

DEI newsletter

AUGUST

SOS, WE NEED YOUR FEEDBACK

Approaching our one-year anniversary as a committee, we want to continue to take action and foster positive growth for our company and for Syracuse. Please share ideas or ways you believe the SOS DEI committee can better serve our SOS family and the surrounding community. All answers are anonymous.

[CLICK HERE FOR THE SURVEY](#)

National Civility Month

Civility began as the art and science of citizenship. Today, we often think about it as the proper behavior, dress, speech, and service. It also means acting with humanity.

Civil behavior involves aspects of kindness, empathy, respect, humility, and caring. Practicing civil behavior means acting with humanity, whether you are helping someone cross the street, feeding the homeless, or even helping someone financially. Civility is a fundamental trait we all could work on.

JOIN YOUR COWORKERS IN THE 31 DAY CIVILITY CHALLENGE August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Say hello to 3 people Today!	2 Smile often at others	3 Remember to say please and thank you.	4 Give of your time today.	5 Monitor the volume of your phone or radio.	6 Treat others with kindness.
7 Try to remember people's names.	8 Welcome newcomers to the organization.	9 Make eye contact with people.	10 Eat in the lunchroom and be social.	11 Showing respect for other people's feelings and	12 Hold the door open for others.	13 Be patient with others.
14 Make Personal phone calls in private.	15 Keep your work area clean.	16 Let other finish their thoughts before you provide feedback.	17 Introduce yourself in social settings.	18 Don't litter.	19 Make sure to use a positive tone.	20 Replace empty toilet paper and paper towel rolls.
21 Avoid Profanity.	22 Clean up your own mess.	23 Set a positive example for others.	24 Include your co-workers in conversations.	25 Turn off your cell phone during meetings.	26 Acknowledge your mistakes and make appropriate amends.	27 Listen attentively to others.
28 Respect those who are different from you.	29 Go out of your way to help someone else.	30 Take the high road when confronted with conflict.	31 REPEAT			

World Senior Citizen Day — August 21

The UN General Assembly made this day official in 1990. The purpose of this day is to highlight the issues faced by senior citizens like health deterioration and abuse, as well as to remember their important part in society.

Below are a few recent research articles regarding ageism in healthcare and society:

- [Ageism in the Fitness and Health Industry: A Review of the Literature](#)
- [Ageism and Psychological Well-Being Among Older Adults: A Systematic Review](#)
- [Discrimination against the elderly in health-care services: a systematic review](#)
- [COVID-19 Amplifiers on Health Inequity Among the Older Populations](#)

Please remember to show respect and appreciation toward the senior citizens in your life!

Celebrating Black Business Owners Month



210 TEAS

210 is a local, Black-owned business, located at 108 E Washington St Syracuse, NY 13202

[210 Teas – Loose Leaf Tea Blends](#)

“Inspired by the 5 bags of black tea brewed on my late grandmother’s stove, that were to later be stirred with sugar and offered to anyone that entered her kitchen, 210 Teas honors the subtle yet strong essence of my grandmother. For me, tea is a reminder of my family – a reminder of generational love. Tea provides a soothing sense of comfort that speaks without words, like the omnipresent protection of your ancestors. The mission of 210 Teas is to share that comfort with everyone I can reach. From my cup ... to yours, with love.”

World Humanitarian Day – August 19

Established by the UN in 2009, this day commemorates the anniversary of the bombing of the United Nations headquarters in Iraq. 22 people lost their lives, including the UN’s High Commissioner for Human Rights.

World Humanitarian Day on August 19 honors the thousands of humanitarian workers who gave their lives and suffered injuries in the course of their work. In 2021, 235 million people in 26 countries required humanitarian assistance. This is the day to honor all those workers who continue their service to provide support and protection to people in need.

In 2022, the theme for World Humanitarian Day will be #RealLifeHeroes. The campaign will share inspiring personal stories of the humanitarians that have been heroes during the Covid-19 pandemic.

Here are a few local places you can practice being a humanitarian by offering to volunteer:

American Legion, Baldwinsville Volunteer Center, JCC Syracuse, Junior League of Syracuse, Meals on Wheels Syracuse, United Way of Syracuse, Literacy CNY, Womens Fund of CNY

National Left Handers Day – August 13



10% of the world’s population is left-handed. 7 in every 10 people who are left-handed are male. A few of the famous left-handed people are Napoleon, Leonardo Da Vinci, Albert Einstein, Isaac Newton, Bill Gates, Oprah, Obama, Hugh Jackman, and Brad Pitt.

According to research, left-handed people are better at multitasking. On an average, there are more left-handed people with IQs over 140 than right-handed people. They process things faster while playing video games or sports and left-handed college graduates on average become 26% richer than right-handed graduates.

Left-handed people are continuously modifying and adjusting to living in a right-handed world. Make sure to give your left-handed friends a high-five today...with your left hand!

Community Events Coming Up

- CNY Black Womens Expo – August 6th from 10am-4pm @ Oncenter Convention Center
- Call for Participants for Virtual Art Therapy and Community Arts Engagement Program – whole month of August at Shaffer Art Building; contact 315-396-8411 or email at jmdeluci@syr.edu
- Food Truck + Music Fridays – Fridays in August 11am-2pm @ Everson Art Museum
- CNY Scottish Games & Celtic Festival -- August 13th @ Long Branch at Onondaga Lake Park
- Syracuse Mets vs. Buffalo Bisons : Pre-game Yoga & Kids Eat Free! – August 14th
- Yoga with the Elephants – every Sat and Sun in August from 8:30-10am @ Rosamond Gifford Zoo
- "Possessing Harriet" Book Talk with Kyle Bass - August 17th from 4-6pm @ Onondaga Historical Association Museum
- Adult Craft Activity Hour – Wednesdays in August from 10-11am @ Northern Onondaga Public Library at Brewerton

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

Yolanda Brown | Melissa Butler | Helena Capone | Nicole Chidsey
Shelly Devries | Dr. Naven Duggal | Cheryl Holdrege | Mike Humphrey
Diana Jones | Melissa Patnella | Victoria Rolls | Dr. Daniel Wnorowski

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 OR any of the DEI committee members.