

JEFFERSON PARISH EMPLOYEE DIVERSITY & INCLUSION BOARD

MAY 2021 CALENDAR BULLETS



JEFFERSON PARISH

DIVERSITY AND INCLUSION BOARD

Asian American Pacific Islander Heritage Month

A rather broad term, Asian-Pacific encompasses all of the Asian continent 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 the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island). May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Jewish American Heritage Month (JAHM)

May celebrates Jewish Americans who have helped weave the fabric of American history, culture and society. A national month of recognition of the more than 350-year history of Jewish contributions to American culture, JAHM acknowledges the achievements of American Jews in fields ranging from sports and arts and entertainment to medicine, business, science, government, and military service. JAHM also enables the exploration of the meaning of religious pluralism, cultural diversity, and participation in American civic culture.

Fibromyalgia Awareness

Fibromyalgia, which affects more than 12 million Americans, is a musculoskeletal syndrome that may cause some or all of the following: widespread pain, tender points, incapacitating fatigue, anxiety, depression, migraines/chronic headaches, irritable bowel syndrome, irritable bladder, insomnia, hypersensitivity to cold/hot, swelling, fibro fog (inability to concentrate/focus), difficulty remembering, numbness, stiffness, decreased energy, noise, light and odor sensitivity and skin sensitivity.



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- 1st Beltane** - This is when Wiccans/Pagans celebrate the union of Mother Earth and the Fertility God, and their union bringing about healthy livestock, strong crops, and new life all around. Some of the celebrations include lighting bon fires and dancing around a Maypole.
- 1st Free Comic Book Day** – Free Comic Book Day is on the first Saturday in May every year. Where print media is gradually dying, the appeal and art of comic books remain stronger than ever. To keep the art of graphic comics alive and as a thank you to dedicated readers, free comics are distributed across the country on this day. Founded on the belief that for every person out there, there's a comic book they'll love, the annual event offers a huge selection of free titles designed to appeal to a broad range of age levels and their tastes.
- 2nd World Laughter Day** - The first Sunday of May is World Laughter Day, a celebration that raises awareness about all the benefits of laughing and promotes world peace through laughter. Laughing can instantly help reduce stress and brings us closer to other people, as we share our happiness with them. Those who take part in World Laughter Day help spread positivity and cheerfulness in a way that could help change the world.
- 4th National Star Wars Day** - National Star Wars Day was first organized in Toronto, Ontario, Canada at the Toronto Underground Cinema in 2011. Produced by Sean Ward and Alice Quinn, festivities included an Original Trilogy Trivia Game Show, a costume contest and the web's best tribute films, mash-ups, parodies, and remixes on the big screen. May 4th was chosen because of the play on words.
- 4th National Teacher Appreciation Day** - National Teacher Appreciation Day, also known as National Teacher Day, is observed on the Tuesday of the first full week in May. This day is part of Teacher Appreciation Week, which is the first full week in May of each year. Political and educational leaders first began discussions for a day to honor teachers in 1944. In 1953, Eleanor Roosevelt persuaded the 81st Congress to proclaim National Teachers' Day.
- 5th Cinco de Mayo** - Its roots lie in the French occupation of Mexico in the aftermath of the Mexican-American War. It celebrates Mexico's victory over France. In the U.S. the date has become associated with the celebration of Mexican-American culture. In Mexico, the commemoration of the battle continues to be mostly ceremonial, such as through military parades.
- 6th National Nurses Day** - On this day, we raise awareness of all nurse contributions and commitments and acknowledge the vital role nurses play in society. This day is also the first day of National Nurses Week and is sometimes known as National RN Recognition Day,



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9th Mother's Day – A day of celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society.

10th The Ascension of Jesus – The day when the resurrected Jesus Christ was taken up to Heaven in his resurrected body in the presence of His 11 apostles occurring 40 days after the Resurrection. The departure of Jesus Christ of Nazareth from Earth into the presence of God our Heavenly Father. As he ascends into the clouds two men in white appear to tell them that he will return “in the same way you have seen him go into heaven”.

12th Last Day of Ramadan – Begins in the ninth month of the Islamic calendar and is observed by Muslims worldwide as a month of fasting to commemorate the first revelation of the Quran to Muhammad according to Islamic belief. The month lasts 29–30 days based on the visual sightings of the crescent moon, according to numerous biographical accounts compiled in the hadiths

12th National Fibromyalgia Awareness Day - The first National Fibromyalgia Awareness Day was observed in 1992 in honor of the birthday of Florence Nightingale after historical documentation was reviewed and suggested she suffered from symptoms similar to fibromyalgia and chronic fatigue. Symptoms may come and go, lasting a few minutes, an hour, a day, a week, a month or a year.

13th National Apple Pie Day – Arguably, the apple pie is America's favorite pie. In fact, it's so beloved in the United States that it has even become a national symbol. That's probably why a whole day is dedicated to celebrate this humble dessert. A holiday called National Apple Pie Day and is celebrated on the 13th of May every year. It's a great day for anyone who loves this pie to cut themselves a slice and enjoy it by themselves or with friends and family.

15th Peace Officers Memorial Day – This day is a tribute to local, State and Federal law enforcement officers. Flags are flown at half-staff in memory of those officers who have made the ultimate sacrifice. Services honoring the fallen will be conducted across the country, including Washington, D.C. The National Law Enforcement Officers Memorial wall in Washington, D.C. features the names of more than 19,000 law enforcement officers which have been killed in the line of duty.

16th National Honor our Elder LGBTQ Day - Honor Our LGBT Elders Day is an opportunity for community centers, faith organizations, educational institutions and aging service providers to recognize the lives of LGBTQ older adults and honor their contributions to history. The rights and acceptance that LGBTQ individuals have today did not occur in a vacuum or happen by accident. Our LGBTQ elders worked hard to gain rights and social acceptance.



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- 16th Shavuot** - Shavuot, also known as the Feast of Weeks, is a major Jewish holiday observed every year fifty days after the Passover Seder. In 2021 it falls on May 16. Shavuot encompasses two celebrations, the wheat harvest in Israel and God's giving of the Torah to the people of Israel on Mount Sinai. As a pilgrimage festival, Shavuot is a holiday centered around the community. Many people take the day off work and gather in the synagogues to participate in special Shavuot prayers.
- 18th International Museum Day** – International Museum Day is a good opportunity to visit, appreciate, and support your local museum. The goals of International Museum Day are to give museum professionals the opportunity to meet the public, and to make the public aware of challenges faced by museums. Each year, a different theme is promoted.
- 21st World Day for Cultural Diversity for Dialogue & Development** – This day recognizes cultural diversity as a source of innovation, exchange and creativity, as well as the obligation to create a more peaceful and equitable society based on mutual respect.
- 23rd Pentecost/ Pesach** - Is an important biblically derived Jewish festival. An 8 day festival of unleavened bread. The Jewish people celebrate Passover as a commemoration of their liberation by God from slavery in Egypt and their freedom as a nation under the leadership of Moses.
- 23rd Declaration of the Bab** - Bahai's around the world celebrate the Declaration of The Báb, who was the forerunner of Baha'u'llah the founder of the Baha'i Faith. Their view of the Báb as a Messenger of God who had a role that can be likened to John The Baptist in heralding the coming of the latest Manifestation of God: Baha'u'llah.
- 25th National Missing Children Day** - Observed annually, National Missing Children's Day has been commemorated each year on May 25th since 1983, when it was first proclaimed by President Ronald Reagan. There was a series of high-profile missing children cases that made national headlines in the several years following the establishment of National Missing Children's day. Six-year-old Etan Patz disappeared from his New York City home on his way from the bus to school on May 25, 1979. May 25, the date of Etan's disappearance, was designated as National Missing Children's Day. During the time of his disappearance, cases of missing children rarely gained national media attention. However, Etan's case quickly received much coverage. Etan's father, who was a professional photographer, distributed black-and-white photographs of his son to find him. The result was a massive search and media attention that focused the public's attention on the problem of child abductions and the lack of plans to address them.



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26th Buddha Day – Also known as Vesak celebrates Buddha’s birth, along with his enlightenment and death in some traditions. The holiday has been officially celebrated since 1950, when the World Fellowship of Buddhists formalized it as Buddha’s birthday. Buddhism is practiced by around 500 million people across the globe, in dozens of countries. Vesak is a holiday common to all Buddhists, but is celebrated differently according to local customs. Because Vesak is based on the Asian lunisolar calendar, the day usually falls on the full moon in the Gregorian month of May, but this varies widely according to each country’s traditions.



31st Memorial Day - In the United States is a federal holiday established to honor military veterans who died in wars and conflicts defending this great nation fought by our American Military forces. It was born out of the Civil War and a desire to honor our dead who fought on both sides.



Peace Love & Harmony

