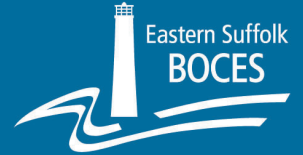


Diversity, Equity, and Inclusivity

Advancing Equitable Opportunities



Office of Diversity, Equity, and Inclusivity | 201 Sunrise Highway, Patchogue, NY 11772 | 631-687-3028 | esbocesdei@esboces.org

May Cultural Heritage Highlights



Asian American, Native Hawaiian, and Pacific Islander Heritage Month

The month of May was chosen to commemorate the immigration of 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. Asian Americans, and Native Hawaiians, and Pacific Islanders (AANHPI) make our nation more vibrant through diversity of cultures, languages, and religions.

This year's theme is *Advancing Leaders Through Innovation*.

Find out more:

[Links to additional AANHPI resources](#)



Haitian Heritage Month

This is a great time to celebrate the vibrant culture, distinct art, delectable cuisine, and to get to know people of Haitian origin. Haitian Heritage Month is an expansion of the annual Haitian Flag Day, which falls on May 18. Haiti was the first Black republic in the world to free itself from colonial rule. Today, the Haitian community exhibits these nuances of their history through their art, literature, costumes, faith, and life.

Find out more:

[Explore Haitian Heritage Month at the Haitian Heritage Museum](#)

[Celebrate Haitian Culture Day - Ayiti Nou la Tojou 2024](#)

[Haitian Culture Day Parade and Street Festival](#)

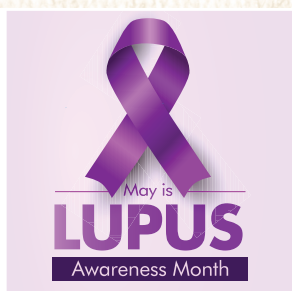


Jewish American Heritage Month

This month serves as a time to celebrate the contributions and experiences of Jewish Americans throughout our nation's history. It was first federally recognized in 2006, thanks to the advocacy efforts of Jewish American leaders.

Find out more:

[Links to additional Jewish American Heritage Month resources](#)



Lupus Awareness Month

Lupus is a chronic (long-term) disease that can cause pain and inflammation in any part of the body. Lupus is an unpredictable and misunderstood autoimmune disease. It is difficult to diagnose, hard to live with, and a challenge to treat. Lupus has a range of symptoms, and strikes without warning.

Find out more:

[The Lupus Foundation of America | Understanding Lupus](#)

[Lupus support programs and services](#)



National Mental Health Awareness Month

This year the theme is “Take the Moment.” The world is constantly changing – for better or for worse – and it can be overwhelming to deal with everything going on around you.

Find out more:

[Download the Mental Health Month toolkit](#)

[National Alliance on Mental Health \(NAMI\) Take the Moment Campaign](#)



National Speech-Language-Hearing Month

Better Hearing and Speech Month is now National Speech-Language-Hearing Month.

Find out more:

[National Speech-Language-Hearing Month](#)

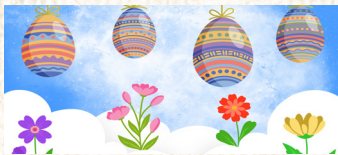


Older Americans Month

The 2024 theme is *Powered by Connection*, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.

Find out more:

This year's theme: [Powered by Connection](#)



Orthodox Easter – May 5

Find out more:

YouTube video: [Learn about Greek Orthodox Easter](#)

History Channel: [What's the Difference Between Easter and Orthodox Easter?](#)



Cinco de Mayo – May 5

This holiday celebrates Mexico's defeat of the French Army. Read the real story and support a Mexican business in your community as a way to celebrate.

Find out more:

[Cinco de Mayo | All About the Holidays](#) on PBS

NY Times article: [The History of Cinco de Mayo and How It's Celebrated](#)
[13 Fun Cinco de Mayo Facts for Kids](#)



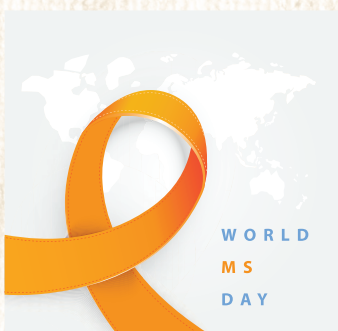
Memorial Day – May 29

In the United States, Memorial Day is always commemorated on the last Monday in May. Originally called Decoration Day, it is a day of remembrance for those who have died in service of the United States of America.

Find out more:

[Memorial Day | All About the Holidays](#) on PBS

[The History of Memorial Day](#) on PBS



World Multiple Sclerosis Day – May 30

My MS Diagnosis: navigating MS together

The My MS Diagnosis campaign advocates for early and accurate diagnosis for everyone living with MS. It highlights the global barriers to diagnosing MS, raising awareness by sharing real stories and data.

Find out more:

[About World MS Day | The MY MS Diagnosis campaign](#)

[National Multiple Sclerosis Society Greater New York City – Long Island Chapter](#)

YouTube video: [Parents Living with Multiple Sclerosis](#)

