

The content in this preview is based on the last saved version of your email - any changes made to your email that have not been saved will not be shown in this preview.

["Can't view the email? Click here."](#)



This monthly newsletter is the recreation professional's guide to diversity, equity and inclusion. Each month we will highlight one theme or idea related to equity, share important dates, vocabulary, resources and ideas you can implement in your community! What we do matters to all!

January

January 16 - Martin Luther King, Jr. Day & January 17 - International Day of Racial Healing

St. Louis Parks has a great example of how you can mark these important days through unique programming in your community.

NATIONAL DAY OF RACIAL HEALING

The City of St. Louis Park and St. Louis Park Public Schools are hosting a community event for the National Day of Healing. The National Day of Healing is an opportunity to gather children, teens, neighbors, and community members together across differences to get to know each other, cultivate trusting relationships, and learn about each other's diverse backgrounds, cultures, perspectives and lived experiences. All are invited. The event is free and food is provided. Please register in advance!

MARTIN LUTHER KING JR DAY | MONDAY, JAN. 16
4-7PM
WESTWOOD HILLS NATURE CENTER, 8300 W FRANKLIN AVE
Register online: bit.ly/2023NDH or call: 952-928-1415

NATIONAL DAY OF RACIAL HEALING
01.17.2023

St. Louis Park Community Education | St. Louis Park Public Schools | St. Louis Park MINNESOTA
Experience MRPA in the Field.

January 27 – International Holocaust Remembrance Day

On this annual day of commemoration, the UN urges every member state to honor the six million Jewish victims of the Holocaust and millions of other victims of Nazism and to develop educational programs to help prevent future genocides.

<https://youtu.be/vK9nDadFdSY> - Why we remember the Holocaust-9 minutes

February

February-Black History Month

Celebrate Inclusion this February

By Maureen Acquino | Posted on February 12, 2018
<https://www.nrpa.org/blog/celebrate-inclusion-this-february/>

February gives us two great reasons to recognize and promote inclusion through parks and recreation. This month is host to both Black History Month and North American Inclusion Month (NAIM). These awareness months represent just some of the underserved groups that NRPA's Parks for Inclusion initiative champions by aiming to ensure that everyone — regardless of race, ethnicity, age, income level, physical ability, sexual orientation, gender or religion — has access to the benefits of parks and recreation. Parks for Inclusion is particularly focused on ensuring that racial and ethnic minorities, those with physical and cognitive disabilities, the LGBTQ (lesbian, gay, bisexual, transgender, queer or questioning) community, and New Americans (immigrants and refugees) have access to health opportunities through parks and recreation, addressing significant disparities and high rates of chronic disease that exist across these groups.

Black History Month is an annual celebration of achievements by African-Americans and a time for recognizing the central role of black Americans in U.S. history. And while February is the official month to celebrate the many achievements, park and recreation agencies are in a unique position to recognize the important contributions of African-Americans within our communities year-round and continue to ensure that their health and recreational needs are met.

North American Inclusion Month, created by Yachad, The National Jewish Council for Disabilities, is designed to develop sensitivity and knowledge of what it means to live with disabilities, and to educate communities on how they can do their part to make sure the community — regardless of ability — is included in all facets of life, including health and recreational opportunities. Data from the Centers for Disease Control and Prevention (CDC) and the National Center on Health, Physical Activity and Disability (NCHPAD) reveal that chronic health conditions — including heart disease, cancer, diabetes and stroke — are more common and can be more severe among Americans who are members of a racial or ethnic minority group, including people of color, and those with physical disabilities or cognitive limitations. While there are many reasons for this, social determinants, including limited opportunities to engage in activities that support healthy living and limited access to quality education, housing and public services in general, are often associated with higher rates of chronic disease. Parks have the power to address these disparities across all populations and ensure that the voice of all community members, especially people of color and under-represented communities, is heard and their needs are met.

Creating a welcoming and safe environment in which all individuals can find trust and communication with community health providers is one of the ways that parks and recreation promote and elevate inclusion. Many agencies have already successfully increased their efforts around promoting inclusion and addressing health disparities by:

- Evaluating and addressing key inequalities in parks to [establish more equitable park systems](#) and increase opportunities for healthy living.
- [Engaging the local community](#) to ensure programs, services and offerings reflect the community's interests and needs.
- [Prioritizing accessibility](#) by considering all populations when planning events, installing park improvement projects or creating new programs to positively influence health outcomes of those with disabilities.
- Creating messaging that explicitly states that all people — regardless of race, religion or ability — are welcome in all spaces and programs, like a banner that hangs at the Bascom Community Center in San Jose, California.

Seeing Color-10 mins

Chip & Joanna Gaines sit down with Emmanuel Acho to have an uncomfortable conversation about teaching their kids to "see color" and Emmanuel Acho is asked, "if he's afraid of white people."
<https://youtu.be/xfo1XJDJKSU>

Vocab You Should Know

INSTITUTIONAL RACISM - Refers specifically to the ways in which institutional policies and practices create different outcomes and opportunities for different groups based on racial discrimination.

SYSTEMATIC RACISM - A system in which public policies, institutional practices, cultural representations, and other norms work in various, often reinforcing ways to perpetuate racial group inequity. It identifies dimensions of our history and culture that have allowed privileges associated with "whiteness" and disadvantages associated with "color" to endure and adapt over time.

Movie Night Highlight: Harriet

<https://www.youtube.com/watch?v=GqoEs4cG6Uw>

Based on the thrilling and inspirational life of an iconic American freedom fighter, HARRIET tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

Dates to Remember:

January

- National Mentoring Month
- Poverty in America Awareness Month
- Slavery and Human Trafficking Awareness
- January 1 – New Year's Day
- January 4 – National Braille Day
- January 6 – Coptic Orthodox Christmas
- January 7 – Mahayana New Year Buddhist
- January 13 – Maghi (Sikh)
- January 15 – World Religion Day
- January 16 – Martin Luther King, Jr. Day
- January 17- National Day of Racial Healing
- January 22 — Chinese New Year
- January 24 – International Day of Education
- January 26 – International Customs Day
- January 27 – International Holocaust Remembrance Day

February

- American Heart Month
- Black History Month
- February 1 – National Freedom Day
- February 4 — Rosa Parks Day
- February 8 — Safer Internet Day
- February 11 – International Day of Women and Girls in Science
- February 13 – International Epilepsy Day
- February 14 – Valentine's Day
- February 15 – Nirvana Day (Buddhist)
- February 15 – International Childhood Cancer Day
- February 18 – Maha Shivarati (Hindu)
- February 20 – World Day of Social Justice
- February 20 – FamilyDay (Canada)
- February 21 – Mardi Gras
- February 22 – Ash Wednesday

###