

DEI newsletter

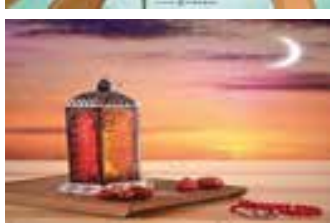
APRIL

Celebrating the Religious Holidays of April



Ramadan

Ramadan is celebrated by the Muslim faith and is April 2 to May 2nd this year. April is the 9th month of the Islam calendar and represents the period in which the Prophet Muhammad was visited by the archangel Gabriel and received the Qur'an. Fasting is the hallmark of Ramadan. Participants do not eat, drink, smoke, or engage in intimacy from before sunrise to sunset. Each day of the month begins with a pre-dawn meal, suhoor, and ends with iftar, the fast-breaking meal. It's also very common to perform taraweeh, communal prayers with family or at the mosque at the close of each day.



Passover

Passover is celebrated by the Jewish faith on April 15th. Passover celebrates the exodus from Egypt and the Israelites' freedom from slavery to the Egyptians. Commemorations today involve a special meal called the Seder. During the meal, the story of the exodus from Egypt is read aloud with rituals corresponding to various aspects. For example, vegetables are dipped into salt water representing the tears Jews shed during their time as slaves, and bitter herbs symbolizing the unpleasant years of their bondage are eaten. A seder plate at the center of the table contains Passover foods with particular significance to the exodus story, including matzo, bitter herbs, a lamb shank bone and a mixture of fruit, nuts and wine known as charoset, which represents the mortar Jews used while bonding bricks as slaves in Egypt.



Easter

Easter is celebrated by the Christian and Catholic faiths and is April 17th this year. Easter celebrates the end of Lent, which is a 40 day period that represents the time in which Jesus spent fasting and praying in the desert before his crucifixion. This is why those who celebrate Easter typically make sacrifices (giving up sweets, alcohol, etc) during Lent; it is a time to focus on what is important rather than items or behaviors that may be consuming peoples' time. The Friday before Easter is Good Friday, which represents the day Jesus was crucified. Easter Sunday itself represents the day that Jesus rose from the dead.



Autism Awareness Month

Autism spectrum disorder (ASD) is a complex developmental disability. ASD is considered to have a spectrum; these individuals present with various symptoms and to varying degrees. These symptoms typically appear during childhood and affect a person's ability to communicate and interact with others. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language, difficulty making eye contact, difficulty with reasoning, narrow and intense interests, and sensory sensitivities.

- About 1 percent of the world population has autism spectrum disorder. (CDC, 2014)
- Prevalence in the United States is estimated at 1 in 68 births. (CDC, 2014)
- The U.S. cost of autism over the lifespan is about \$2.4 million for a person with an intellectual disability, or \$1.4 million for a person without intellectual disability. (Buescher et al., 2014)
- Cost of lifelong care can be reduced by 2/3 with early diagnosis and intervention. (Järbrink, 2007)

RESOURCES FOR THOSE WITH OR WHO ARE CARETAKING FOR A PERSON WITH AUTISM:

Below is a link that includes resources for family support, financial resources, disaster planning, assistive technology, federal resources, and resources for adults with Autism. Please share this link with anyone you know who has or is caretaking for a person with Autism.

<https://www.cdc.gov/ncbddd/autism/links.html>

Earth Month



Taking care of our Earth is extremely important. If everyone were to make a small effort every day, it would help to conserve energy and protect our environment. Some simple ways to do this are:

- Choose local food suppliers when possible, and reduce food waste by planning ahead, freezing excess, and eating leftovers.
- Change incandescent light bulbs (which waste 90 percent of their energy as heat) to light emitting diodes (LEDs). Though LEDs cost more, they use a quarter of the energy and last up to 25 times longer. They are also preferable to compact fluorescent lamp (CFL) bulbs, which emit 80 percent of their energy as heat and contain mercury.
- Turn your water heater down to 120°F. This can save about 550 pounds of CO2 a year.
- Sign up to get your electricity from clean energy through your local utility or a certified renewable energy provider. Green-e.org can help you find certified green energy providers.
- Take care of your car. Keeping your tires properly inflated can increase your fuel efficiency by three percent; and ensuring that your car is properly maintained can increase it by another four percent. Remove any extra weight from the car.

HERE IS A DOCUMENT TO REMIND US OF WHAT IS/IS NOT TO BE RECYCLED:

https://ocrra.org/wp-content/uploads/1/2020/11/Recycling101_DPS_Pg4_KRL_112020.pdf

HERE IS A LINK FOR ANYONE INTERESTED IN STARTING A DIY COMPOST PILE AT HOME:

<https://ocrra.org/services/compost/diy/>

National Volunteer Month



April is also National Volunteer Month. SOS has already sent their "volunteer passport" with many volunteer activities that we would love to see our SOS family participating in!

Another volunteer opportunity is available at Southside Church of Christ. They cook hot meals on Saturdays for those in need from 11am-12:30pm. They would take volunteers for anyone who would be interested.



US History in the Making

Ketanji Brown Jackson received Senate confirmation on April 7, 2022 and is now the first female African American Supreme Court Justice.

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

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

Please reach out to anyone in the DEI committee to share your thoughts and ideas.

If you have any questions about the content of this newsletter, please contact our editor in chief, Melissa Patnella, at melissa.patnella@sosbones.com.