

SPARK

JCHD DEI QUARTERLY NEWSLETTER

- Happy November!
- This is the first edition of the DEI quarterly newsletter. This is one way that the DEI committee is committed to staying connected to the staff with interesting DEI related topics and other interesting news!

- This issue:**
- Native American Heritage Month
 - Native American Recipe
 - What is MOVember?
 - Employee Spotlight
 - Veterans Day

November is



NATIONAL NATIVE AMERICAN HERITAGE MONTH



National Native American Heritage Month during November celebrates the diverse and rich culture, history, and traditions of Native people. The observance is also a time to educate anyone and everyone about the different tribes, raise awareness about the struggles native people faced as well as in the present. American Indian pictures, words, names, and stories are a crucial part of American history and help mold our life today. Thousands of years before Christopher Columbus and his crews landed their ships in the Bahamas, the Native Americans had cultivated lives and communities there.

Native American history overflows with a variety of diverse groups and prominent leaders and figures like Crazy Horse, Sitting Bull, Sacagawea, and Pocahontas. Native Americans were always known for hard work and quick instinct. Today, there are about 4.5 million Native Americans in the United States, making about 1.5 percent of our population. Take some time to learn about and celebrate their culture this month.





HOW TO OBSERVE #NATIVEAMERICANHERITAGEMONTH

- Use #NativeAmericanHeritageMonth to post on social media. Keep Native American Heritage alive this November, and for all the months to follow! Here are a few ways you can celebrate this month.
- Read a Native American history book, or a novel that dives into the history and traditions of native people. Movies like Pocahontas tend to sensationalize truth about Native American history, so reading a book will likely give you a more realistic vision.
- Play a game of lacrosse! Believe it or not, lacrosse was one variety of indigenous stickball games the American Indians played as early as the 12th century.
- There are a few movies made about Native Americans that aren't as over sensationalized and are definitely worth a watch. Try Reel Injun, Smoke Signals, Bury my Heart at Wounded Knee, and Winter in the Blood.
- Get in the kitchen and try a native recipe! There are tons of mouthwatering recipes from native soups, to roasted duck, or even pumpkin bread for a tasty fall treat.
- Finally, learn the true story about the very first thanksgiving. What you were taught in elementary school isn't quite accurate.

NATIVE AMERICAN HERITAGE MONTH HISTORY

In 1990, President George H. W. Bush approved a joint resolution designating November of 1990 National American Indian Heritage month.



NATIVE AMERICAN RECIPE: WILD RICE SAUTÉ WITH SWEET POTATO

A nourishing, special dish from an award-winning Native American chef.

- Ingredients
- 2 tablespoons olive oil
 - 1 medium yellow onion, diced
 - 8 cloves garlic, peeled
 - 2 cups white mushrooms, cleaned and sliced (about 10 ounces)
 - 2 cups brown cremini mushrooms, cleaned and sliced
 - 1/2 cup dried tart cherries or dried cranberries
 - 1/2 cup fresh or frozen corn kernels
 - 2 cups cooked wild rice (from about 3/4 cups dried)
 - salt and pepper, to taste
 - 4 tablespoons fresh green scallions, finely sliced (about 3 to 4 scallions)
 - Roasted sweet potatoes, to serve (optional)

Instructions

1. Cook the wild rice according to the package directions. This will take about an hour.
2. While the rice cooks, heat a small skillet over medium-high heat until hot. Add the garlic cloves and cook until they start to blacken. Toss and lightly blacken on all sides. remove from heat and place into a small bowl to cool. Once the garlic cloves are cooled, finely chop them.
3. Heat a medium- to large-sized pan. Add the olive oil and add the onions and sauté, stirring for 4 minutes to prevent burning. Add the blackened garlic and sauté for 2 more minutes, stirring constantly to prevent burning. Add the mushrooms and cook, stirring, for 4 to 6 minutes. Add the dried cherries or cranberries and stir. Cook for another few minutes and then add the corn kernels. Stir and cook for an additional 1 to 2 minutes. Add the cooked rice, salt, and pepper. Stir for two minutes more, until completely hot. Ed. Note: I used about 1 1/4 teaspoons of salt.
4. Remove from heat, garnish with fresh sliced scallions, and serve immediately. This wild rice sauté can be served on its own, or over a roasted, halved sweet potatoes that have been drizzled with a mixture of 1 cup maple syrup, juice of 1 lime, and 2 teaspoons mild to medium chili powder.

6 QUICK & FUN FACTS About NATIVE AMERICANS

1 The term **"NATIVE AMERICAN"** does not usually refer to Native Hawaiians or Alaskan Natives, such as Aleut, Yup'ik, or Inuit peoples.

2 Most indigenous people in the U.S. use **"AMERICAN INDIAN"** while most indigenous people in Canada use "First Nations." "Native Americans" or "indigenous Americans" are often used for people in both countries.

3 **THE SEQUOIA TREE** is named in honor of the Cherokee leader Sequoyah, who helped his people develop an alphabet.

4 Half of the names of U.S. states are derived from **AMERICAN WORDS**, such as Arizona, Connecticut, Kentucky, and Missouri.

5 Many Native American words have entered the **ENGLISH LANGUAGE** such as **chia, chili, chocolate, coyote, guacamole, mesquite, peyote, shack, tamale, tomato, abalone, bayou, cannibal, Chinook, manatee, poncho, and potato.**

6 The word **"BARBECUE"** is from the Arawakan Indian language meaning "framework of sticks."

Data Source: FactRetriever.com





MEN'S HEALTH

The Truth About Men's Health

Men's health (and mustaches) are top of mind this month, thanks to the global Movember Foundation. Here are some hairy stats about men's leading health issues.

This year, more than **233,000** men will be given a prostate cancer diagnosis.

Nearly half of testicular cancer diagnoses occur in men age **20 to 34**.

Top three cancers for men in Utah:
 1 Prostate
 2 Skin
 3 Colorectal

Half of American men will receive a cancer diagnosis during their lifetime.

THE GOOD NEWS:

NEARLY 95% OF CANCERS are linked to lifestyle or environmental factors. Your best defense:
 ▶ Don't smoke or abuse alcohol.
 ▶ Exercise regularly.
 ▶ Eat a healthy diet.
 ▶ Limit sun exposure.

Prostate cancer death rates in the U.S. have been decreasing since 1980. The 10-year survival rate is 99%.

Two out of three men visited a doctor in the past year. Regular checkups and screenings can detect cancer early, when treatment is most successful.

TAKE PROACTIVE STEPS
 Schedule an annual physical and talk with your doctor about what screenings are right for you.

You may have noticed that men have misplaced their razors this "Movember," but what exactly does the month signify? The purpose of No Shave November or Movember is about more than just seeing whose facial hair grows the fastest and seeing your friends and all kinds of celebrities sport mustaches.

The theme of Movember is changing the face of men's health, and the month's purpose is to raise awareness about three of the biggest health risks affecting men: prostate cancer, testicular cancer, and mental health issues.

The best way to celebrate the month:

Encourage the men you love to be aware of their risks and know how to prevent problems.

Employee Spotlight



Jesus Aleman- Health Educator and Website Guru



What's something about you (a fun fact) that not many people know?

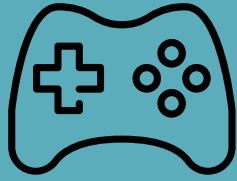
- I have been to 41 states. Just missing Alaska, Hawaii, Maine, New Hampshire, Vermont, Washington, Oregon, Maine and Alabama.

2. What's the last book you read?

- Verity by Colleen Hoover

3. What is your favorite hobby?

- I love playing video games with my friends



4. What's the first concert you ever attended?

- Chance the Rapper in 2016 at the Chicago Theatre

5. What's the next place on your travel bucket list?

- I would love to visit Hawaii

6. Are you currently binge-watching any shows?

- Currently I am re-watching Better Call Saul. Great show!

7. If you had to eat one meal every day for the rest of your life, what would it be?

- Green salsa enchiladas

8. What's one item you can't live without?

- My PC at home



VETERANS DAY
HONORING ALL WHO SERVED

November 11th

Honoring JCHD staff and families
Thank you all for your service!



Jessica Sergeev's
Grandfather



Leah VanHam's
Husband



Philip Partridge's
Son



Angie Kuehl's
Father



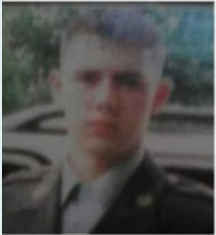
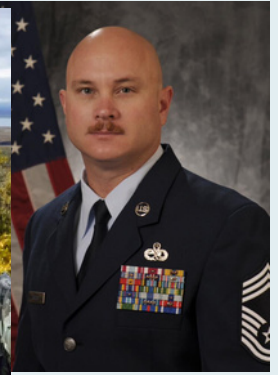
Jamie Moore's
Niece and Father



Melanie Endres



Aaron Kelley and his brother



Dana Kimmel's Husband, Father
and Sister



Sylvia Forester



Kerri Gale's
Husband, Son and
Father



Kerry Thies' Grandfather, Father,
Nephew and Father-in-Law



Lynn Brady's
Son-In-Law

