

## Valley Mountain Regional Center

### Committee on Diversity, Equity, and Inclusion: Employee Networks

**Recognitions and Celebrations:** December 2020 (version)

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RECOGNITION and or CELEBRATION	CULTURE	MONTH/DAY
<b>DR. MARTIN LUTHER KING JR.'S BIRTHDAY</b> The birthday of civil rights activist Dr. Martin Luther King Jr. is celebrated on the third Monday in January.	African American – All Civil Rights (Day of Service)	January 20
<b>LUNAR NEW YEAR</b> , Also known as the Spring Festival or Chinese New Year.	Asian (Chinese)	January 25
<b>BLACK HISTORY MONTH</b> Celebrates Black History and African American culture.	African American	February
<b>INTERNATIONAL EPILEPSY DAY</b> Started in 2015 by IBE, provides a platform for people with epilepsy to share their experiences and stories with a global audience. Also calls for all people to advocate for appropriate legislation that will guarantee human rights of people with epilepsy and encourages people with epilepsy to live to their fullest potential.	Disability Culture	February (2 <sup>nd</sup> Monday)
<b>DISABILITIES AWARENESS MONTH</b> highlights many ways In which people with and without disabilities come together to form strong diverse communities. Seeks to raise awareness about the inclusion of people with developmental disabilities in all areas of community life, as well as awareness to the barriers that people with disabilities still sometimes face in connecting to the communities in which they live.	Disability Culture	March
<b>CESAR CHAVEZ DAY</b> honors the Mexican American farm worker and celebrates the contributions of labor leader and activist Cesar Chavez.	Hispanic/LatinX - All Civil Rights (Day of Service)	March 31
<b>NATIONAL AUTISM AWARENESS MONTH</b>	Disability Culture	April
<b>ARAB<sup>1</sup> AMERICAN HERITAGE MONTH</b> celebrating Arab American heritage, culture and contributions.	Arab Culture	April
<b>WORLD AUTISM AWARENESS DAY</b> – Light it up blue in recognition of people with autism and those who love and support them.	Disability Culture	April 2:
Native American <b>GATHERING OF NATIONS</b> where over 500 tribes gather for three days to honor their culture.	Indigenous Peoples	April 23

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<sup>1</sup> An **Arab** can be defined as a member of a Semitic people, inhabiting much of the Middle East and North Africa. The ties that bind **Arabs** are ethnic, linguistic, cultural, historical, nationalist, geographical, political, often also relating to religion and to cultural identity. (Wikipedia 12/2020)

<b>MENTAL HEALTH MONTH</b> national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.	Disability Culture	May
<b>ASIAN PACIFIC AMERICAN HERITAGE MONTH</b> recognizes the contributions and culture of Asians and Pacific Islanders in the United States.	Asian AND Pacific Islander	May
<b>JEWISH AMERICAN<sup>2</sup> HERITAGE MONTH</b> honors the contributions of American Jews	Jewish Culture	May
<b>HAITIAN HERITAGE<sup>3</sup> MONTH</b> is observed in May 2019. Haitian Heritage Month is a celebration in the United States of Haitian heritage and culture. It was first celebrated in Boston, Massachusetts, in 1998.	Haitian (African American)	May:
<b>WORLD DAY FOR CULTURAL DIVERSITY</b> is a day that recognizes cultural diversity as a source of innovation, exchange and creativity.	Cultural Diversity	May 21:
<b>AUTISTIC PRIDE DAY</b> recognizes the importance of pride for autistic people and its role in bringing about positive changes in the broader society. Autistic pride refers to the shift from “disease” to “difference.” Asserts that autistic people are not impaired or damaged; rather they have a unique set of characteristics that provide them many rewards and challenges, not unlike their non-autistic peers.	Disability Culture	June 18:
<b>JUNETEENTH</b> celebrates the day when news of emancipation reached people in the deepest parts of the former Confederacy in Galveston, Tx.	African American	June 19:
<b>WORLD REFUGEE DAY</b> raises awareness about the plight of refugees.	Cultural Diversity	June 20:
<b>INTERNATIONAL DAY OF THE WORLD’S INDIGENOUS PEOPLES</b> celebrating the richness of indigenous cultures as well as recognizing the challenges indigenous peoples face today.	Indigenous Peoples	August 9:
<b>NATIONAL HISPANIC HERITAGE MONTH</b> celebrates the contributions, heritage and culture of Hispanic and Latino Americans.	Hispanic/LatinX	September 15–October 15

<sup>2</sup> **American Jews**, or **Jewish Americans**, are [Americans](#) who are [Jews](#), whether by [religion](#), [ethnicity](#), [culture](#), or [nationality](#).<sup>[6]</sup> Today the Jewish community in the [United States](#) consists primarily of [Ashkenazi Jews](#), who descend from [diaspora Jewish populations](#) of [Central](#) and [Eastern Europe](#) and comprise about 90–95% of the American Jewish population. (Wikipedia 12/2020)

<sup>3</sup> Nearly all of Haiti’s population (95 percent) is of African ancestry. The remaining 5 percent of the population is mulatto or white. The origin of the black Library of Congress – Federal Research Division Country Profile: Haiti, May 2006 11 population in Haiti can be traced back to the colonial slave trade, when Haiti’s thriving sugar plantations needed thousands of slave laborers. French and Creole are Haiti’s official languages. (Library of Congress 12/2020)

<b>CONSTITUTION DAY AND CITIZENSHIP DAY</b> commemorating the ratification of the United States Constitution in 1787 and also honors all who have become U.S. citizens.	Cultural Diversity	September 17:
<b>GLOBAL DIVERSITY AWARENESS MONTH</b> increasing awareness and acceptance of diverse cultures	Cultural Diversity	October
<b>NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH</b> – celebrates and recognizes the accomplishments in the workplace of men and women with disabilities and reaffirms the commitment to ensuring equal employment opportunities to all citizens.	Disability Culture	October
<b>MENTAL HEALTH AWARENESS WEEK</b> 7 days, 7 conditions; Anxiety, Bipolar Disorder, Psychosis, Eating Disorders, Depression, PTSD, Addiction/Substance Use Disorder	Disability Culture	October (first full week):
<b>WORLD MENTAL HEALTH DAY</b> international day for global mental health education, awareness and advocacy against social stigma..	Disability Culture	October 10:
<b>INDIGENOUS PEOPLE’S DAY</b> (Native American Day) Celebrates and honors Native American history and culture.	Indigenous Peoples	October 11:
<b>DIA DE LA RAZA</b> , “Day of the Race”, in Spanish-speaking countries and communities.	Hispanic/LatinX	October 11:
<b>DIA DE LOS MUERTOS</b> three day celebration to remember dead relatives and friends.	Hispanic/LatinX	October 31 – November 2:
<b>NATIONAL EPILEPSY AWARENESS MONTH</b> a way for our community to raise their voice and share their journey, wherever they are in the fight against epilepsy.	Disability Culture	November
<b>NATIONAL AMERICAN INDIAN and ALASKA NATIVE HERITAGE MONTH</b> honoring the history and culture of Native Americans and indigenous people in the United States. Also known as <b>Native American Heritage Month</b>	Indigenous Peoples	November
<b>INTERNATIONAL DAY OF PERSONS WITH DISABILITIES</b> – 2020 Theme “Not all disabilities are visible.” Focuses on spreading awareness and understanding of disabilities that are not immediately apparent, such as mental illness, chronic pain or fatigue, sight or hearing impairments, diabetes, brain injuries, neurological disorders, learning differences, and cognitive dysfunctions.	Disability Culture	December 3:
<b>KWANZAA</b> is a celebration honoring African American heritage	African American	December 26– January 1, 2020: