

### Veterans Day – November 11

I am sure you all know a veteran or have met one, or just witnessed their valor in movies such as Saving Private Ryan or Forest Gump. Many of you may have had spouses, parents/ grandparents or children that have served or are serving in the US Military. To all of them we say **THANK YOU FOR YOUR SERVICE!**

Veterans Day originated as “Armistice Day” on November 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and November 11 became a national holiday beginning in 1938. Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime.

Great Britain, France, Australia and Canada also commemorate the veterans of World War I and World War II on or near November 11th: Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November).

In Europe, Great Britain and the Commonwealth countries it is common to observe two minutes of silence at 11 a.m. every November 11.

Every Veterans Day and Memorial Day, Arlington National Cemetery holds an annual memorial service. The cemetery is home to the graves of over 400,000 people, most of whom served in the military.



### World Kindness Day – November 13

World Kindness Day is a global day that promotes the importance of being kind to each other, to yourself, and to the world. The Kindness Movement was first launched in 1997 by Japan, and then officially celebrated as Kindness Day by Singapore in 2009. World Kindness Day was then adopted by the UK in 2010, Australia in 2012, France in 2015, and the USA in 2018. The purpose of this day, celebrated on November 13 of each year, is to help everyone understand that compassion for others is what binds us all together. This understanding has the power to bridge the gap between nations.



### November is Men's Health Awareness Month

If you've ever heard of “no shave November,” this was actually created to encourage conversations about cancer awareness among men. November is a month dedicated to the awareness of men's health.

- Men's life expectancy is currently 76.1 years (for women, it is 81.1 years)
- Men are at a greater risk for cancer, heart disease, injury, and stroke.
- Men make up 49% of the population but almost 80% of suicides
- Less than 50% of men who experience anxiety or depression seek help
- Men are 2x more likely to binge drink than women and 3x more likely to die of alcohol abuse
- Only 36% of referrals to psychological therapies are for men
- 51.9% of men over the age of 20 have hypertension or are taking antihypertensive medication
- 40.5% of men aged 20 and over are considered obese
- 1 in 2 men develop cancer
- Men make ½ as many physician visits for prevention as women
- 30,000 men die in the US each year from prostate cancer

#### HOW DO WE IMPROVE THESE STATISTICS?

- Start talking about men's mental health – and without the rhetoric of “be a man”
- Give men resources to help with reduction or stopping the use of alcohol and tobacco
- Encourage the men you know to get annual physical exams, including screening for testicular cancer, diabetes, liver problems, and anemia



### World Adoption Day – November 9

Every year on November 9th, World Adoption Day encourages adoptees to share their stories. It's also a day for adoptive parents to connect with others and reflect upon their adoption journey.

For couples experiencing the pain of infertility, adoption can be a wonderful way to become parents. However, there are many other kinds of people who adopt children each year. Maybe they simply want to provide a home for a child in need. Or maybe a woman has a medical condition that would make it dangerous to carry a baby. Others adopt because they are single, but still wish to have children.

On the other side of the spectrum, there are many reasons children are given up for adoption. An unwed mother may feel she is too young to take responsibility for a child. Or, a mother may realize they do not have enough resources to adequately care for a child. Sadly, many children become in need of a home when one or both parents die.

While adoption is a beautiful process, it can also be sad to realize the number of children in need of a home. According to the United Nations Children's Emergency Fund (UNICEF) more than 150 million children throughout the world are in need of a home. This number includes the nearly half a million children that are in the U.S. foster system.

#### HOW TO OBSERVE #WORLDADOPTIONDAY

Each year on this day, those affected by adoption are encouraged to draw a smiley face on their hand and take a photo. To help raise awareness for adoption, they are to share their photo on social media. This is also a great day for both adoptees and adoptive parents to share their unique adoption journeys.

Whether you are affected by adoption or not, you can participate in the following ways:

- Become an ambassador for this day.
- Donate to a family and help them fund their adoption.
- Learn about famous adoptees, such as Babe Ruth, Eleanor Roosevelt, Melissa Gilbert, Steve Jobs, Leo Tolstoy, and Dave Thomas.
- Watch an adopted-themed movie, like Disney's Tarzan, Lilo and Stitch, Annie, and Meet the Robinsons.
- Volunteer at a crisis pregnancy center that supports adoption.

### Happy Thanksgiving!



Thanksgiving is a wonderful time to reflect on all of the things we are lucky to have.

SOS is thankful for all of its amazing employees who make SOS the family it is, and provides premiere services to our Syracuse and surrounding community.

Please choose one coworker and remind them of why you are thankful for them. Do this for your loved ones as well! As much as we know how much our family and friends mean to us, it is always nice to give them a reminder.

### Doing Good for the Community: A List of Food Banks in Syracuse

As the weather gets colder, food donations are always needed. Here is a list of food banks and soup kitchens you can donate food or your time to in Syracuse.

- Assumption's Food Pantry and Soup Kitchen  
808 North Salina Street, Syracuse, NY 13208
- Basilica of Sacred Heart Food Pantry  
1001 Park Avenue, Syracuse, NY 13204
- Food Bank of Central New York  
7066 Interstate Island Road, Syracuse, NY 13209
- PEACE, Inc. - Eastside Family Resource Center (FRC) Emergency Food Pantry  
202 South Beech Street, Syracuse, NY 13210
- Syracuse Northeast Community Center Food Pantry  
716 Hawley Avenue, Syracuse, NY 13203

### Purpose Statement

SOS as a medical practice and a contributor to the local community is committed in its support of diversity, equity, and inclusion. SOS seeks to build patient and team-member relationships among individuals of all ages, races, ethnicities, genders, and sexual-identities that fully represents many cultures, backgrounds and viewpoints and thereby cultivate a culture of tolerance where all feel welcome.

### DEI Committee Members

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If you have any questions about the content of this newsletter, have suggestions for future topics, or would like to contribute to the DEI newsletter, please contact the DEI newsletter editor in chief, Melissa Patnella, at [melissa.patnella@sosbones.com](mailto:melissa.patnella@sosbones.com) OR any of the DEI committee members.