



SPARK

Highlighting Diversity, Inclusive of All Voices

February is Black History Month

The story of Black History Month begins in 1915 with Historian Carter G. Woodson, also known as the Father of Black History. Woodson dedicated his life's work to researching and promoting the history, culture, and achievements of Black Americans and others of African descent. In September 1914, Carter G. Woodson, alongside Minister Jesse E. Moorland, founded the Association for the Study of African American Life and History, Inc. (ASALH) which continues to evolve African American History throughout the world. In 1926, the organization dedicated the second week of February "Negro History Week", which was celebrated across the country for decades. It wasn't until 1976 that President Gerald Ford officially recognized the month of February as Black History Month. Since then, every American president has designated February as Black History Month to honor the contributions and sacrifices of African Americans who helped shape this nation.

A LOOK INSIDE THIS ISSUE

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*"Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history"-
Carter G. Woodson*

Many African Americans have courageously played an influential role in changing the world as we know it today. Take a look at these individuals who made incredible contributions to society. Many of these contributions are utilized daily in public health!

1864



Dr. Rebecca Lee Crumpler became the first African American to receive a medical degree

1914



Garrett Morgan invented "the breathing device", which became the prototype for gas masks used during WWI

1935



Frederick McKinley Jones 1935 invented the refrigeration system for long-haul trucks and railroad cars

1940



Dr. Charles Drew organized America's first Blood Bank making him the "Father of the Blood Bank"



March is Women's History Month

A WHOLE month dedicated to celebrating women and the many contributions they have made to society & culture that were often overlooked throughout history. Women's History Month inspires us to learn about the history of women in society and acknowledge the hardships they overcame.

During the month of March, take some time to show appreciation to the influential women in your life.



Women's History Month was officially declared in 1987 thanks to Molly MacGregor, Mary Ruthsdotter, Marie Cuevas, Paula Hammett, and Bette Morga

We Honor:

Yara Morales	Sheila Bennett
Sarah Ortman	Darlene Hutchins
Margaret I.	Jessica Sergeev
Carole Kuehl	Betty Austin
Judy Goddard	Billie Malet Partridge
Felecia R.	Rebecca Myers
Janet Hoffmann	Brenda Hill
Katherine H.	Lucille Curtner
Sharon A.	Tammy Brown
Jeri McKinnies	Shirley Kerr
Carmen C.	Sharon Allen
Debra C.	Betty Bellamy
Katie Poulos	Tammy Weston



Irish-American Heritage Month

March was officially declared Irish-American Heritage Month in 1991. It is an opportunity to learn more about Irish Heritage and celebrate the unique and incredible contributions to society throughout history. Since 1991, each U.S. President has issued a proclamation commemorating Irish-American Heritage Month.



The meaning behind St. Patrick's Day



St. Patrick's Day was originally a religious holiday to honor Saint Patrick, who brought Christianity to Ireland in the 5th Century.

DID YOU KNOW?

- More than 31.5 million American residents claim Irish Ancestry.
- The top 5 states with Irish Ancestry: New Hampshire, Massachusetts, Rhode Island, Vermont, and Maine
- The Top County in the U.S., by estimated population that claim Irish Ancestry is Cook County, Illinois

Today, St. Patrick's Day has evolved into a large celebration of all things green and Irish.

Ramadan

March 22-April 20, 2023

Ramadan is a Muslim Holiday that is celebrated during the 9th month of the Islamic lunar calendar, which begins with the sighting of the new moon.

Ramadan, in Muslim culture, is a month of fasting, prayer, reflection, and community to spiritually and physically revive oneself.

Fasting lasts from dawn to dusk and is multidimensional meaning that it is not only physical but social and spiritual as well.

The meaning behind fasting is to show obedience to God, and to instill self-discipline, compassion, and appreciation. In return, those will be rewarded for all good deeds.

Those who pray during Ramadan with pure intentions, will have their past sins forgiven.

Ramadan in Muslim culture also brings a stronger sense of community. Often times Muslim families will wake up together before the sunrise for an early breakfast and invite others over to break their fast together.



GOOD FRIDAY



April 7, 2023

Good Friday is a day of for Christians to reflect and honor the sacrifice of Jesus for their sins.

On this day, according to the Bible, the Jewish religious leaders, who had condemned Jesus the night before for claiming to be the son of God, brought him to the Romans for sentencing.

He was sent from Pontius Pilate to Herod and then back to Pilate, who ultimately sentenced Jesus to be crucified, the highest form of criminal punishment at the time. Jesus was then beaten, forced to carry a heavy wooden cross through jeering crowds, and finally nailed to the cross by His wrist and feet, where he hung until he died, later that day.

3 days after Good Friday is Easter Sunday which is the celebration of the resurrection of Jesus.

JCHD SPOTLIGHT



EMPLOYEE SPOTLIGHT

Alison Smith-HIV Division



Where is your "happy place"?

Home – boring but true. We spent 8 years building it and recently moved in. Now we're out of town and finally starting some cool projects.

What is your favorite quote?

"What can you do to promote world peace? Go home and love your family." – Mother Teresa AND anything by Will Ferrell!

What is your favorite animal? Why?

Owl – mostly because they're mysterious and elusive. When I was a kid, the hooting of owls in our woods was comforting. Now we live in those same woods and I hear them calling to each other every night.

If you could read the mind of one celebrity, who would it be and why?

Celebrity? Hard pass but sometimes I wonder what my cat is thinking when my second grader dresses him in baby clothes.

If you could travel anywhere in the world, where would you go?

Ikaria, a small Greek island with perfect climate, natural springs, beautiful beaches and nobody is in a hurry.

FUN FACT

- Feb 3: Doggy Date Night
- Feb 9: National Pizza Day
- Feb 26: National Bacon Day
- March 6: National Oreo Cookie Day
- March 28: Respect Your Cat Day
- March 31: National Tater Day
- Apr. 7: National No Housework Day
- Apr. 10: Gopher Tortoise Day
- Apr. 17: Blah, Blah, Blah Day

SAVE THE DATE

April 26, 2023

ADMINISTRATIVE PROFESSIONALS' DAY

We owe a big THANK YOU to all of our amazing Administrative Professionals here at JCHD!

Lynn Brady
 Lea Crabtree
 Melanie Endres
 Charlotte Hoehner
 Dana Kimmel
 Bernadine Morrow
 Jewell Musgraves
 Kerry Thies



UPCOMING JCHD EVENTS

FEBRUARY

February 18 (7:30AM-12:30PM): Black Men's Health Conference

February 21 (10-2PM): SIU Job Fair

MARCH

March 15 (11:30-1PM): DEI Lunch & Learn

March 22 (9-1PM): John A. Logan Job Fair

BLACK MEN'S HEALTH CONFERENCE

FOCUSING ON YOUR WELLNESS

Saturday February 18, 2023; 7:30am - 12:30pm
Carbondale Civic Center

Free wellness screenings to include:

- Blood pressures checks
- Cholesterol and blood sugar finger stick checks
- Height/weight and body mass index measurements
- Mental health resources
- And much more!

Keynote and Hosted Speakers:

- Dr. Sam Stokes III, M.D., F.A.C.S.
- Dr. Don C. Arnold II, M.D., F.A.C.S
- Dr. Benjamin Collie, M.D.
- Phil Anton, PhD
- Trey Matlock
- Pastor Christopher E. Swims

Thank you to all of our sponsoring community partners:



<https://www.surveymonkey.com/r/6286328>

Reserve your spot online today (limited walk-in availability)

