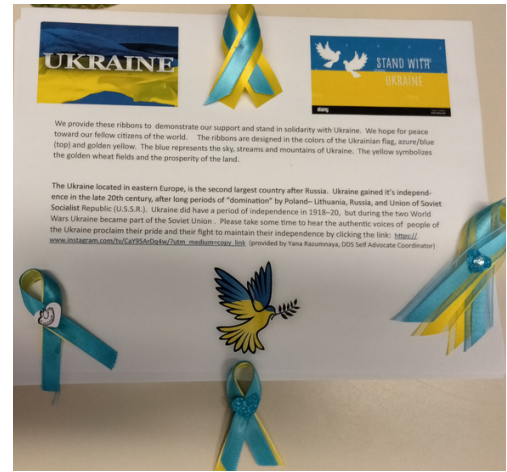
Guest Speaker: Danielle in Wong (Mayor of Bloomfield CT) Jamaican/Asian Native



Host Speaker: Jackson Pierre-Louis (Division Director of Quality & Systems Improvement) Haitian Des



COFFEE Conversation
celebrating JEWISH AMERICAN HERITAGE MONTH
PLEASE JOIN DDS SELF ADVOCATE COORDINATOR, YANA TO CELEBRATE JEWISH - AMERICAN HERITAGE MONTH AND LEARN ABOUT ANTISEMITISM
May 17, 2023
Time: 9:00 AM
Click here to join Teams or your QR
This event is FREE of charge. All are invited to attend. We have 100+ of all support team members.
#JewishAmericanHeritageMonth

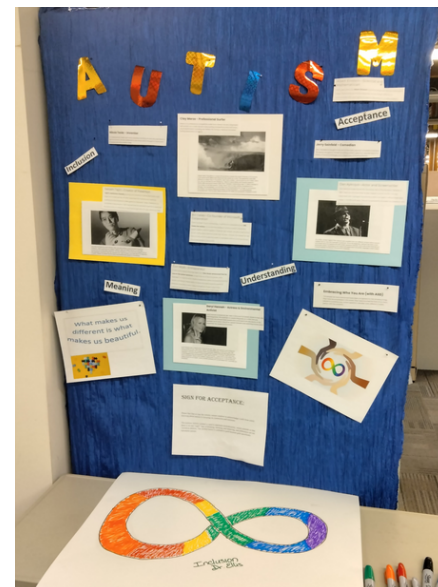


Coffee Conversation
Celebrates Pride Month
 June 14, 2023
 9:00 - 10:30 am

STONEWALL SPEAKERS

The South Region Diversity, Equity, and Inclusion (DEI) Subcommittee are proud to present the CT Stonewall Speakers, an LGBTQI Speakers Bureau. Join us for this informational conversation celebrating diversity and advocacy for a safe work environment for all. Speakers will share personal stories and discuss what it means to be a supportive colleague. The session is open to all DDS employees. No registration required.

[Click Here to Join](#)



DDS HAPPENINGS

The Camp Harkness Foundation Presents ...



Please join Commissioner Jordan Scheff and Deputy Commissioner Elisa Velardo for a series of annual update community forums to be held in October. These virtual forums will be hosted across two days at four different times to accommodate everyone's busy schedules. Each forum will have the same format and agenda. Please see the schedule for these October forums here. If you can't attend, don't worry, everything will be recorded and available on the DDS website for viewing at your convenience.

[Click here to see the schedule](#)

Wednesday, September 13, Coffee Conversation 9am-10am

[Link to meeting](#)

Wednesday, September 13, Self Advocate Employment Group with Jossie Torres 4pm-5pm

Thursday, September 21, Monthly Statewide Diversity Committee Meeting 3pm-4pm

Thursday, September 7, Everyday Heroes Carol Grabbe 4:30pm-5:30pm

[Link to the meeting](#)