

# Diversity, Equity, and Inclusion

Advancing Equitable Opportunities



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## May 2025 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 "A Legacy of Leadership and Resilience".

**Find out more:**

[All About Asian American, Native Hawaiian, and Pacific Islander Heritage Month](#)



### Haitian Heritage Month

Haitian Heritage Month 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:**

[History of Haitian Heritage Month](#)

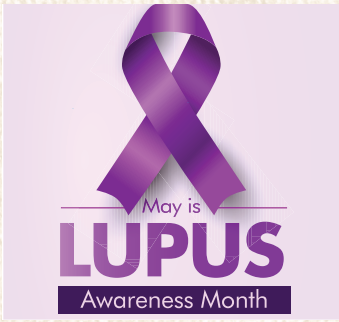


### Jewish-American Heritage Month

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:**

[Learn About Jewish American Heritage Culture!](#)

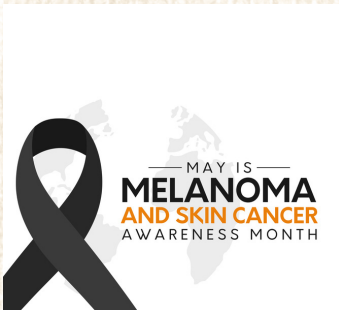


## Lupus Awareness Month

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:**

[What is Lupus?](#)



## Melanoma and Skin Cancer Awareness Month

Skin Cancer Awareness Month is an annual event dedicated to increasing public knowledge about skin cancer. Throughout May, health organizations worldwide participate by sharing information, offering free skin screenings, and promoting sun safety practices to prevent skin cancer.

**Find out more:**

[Key Facts to Know About Melanoma](#)



## National Mental Health Awareness Month

The 2025 theme for Mental Health Month is “Turn Awareness into Action,” according to Mental Health America. This theme recognizes the progress made in mental health awareness and encourages people to act.

**Find out more:**

[May is Mental Health Awareness Month](#)

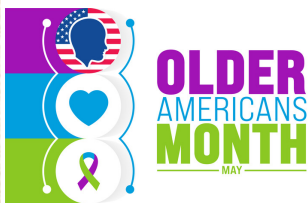


## National Speech-Language-Hearing Month

Speech and Hearing Awareness is observed in May every year. It's a month dedicated to raising awareness for communication disorders, helping patients overcome any type of hearing and speech illness, as well as celebrating the contributions of professionals in the speech-language-hearing industry.

**Find out more:**

[New Name Announced for Better Hearing and Speech Month](#)



## Older Americans Month

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults. The 2025 theme "Flip the Script on Aging" focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

**Find out more:**

[What is Older Americans Month?](#)

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## May 1 – Beltane

Beltane is the Gaelic May Day Festival that celebrates the beginning of summer and the fertility of the earth. It's also known as May Day. Beltane celebrations include dancing around the Maypole, wearing wreaths or crowns of flowers, the crowning of a May Queen, and the lighting of bonfires.

**Find out more:**

[Learn About The History of Beltane](#)

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## May 1 – International Workers' Day (Labour Day)

International Workers' Day, also known as Labour Day in some countries and often referred to as May Day, is a celebration of labourers and the working classes that is promoted by the international labour movement and occurs every year on May 1, or the first Monday in May.

**Find out more:**

[International Workers' Day!](#)

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## May 5 – Cinco de Mayo

Cinco de Mayo is a holiday that celebrates the Mexican army's victory over the French at the Battle of Puebla on May 5, 1862. It's also known as Battle of Puebla Day.

**Find out more:**

[Cinco de Mayo: Fiesta Fun!](#)

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## May 11 – Mother's Day

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day 2025 falls on Sunday, May 11. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. Jarvis would later denounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, cards and other gifts.

**Find out more:**

PBS video: [All About Mother's Day!](#)



## May 12 – International Nurses Day

International Nurses Day is celebrated all across the world on May 12. It is also known as Nurses Day and was created by the International Council of Nurses in 1974 to honor the commendable work done by nurses. The council chose May 12 as Nurses Day because it was the birth anniversary of Florence Nightingale and also marked the end of National Nurses Week which starts on May 6.

**Find out more:**

[The Global Voice of Nursing](#)



## May 12 – Vesak

Vesak, also known as Buddha Jayanti, Buddha Purnima, and Buddha Day, is a holiday traditionally observed by Buddhists in South Asia and Southeast Asia, as well as in Tibet and Mongolia. It is among the most important Buddhist festivals. It commemorates the birth, enlightenment, and death of Buddha.

**Find out more:**

PBS video: [What is Vesak?](#)



## May 15 – Global Accessibility Awareness Day

Global Accessibility Awareness Day (GAAD) is celebrated annually on the third Thursday of May and raises awareness about digital accessibility. Founded in 2012, GAAD is a day to advocate inclusive digital experiences for individuals with disabilities. GAAD prompts web designers, web developers, and content creators around the world to prioritize accessibility in their digital services.

**Find out more:**

[Facts About Global Accessibility Awareness Day and Ways You Can Help!](#)



## May 15 – International Day of Families

The theme for 2025 for International Day of Families is: *"Families and New Technologies."* In order to ensure that no stone is left unturned, a different family-focused theme is chosen every year based around education, poverty, and work/family balance.

**Find out more:**

[How to Celebrate International Day of Families](#)

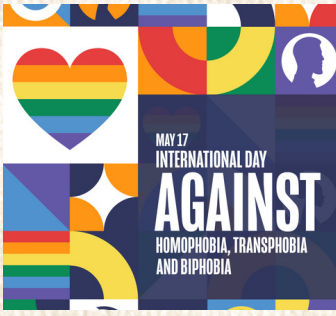


## May 17 – Armed Forces Day

Armed Forces Day is celebrated on the third Saturday in May each year to honor and recognize the men and women who serve in the United States Armed Forces. This day was established in 1949 to replace separate Army, Navy, Marine Corps, and Air Force Days and to promote unity among the military branches. Armed Forces Day provides an opportunity for Americans to show appreciation and support for the sacrifices made by military personnel and their families.

**Find out more:**

[The History and Ways to Celebrate Armed Forces Day](#)



## May 17 – International Day Against Homophobia, Transphobia, and Biphobia

The International Day Against Homophobia, Biphobia and Transphobia (IDAHOBIT) is observed on May 17 and aims to coordinate international events that raise awareness of LGBT rights violations and stimulate interest in LGBT rights work worldwide. The date of May 17 was specifically chosen to commemorate the World Health Organization's decision in 1990 to declassify homosexuality as a mental disorder.

**Find out more:**

[History of International Day Against Homophobia, Transphobia, and Biphobia](#)



## May 18 – International Museum Day

The theme for 2025 is "*The Future of Museums in Rapidly Changing Communities.*" International Museum Day is celebrated on May 18 to encourage people to visit and enjoy museums, and to raise awareness about the challenges that museums face. The day is hosted by the International Council of Museums (ICOM) which invites museums all over the world to participate in the day's commemorations. ICOM encourages museums to engage with the public and teach them about museums' contributions to our education, and to society's development.

**Find out more:**

[International Museum Day Awareness!](#)



## May 26 – Memorial Day

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 Facts and Traditions](#)



## May 30 – World Multiple Sclerosis Day

World MS Day is an international awareness day for everyone affected by Multiple Sclerosis (MS). It brings the global MS community together to share stories, raise awareness and campaign for change. World MS Day is officially marked on May 30; but, activities take place throughout the month of May and early June.

**Find out more:**

[Take Action and Share Your Story!](#)

