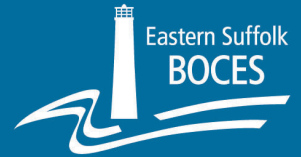


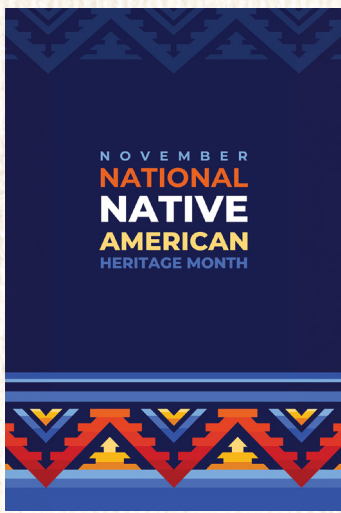
# Diversity, Equity, and Inclusivity

Advancing Equitable Opportunities



Office of Diversity, Equity, and Inclusivity | 201 Sunrise Highway, Patchogue, NY 11772 | 631-687-3028 | [esbocesdei@esboces.org](mailto:esbocesdei@esboces.org)

## November 2024 Cultural Heritage Highlights



### Native American Heritage Month

This is a time to recognize the history, culture, and contributions of Indigenous people. It was initially celebrated in 1916 by the State of New York and it was not until 1990 that President George H.W. Bush established it as a month-long festival. Dr. Arthur C. Parker, a Seneca Indian, led advocacy efforts from Rochester, New York throughout the early 1900s.

During this time we remember the past and we celebrate the Indigenous people and cultures who impact our world today, like Marine Colonel Nicole Mann, (the first female Native American to travel to space, making her journey with NASA in October 2022), or Interior Secretary Deb Haaland, (who became the first Indigenous Cabinet member in U.S. history in 2021), among many others.

Learn more:

[Explore Native American Heritage Month on Long Island](#)

[Explore Native American Heritage Month at the New York State Museum](#)

[Native American Heritage Month resources for teachers](#)



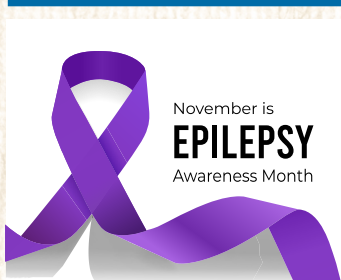
### Alzheimer's Awareness Month

During National Alzheimer's Awareness Month, we honor and support the millions of brave Americans who have been diagnosed with Alzheimer's, along with the selfless family members and caregivers who stand by their sides throughout the long course of this heartbreaking disease.

- There are over 6 million Americans living with Alzheimer's Disease with 3 million new cases diagnosed each year.
- The disease is most prevalent in women and Black Americans.
- 11 million Americans act as unpaid caregivers for a loved one diagnosed with Alzheimer's.
- Fewer than 1 in 5 Americans are familiar with mild cognitive impairment, which can be an early stage of Alzheimer's. Source: [Alzheimer's Association](#)

Learn more:

[Information about the Long Island Chapter of the Alzheimer's Association](#)



### National Epilepsy Awareness Month

November is National Epilepsy Awareness Month (NEAM), and this year we are launching a public awareness campaign to reduce stigma associated with epilepsy. The campaign, [Change Our Epilepsy Story](#), aims to encourage people with epilepsy and their caregivers to share their journey with epilepsy, including struggles living with this condition and challenges they've overcome. If we share our epilepsy stories, we can educate those around us and, in turn, address the stigma surrounding epilepsy and seizures.

Learn more:

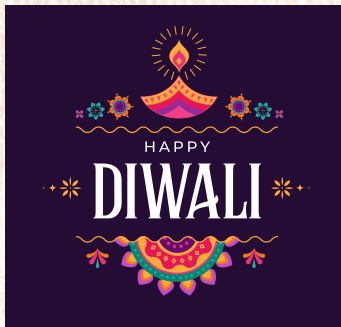
[The Epilepsy Foundation: Understanding and Living with Epilepsy](#)





## Pancreatic Cancer Awareness Month

[Pancreatic cancer](#) begins in the cells of the pancreas – an organ in the abdomen that lies behind the lower part of the stomach. The pancreas has two main functions. It makes enzymes that help with digestion, and it makes hormones, such as insulin, that control how our bodies store and use glucose – sugar that is the body’s main source of energy. Show your support this November by following these four simple calls-to-action: Celebrate, Educate, Dedicate and Participate! Then, on [World Pancreatic Cancer Day](#), we will unite across the globe to shine a light on pancreatic cancer!



## November 1 - Diwali

Diwali is the Indian “festival of lights”—a holiday celebrating the triumph of good over evil. In 2024, Diwali will be celebrated on November 1. Though technically religious, it’s also become a cultural event in North America celebrated with sweets and special foods. Who celebrates Diwali? Followers of the Hindu, Sikh, and Jain faiths primarily celebrate Diwali. However, the holiday is celebrated throughout India, Singapore, and several other South Asian countries as a national holiday, meaning that people outside these religions may participate in Diwali celebrations, too. Hindu, Sikh, and Jain communities in the United Kingdom, United States, Australia, and elsewhere around the globe also regularly celebrate Diwali.

Learn more:

[Learn about Diwali on PBS](#)

[For more on PBS about Diwali celebrations worldwide](#)

[PBS Kids: celebrate Diwali with books](#)



## November 2 - All Souls' Day

All Souls' Day, also known as the “Commemoration of All the Faithful Departed” and the “Day of the Dead” or “Día de los Muertos”, is a day of prayer and remembrance for the faithful departed, which is observed by Roman Catholics and other Christian denominations annually on November 2.

Learn more:

[Learn about The Day of the Dead on PBS](#)



## November 3 – Daylight Saving Time Ends

Daylight saving time ends at 2:00 a.m. on Nov. 3, 2024, the first Sunday in November. This marks the return to standard time. Clocks will turn backward an hour to 1:00 a.m.

Learn more:

[Daylight Saving Time 101 | National Geographic](#)



## November 5 – Election Day

Americans first began the custom of weekday voting in 1845, when Congress passed a federal law designating the first Tuesday following the first Monday in November as Election Day. The 2024 United States elections are scheduled to be held on Tuesday, November 5, 2024. During this presidential election year, the president and vice president will be elected.

Learn more:

[Election Day | All About the Holidays | PBS LearningMedia](#)

[The Electoral College | Social Studies Shorts | PBS LearningMedia](#)

[Videos, activities, and lesson plans from PBS](#)





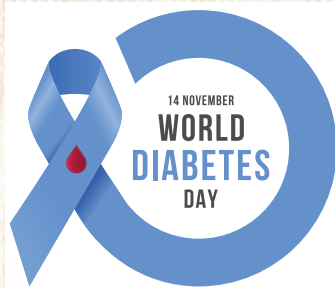
## November 11 - Veterans Day

The theme for Veterans Day 2024 is “A Legacy of Loyalty and Service.” Veterans are proud of their military service in defending our Nation. Honor reflects the military value and tradition of answering the call to duty. Veterans Day is observed every year on Nov. 11. Veterans Day evolved from Armistice Day, which was proclaimed in 1919 by President Woodrow Wilson. Armistice Day recognizes the end of World War I, when fighting ceased at the 11th hour, on the 11th day, of the 11th month in 1918.

Learn more:

[Veterans Day in the classroom](#)

[PBS Lesson Plan: Veterans Day and the Meaning of Sacrifice](#)



## November 14 – World Diabetes Day

World Diabetes Day is a global occasion for people with diabetes, healthcare professionals, advocates, policymakers and the public to unite to raise awareness of and take action on diabetes. It is marked every year on November 14, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922.

Learn more:

[Diabetes and Well-being](#)

[From the U.N.– more about World Diabetes Day](#)



## November 16 – International Day for Tolerance

In 1996, the UN General Assembly adopted [Resolution 51/95](#) proclaiming November 16 as International Day for Tolerance. This action followed the adoption of a [Declaration of Principles on Tolerance](#) by UNESCO’s Member States on November 16, 1995. Among other things, the Declaration affirms that tolerance is neither indulgence nor indifference. It is respect and appreciation of the rich variety of our world’s cultures, our forms of expression and ways of being human. Tolerance recognizes the universal human rights and fundamental freedoms of others. People are naturally diverse; only tolerance can ensure the survival of mixed communities in every region of the globe.



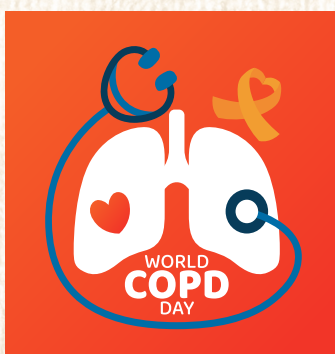
## November 20 - Transgender Day of Remembrance

Each year between November 13-19, people and organizations around the country participate in Transgender Awareness Week to help raise the visibility about transgender people and address issues members of the community face.

[Transgender Day of Remembrance](#) (TDOR), is an annual observance on November 20 that honors the memory of the transgender people whose lives were lost in acts of anti-transgender violence that year. The year 2021 marks the deadliest year recorded with at least 45 transgender people, most of them Black or Latinx, killed.

Learn more:

[Visit the Transgender Resource Center](#)



## November 20 – World COPD Day

The 2024 theme for World Chronic Obstructive Pulmonary Disease (COPD) Day is “Know Your Lung Function.” World COPD Day takes place on November 20. This year’s theme aims to highlight the importance of measuring lung function, also known as spirometry. Although spirometry is an integral tool for diagnosing COPD, it can also be used to measure lung health throughout life. We now know that there are many other factors besides tobacco smoke that can contribute to COPD. Our lungs are continuing to grow, from the womb all the way through young adulthood. Throughout this period, we are vulnerable to environmental insults such as air pollution and respiratory infections that can impede lung growth and increase our risk for developing chronic lung disease later in life. Unfortunately, much lung function can be lost before we develop symptoms. Lung function is a not only a predictor of lung health, but our overall health.

Learn more:

[The 2024 theme for World COPD Day](#)





## November 28 - Thanksgiving Day

Thanksgiving Day is a national holiday in the United States, celebrated on the fourth Thursday of November and occurs this year on November 28, 2024. It wasn't until 1863, in the midst of the Civil War, that President Abraham Lincoln proclaimed a National Thanksgiving Day to be held each November.

For more information about the history of Thanksgiving:

Learn more:

[Learn about Thanksgiving from The History Channel](#)

[PBS presents the true story of the first Thanksgiving](#)

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

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