MAY PASPDI NEWSLETTER

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

- Asian Americans and the Pacific Islands have enriched America’s history and ensured its future success.
- May is dedicated to celebrating their culture and heritage.

JEWISH AMERICAN HERITAGE MONTH

- Recognizes American Jews and their importance to our nation.

EID AL-FITR
- May 3rd

- Islamic holiday that marks the end of Ramadan.
- It ends fasting and is celebrated with a big meal.

CINCO DE MAYO
- May 5th

- Celebration of Mexican culture & heritage.
- Commemorates the date that the Mexican Army defeated the French Army.
- Not Mexico’s Independence Day.

BUDDHA’S BIRTHDAY
- May 8th

- Day of celebration for Buddhists around the world.

MALCOM X DAY
- May 19th

- In the 1960s, Malcolm X was a prominent civil rights leader and figure in the Nation of Islam.
- His birthday falls on May 19th and the day is dedicated in his honor.

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DAY OF CELEBRATION FOR BUDDHISTS AROUND THE WORLD.

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We encourage you to take a look at the website below for more information about mental health conditions, statistics and treatment.
https://mhanational.org/about-mental-health

WORDS OF INSPIRATION:

“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, YOU ARE NOT THE RAIN.” — Matt Haig

RESOURCES:

re:solve crisis network - operates 24/7 providing crisis services.
Milestone Centers, Inc - provides direct care services to those residing in Allegheny and Westmoreland counties.
Peoples Oakland - Peoples is a organization that supports those with persistent mental health challenges. Their psychiatric and social rehabilitation programs encourage wellness within the community.
Why are you proud to be an Asian American?

"I am proud of my culture because of the sense of community that we have. I am always happy to share recipes and different clothing traditions from my culture."

-Parichehr Sadeghi

What are some traditions of your heritage?

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As an American born Indian American, my parents still ensured to teach me about the Indian culture. I am proud to have the roots of my heritage and values engraved within me, and I am grateful to be able to celebrate Indian and American traditions.

-Hely Patel

FACT: Asian American and Pacific Islander history month was first observed in 1922.