



**DIVERSITY &
INCLUSION**

**Monthly
SnapShot**

June 2023

- Alzheimer's and Brain Awareness Month
- National Adopt a Cat Month
- Caribbean - American Heritage Month
- National PTSD Awareness Month
- LGBTQIAA + Pride Month
- National Microchipping Month

Appreciating Our Differences

In a world where diversity is our greatest strength, let us come together to honor and value the remarkable variations that make each of us uniquely extraordinary.

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| 1st June | Orthodox Ascension Day |
| 4th June | Trinity Sunday |
| 5th June | World Environment Day |
| 8th June | Corpus Christi |
| 11th June | Kamehameha Day |
| 19th June | Juneteenth |
| 19th June | Intl. Day for Countering
Hate Speech |
| 21st June | Summer Solstice
Litha - Midsummer |
| 26th June | Intl. Day Against Drug Abuse
and Illicit Trafficking |
| 27th June | Helen Keller's Birthday |
| 28th June | Stonewall Day |
| 28th June | Eid al-Adha |



Juneteenth, also known as Freedom Day or Emancipation Day, holds immense significance in American history. It commemorates June 19, 1865, when news of the Emancipation Proclamation reached enslaved African Americans in Galveston, Texas, two and a half years after its announcement. Juneteenth symbolizes the end of slavery and celebrates the resilience and triumph of African Americans. Recognizing Juneteenth is vital, as it reminds us of the long struggle for equality and justice. It honors the contributions and resilience of a community that endured unimaginable hardships. By acknowledging Juneteenth, we reflect on the fight against racial discrimination and strive to build a more inclusive society. It is an opportunity to embrace diversity, promote unity, and ensure that every individual is valued and respected.

[Whitehouse.gov Proclamation](https://www.whitehouse.gov/proclamations)



June is
Adopt a
Shelter Cat
Month!

**WHY TAKE THE RISK?
GET YOUR PET MICROCHIPPED**



Post-Traumatic Stress Disorder (PTSD) is a mental health condition that develops after experiencing or witnessing a traumatic event. Symptoms include intrusive memories, nightmares, flashbacks, emotional distress, and hyperarousal. It can severely affect daily life and relationships. PTSD Awareness Month, observed in June, aims to raise awareness, reduce stigma, and foster understanding and support for those affected. The goal is to educate the public, provide resources, and promote early intervention and effective treatment for individuals with PTSD.



LGBTQ Pride Month, held in June, celebrates the lesbian, gay, bisexual, transgender, and queer communities. It commemorates the Stonewall Riots of 1969 and aims to promote visibility, equality, and dignity for LGBTQ individuals. The month-long event features parades, festivals, and activities that raise awareness, challenge discrimination, and honor the contributions of LGBTQ people. It is a platform for fostering inclusivity and advocating for LGBTQ rights globally.

Helen Keller (1880-1968) was a renowned American author, activist, and lecturer. Despite being deaf and blind from an early age, she overcame her disabilities and became a powerful advocate for the rights of people with disabilities. With the help of her teacher Anne Sullivan, Keller learned to communicate through sign language and Braille. She became the first deaf-blind person to earn a Bachelor of Arts degree, authored books, and traveled extensively, inspiring others with her story of resilience and promoting social and political causes. Keller's life symbolizes the triumph of the human spirit over adversity.



The CPNA Diversity & Inclusion Advisory Council
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The summer solstice, also known as Litha, is an astronomical event that occurs around June 21st in the Northern Hemisphere. It marks the longest day of the year and the official start of summer. The sun reaches its highest position in the sky, resulting in the longest period of daylight. Culturally, it has been celebrated by various traditions and religions as a time of abundance, growth, and light. People engage in outdoor activities, bonfires, and festivals to honor nature, appreciate the sun's energy, and embrace the warmth and vitality of the season. It's a time of joy and connection with the natural world.