Blending Communities and Cultures

Beaumont

2016 Diversity Calendar

Diversity
Everyone Matters
I am pleased to introduce the 2016 Diversity and Inclusion Calendar.

“Blending Communities and Cultures” is the theme for our first Beaumont Health calendar. This is quite timely, as we recently celebrated our first year anniversary as a new health care organization. This year, we will continue to acknowledge and embrace the diverse experiences and perspectives of each person. Beaumont’s mission - to provide compassionate, extraordinary care every day - requires us to be intentional about creating a culture of inclusion that respects and values the insights of all Beaumont physicians, employees and volunteers. Our values of Compassion, Respect, Integrity, Teamwork and Excellence have to resonate with each of us personally and professionally. These are our criteria for high quality, culturally sensitive care, with Respect conveying our commitment to diversity and inclusion overall.

We at Beaumont are privileged to serve communities representing a rich variety of distinctly different people. Caring for others reaches across all racial, ethnic, cultural and spiritual lines. It touches people of all ages and backgrounds and families of all kinds. Thank you for embracing diversity and inclusion in the great work you do for our patients, colleagues and communities.

Sincerely,

John T. Fox
President & Chief Executive Officer
Blending Our Communities and Cultures

Our new organization celebrated its first birthday in 2015. While there have been many changes since our affiliation began, Beaumont Health remains steadfastly committed to diversity and inclusion in all aspects of our work. That is beautifully expressed in this calendar, which showcases just some of the ways we support the diverse health and wellness needs of our patients, communities and each other.

We all benefit from the rich diversity that exists within our blended family of nearly 5,000 physicians and 35,000 employees and about 3,500 volunteers. Together, we have made a collective commitment to providing a welcoming environment and delivering culturally competent health care to our patients. We strive to increase the diversity of our workforce at all levels of the organization and to foster business opportunities with companies owned by women, minorities, veterans and disabled persons.

We are proud to be a leading health care organization that cultivates learning, challenges thinking and addresses our unconscious biases. Our diversity committees offer programs, forums, panel discussions and other learning events that are valuable opportunities to explore, understand and embrace what makes us respectful of and respected by those we work with and those we serve.

As we blend communities and cultures within our health system, we invite you to share your stories and ideas about what diversity means to you at Beaumont. Watch for opportunities at your site to get involved in designing events and activities that are meaningful to you. Your experiences help us to develop innovative ways to deliver quality care with respect, sensitivity and understanding for all cultures.

DiAné Townsel
Co-chair, Royal Oak/Corporate Diversity Council

As we bring our communities and cultures together with compassion and respect, we must acknowledge special days of significance to our diverse internal and external communities. Please remember to consult your calendar to ensure awareness of cultural and religious holidays and holy days, and avoid scheduling meetings as well as other important events on these days. It is helpful to remember that many holidays begin at sundown.
You can teach an older dog new tricks.

Amos was about ten years old when Dorothy House saw him at a local animal shelter in 2010. While others passed by the white-muzzled mini Pomeranian, Dorothy was happy to adopt an older dog. After 100 hours of training, Amos became a registered therapy dog. Dorothy brings him to soothe and delight patients and visitors each week when she volunteers at Beaumont Hospital – Farmington Hills.

While Dorothy has had many great experiences with Amos at the hospital, one will stay forever in her heart. Last June, they were greeting people in the hospital lobby and struck up a conversation with an older man and his daughter as he was being discharged. The man was wide-eyed and enchanted when he saw the adorable little dog, saying how nice it was to hold him and feel his heart beat.

Weeks later, Dorothy and Amos were at the Founder’s Festival in downtown Farmington when they ran into the man’s daughter. “I was hoping to run into you again,” she said as she hugged Dorothy, starting to cry. “My dad passed away four days after seeing you and Amos. In those last days, he kept talking about how cute Amos was and how he wanted to go to the animal rescue to find a dog just like him!”
**J A N U A R Y**

**BEAUMONT - 1975**

*Women’s Service Committee becomes the Volunteer Services Committee and welcomed its first male volunteer*

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Language at the heart of patient safety

As director of Multicultural Health and Language Services for Beaumont Health, Moe Rustom is doing his best to ensure that patient safety doesn’t get lost in translation.

At an annual summit presented by the Robert Wood Johnson Foundation last year, Moe presented a TED-style Spotlight Talk highlighting the importance of medical interpreters and the critical role they play in patient safety and the patient experience.

“People with limited English proficiency might understand medical instructions differently than those who are fully conversant in English,” he says. “Language barriers can be like asteroids. They hit and decimate the earth of patient safety.”

By ensuring patients receive information and instructions in their own language, medical interpreters reduce disparities in access to health care.

Moe has been a registered nurse for 23 years and has developed language access policies and metrics that have become local and national models.

He advises on issues related to patient safety, patient rights, language access, healthcare quality and equality, cultural competency, health care disparities, and diversity and inclusion.

Providing language support to our Beaumont patients reduces medical errors, enhances our ability to make accurate diagnoses and enables patients and families to better understand what they must do to get better and stay well.
Co-sponsored the Women's Health Day conference with more than 500 in attendance.
The Center for Exceptional Families

The Center for Exceptional Families offers fully integrated, family-centered care for children with physical and developmental special needs. Located in Dearborn, the Center provides high-quality pediatric specialty care, outpatient rehabilitative therapy, and social work support to benefit children with developmental disabilities and their entire family, all under one roof. This model of care supports and encourages our young patients in reaching their highest potential for personal independence.

The Center is also an approved autism evaluation center, where a team of specialists can diagnose or confirm an autism spectrum disorder. The autism clinic offers diagnosis, treatment plans, some therapeutic interventions, and physical, occupational, speech and language therapies.

Additionally, the University of Michigan-Dearborn College of Education, Health and Human Services and Early Childhood Education Center partners with the Center to teach future educators about creating an environment of inclusion. This program enables children from different walks of life with different abilities to play together, learn about each other and accept one another.

Along with providing high-quality care and support, the Center creates a community for children who sometimes feel isolated. They can make friends, attend birthday parties and interact with other children, with and without disabilities.

The mother of a three-year-old patient says, “What I like about coming here is that everybody gets that my son has autism, and he’s not the ‘different kid’ in the lobby. He’s just like everybody else. Everyone here is treated with respect.”
**BOTSFORD - 1993**

Dr. Barbara Ross-Lee was appointed the first African-American woman dean of a U.S. medical school by the Ohio University of Osteopathic Medicine. Botsford has maintained a close relationship with the country’s schools of osteopathic medicine.

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Botsford Commons and Painting with a Twist: A Colorful Partnership

Botsford Commons Senior Community's award-winning partnership with the Painting with a Twist studio in downtown Farmington fosters the joy of relationships, the art of caring and the spirit of living.

Located in Farmington Hills, Botsford Commons offers four distinct residential choices to meet the needs of older adults at different times, including independent living, assisted living, short-term rehabilitation and long-term nursing care. Painting with a Twist encourages participants to paint along with an artist to create works of art to take home at the end of the evening – no art experience required.

Botsford Commons’ residents have enjoyed the painting experience many times with Michelle Lewis, owner of the Farmington Painting with a Twist. One special night last year, Michelle gifted every resident of the long-term care facility’s second floor with a painting made by studio instructors. With the help of staff, residents chose their favorite paintings and directed staff where to display them on their walls.

Botsford Commons received the prestigious Healthcare Association of Michigan’s Linda Mlynarek Public Relations Award, recognizing their promotion of its partnership program with Painting with a Twist. Diane Zide, executive director of Operations at Botsford Commons explains, “This award is about outstanding media relations efforts improving the public perception of long-term care. This initiative taught the media and greater community how residents create their fullness of life.”
Aubrey Lee is the 1st African American Beaumont Board member to be named as the chairman of the Board of Directors.
Connecting generations through the Women’s Employee Resource Network

The Women’s Employee Resource Network was established at Beaumont Health System in 2013. Its goal is to inspire, connect and support women in the achievement of their individual and professional goals.

Within the Network, there are five subcommittees. The Generation Y subcommittee is the newest group, created to serve women born in the early 1980s to the mid-1990s. The group unites Gen Y women to identify and support their unique personal and professional goals. It hosts networking events after work, meet-and-greet leadership panel discussions and other education, awareness and development events.

The Gen Y subcommittee kicked off with a networking event at Woody’s in Royal Oak featuring great raffles and a giveaway for every attendee. Soon afterward, the number of Gen Y women who opted into the Women’s Employee Resource network increased by ten percent.

One of every five Beaumont Health employees is a woman born after 1982. Soon, employees from this generation will make up the majority of the workforce. The group is excited to continue planning events and workshops to inspire future Beaumont leaders.
OAKWOOD - 1994
The interfaith chapel was dedicated. The ceremony featured prayers and blessings from a Minister, Rabbi, Imam and an Archbishop.

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Abir Mehanna

Narendra Kum Sanath Kumar

Abigail Killeen
June is Lesbian, Gay, Bisexual and Transgender Pride Month. It commemorates the Stonewall riots that began in Greenwich Village in New York City on June 28, 1969. When police raided the Stonewall Inn and harassed the bar’s gay clientele yet again, the patrons fought back with violent protests and demonstrations – marking a turning point in the fight for equality for LGBT people in the United States.

Today, Pride Month is celebrated worldwide with parades, marches, concerts and events that commemorate the contributions of LGBT people throughout history. It is also a month of remembrance, honoring those who lost their lives to hate crimes or HIV/AIDS. Pride Month strengthens community bonds and raises awareness of issues important to the LGBT community at local, national and international levels.

Beaumont Health has been a part of Pride celebrations in Ferndale, Michigan since 2013, sponsoring a booth for volunteers to share information about LGBT-friendly physicians, advance directives and other materials with the more than 10,000 people in attendance. Beaumont is proud to be a valuable resource to the LGBT community, ready to meet their health needs and concerns with compassion and respect.
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**JUNE 2010**

Botsford collaborated with the South Redford School District on the initiation of a School Based Health Center of the school district at John D. Pierce Middle School. The center continues to serve diverse student population today.
Seeing diversity as an asset for better patient care

What you believe about people who differ from you or your cultural norms isn't always true. Yet these assumptions are often deeply ingrained and hard to shake, particularly during times of stress. That’s why we in health care need to recognize our unconscious biases and how they impact our treatment of patients and colleagues. Unconscious bias was the topic of Beaumont Health’s first Diversity and Inclusion Awareness Conference on Oct. 30 at the Westin Southfield Detroit. About 400 employees from throughout the system gained perspectives on a variety of cultural viewpoints and experiences through a performance by the Cass Tech High School Reader’s Theatre Group, as well as a presentation by Father Andrew Seba, parochial vicar at St. Thomas Chaldean Catholic Church in West Bloomfield. The final speaker was the mother of a transgender teen, who credits a social worker at Beaumont Hospital - Royal Oak with saving her son’s life, thanks to his sensitive treatment during a time of crisis.

While Beaumont Health System has hosted diversity and inclusion conferences in the past, this was the first event open to all employees throughout Beaumont Health. Lauren Hill, system director of Diversity and Inclusion, says, “These events help expand
and enrich our conversation about how to deliver more compassionate and culturally sensitive care to whoever comes through our doors. It also reflects how our value of respect brings us all together as Beaumont colleagues.” Many attendees shared their personal experiences coping with bias. Sandy Taylor, administrator of Clinical Operations at Beaumont Hospital - Wayne, talked about a “trend” when she was director of Pharmacy Services. “Often, pharmaceutical reps would meet me - an African-American woman - then ask me to ‘go get the director.’ They had a hard time seeing me as the leader; they assumed I was staff. I had to have my badge reprinted with DIRECTOR in bold.”

Going from blindness to consciousness Keynote speaker Verná Myers acknowledged how difficult it can be to admit we have biases. Yet she advised us “walk boldly toward them” to overcome them and get closer to those we work with and those we serve. Her message of “going from blindness to consciousness” resonated with Katharine Smith, a medical social worker for Hospice through Beaumont Home Health Services. “I’m now being mindful about noticing my own biases. Just being aware of them helps me interrupt the preconceived judgments I’m imposing on others. I’m also making a conscious effort to fully listen to people and consider their points of view instead of just thinking about the next thing I want to say to support my own notions.” “We always think it’s the other person, but we all have unconscious biases,” Sandy adds. “I’ve gained an awareness of how to respond in a constructive way.”
Memories, history, myths, socioeconomic status, distrust and numerous other factors hinder individuals from participating in clinical research. While research is vital to advancing cancer care, clinical trials across the nation face a low accrual rate in minority populations. This may be attributed to a lack of education or understanding about clinical research. As a leader in our community, Beaumont Health strives to provide education and outreach programs which address barriers of minority accrual. Our goal is to decrease cancer health disparities and provide the highest quality of care to our patients.

Beaumont Health’s Cancer Clinical Trials Office is designated by the National Cancer Institute as a Community Oncology Research Program (NCORP). There are only thirty-four NCORPs in the nation. Our team consists of physicians, nurses, coordinators and research staff who help carry out our daily mission to serve patients and offer the most advanced oncology care available. Our work is centered around community members and having access to cutting edge treatment.

Today’s Clinical Trial for Tomorrow’s Standard of Care
Each year, Beaumont experts spend countless hours educating community members about preventative measures, age-appropriate screening and cancer research. During many of our outreach events, we surveyed diverse community members and learned fear is one of the top reasons individuals are opposed to participating in clinical research.

In 2016, the Beaumont NCORP will invite community members to participate in learning more about cancer clinical trials and possibly becoming research partners to improve patient outcomes in clinical research. Participants will learn about our new exciting trials, meet our dedicated team and learn why diversity in trials is vital to individualized care.

Jennifer Roye, RN, BSN, CCRP and Barbara Munsey, BS, directors of Beaumont Health's cancer clinical research (Royal Oak and Dearborn, respectively), are dedicated to ensure Beaumont offers the latest treatment options. One example of an open trial is MATCH (Molecular Analysis for Therapy Choice), the NCI's largest and most precise oncology trial ever attempted. MATCH seeks to determine whether treating cancers according to their molecular abnormalities will demonstrate evidence of effectiveness. While this trial may be complicated, Munsey says “research is often a multi-discipline, multi-institutional endeavor, but we try to make it a seamless flow for our patients”. Roye concurs, “Patients are our top priority.”

If you would like to learn more about Beaumont’s Cancer Clinical Trials or community outreach, please visit us online at: http://www.beaumont.edu/cancer/research-clinical-trials/
As famed chef James Beard once said, “Food is our common ground, a universal experience.”

With the support of their administration, Beaumont Hospital – Grosse Pointe’s Employee Advisory Group and Diversity Committee combined the site’s annual employee recognition event and diversity celebration in 2014 to showcase how sharing a meal can bring people together.

Employees, volunteers and physicians shared family traditions from around the world, starting with favorite foods made and served by hospital employees, including:

- Soul food like seasoned beef tips and sweet iced tea
- Basmati rice pilaf from India with gourmet spices and vegetables
- Apples and honey to celebrate Rosh Hashanah, the Jewish New Year
- Irish soda bread made from scratch
- Homemade Belgian sugar cinnamon cookies

Beaumont – Grosse Pointe chef Dan Kellogg generously shared his talent and kitchen to make the feast possible, and world music and a banner were provided by the corporate Diversity team. The celebration also featured a map of the world so attendees could pin their family’s country of origin. Plus, the Employee Advisory Group held a free raffle for giveaways from Integrative Medicine and the Gift Shop.
### JULY

**BEAUMONT - 2002**

The Ministrelli Women’s health Center is the 1st center exclusively dedicated to prevention, diagnosis and research of heart disease in women opened at Beaumont Royal Oak. The Center was made possible by a $5 million donation by J. Peter and Florine Ministrelli.

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**LAKEYA BERRY**

**LORI KILLEEN**

**LAMPROS KOUTELAS**
In 2015, team members from Beaumont Hospital – Troy and the Beaumont Business Center sponsored a back-to-school supply drive, purchasing pencils, crayons, erasers, rulers, markers, notebooks and backpacks for students at the Rutherford Winans Academy in Detroit.

School supply drives have become increasingly important. According to the Huntington Bank Backpack Index, parents faced at least a nine percent increase in the cost of school supplies over the previous year. With rising costs, many families and school districts are unable to purchase necessary supplies – and students begin the year unequipped.

Cathy Wenz, NP, from the Covenant Community Care Clinic has worked in the clinic that is located in the Rutherford Winans Academy for many years as their nurse practitioner, and she knows their students and families well. With her background as a Beaumont pediatric nurse, Cathy is passionate about taking care of these children and providing them every opportunity to succeed. And sometimes, that opportunity starts with a backpack full of brand-new school supplies, donated by caring Beaumont team members.

“Small items like a new notebook or a box of colorful pencils mean so much to these children,” Cathy says. “Beaumont employees are doing more than just donating school supplies. They’re supporting learning and creativity that lasts all year long.”
# August

**OAKWOOD - 2000**

*Partnered with First Step, a local women's shelter, to respond to domestic violence. OHS won the Circle of Distinction Award for this program from the American Society for Healthcare Strategy and Market Development.*

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**Mark Acker**

Shelby Travis

Malorie Jakovac
As a member of the Michigan Minority Supplier Development Council for the past ten years, Beaumont Health has been increasingly engaged in building relationships with local minority and female business owners through our activities with Project Operation Network Enhancement, better known as Project ONE.

Project ONE is MMSDC’s mentoring initiative to enhance business relationships between corporate member organizations and minority and women’s business enterprises. The program enables these enterprises to benefit from the experience and guidance of the corporate members by working together in modules. The goal is to make the enterprises more competitive and successful in being selected for corporate contracts. Corporate members also benefit from their support and mentorship of local minority and female business leaders.

Each corporate and minority/female business is invited to host a Project ONE monthly meeting, giving them the opportunity to showcase their companies. This past September during Hispanic Heritage Month, Latino Press hosted its first meeting in southwest Detroit. To complement the business agenda, the event also featured excellent Mexican food from El Nacimiento and a vibrant performance of traditional Mexican folkloric dance. Jackie Berg, publisher of TheWeigh and TheHub Detroit publications, also facilitated a presentation focused on the importance of marketing in building business relationships.

Beaumont’s ongoing involvement in Project ONE has made a positive difference in the economic environment of the communities we serve by strengthening ties among corporate entities and minority and women’s businesses.
### BOTSFORD - 1983-2006

Botsford’s board of directors was chaired for many years (1983 – 2006) by Edward N. Hodges III, J.D., an African American, who has made a lasting impact on the osteopathic profession.

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**BOTSFORD - 1983-2006**

* BOTSFORD - 1983-2006

**Botsford’s board of directors was chaired for many years (1983 – 2006)** by Edward N. Hodges III, J.D., an African American, who has made a lasting impact on the osteopathic profession.
Who’s disabled? Not Eric Adams. Eric, a volunteer at Beaumont Hospital – Taylor since October 2014, is legally blind. However, this is no disability as far as he’s concerned.

Eric is differently abled, but certainly able. He greets patients and their families, escorts them to their destination, assembles welcome packets and performs various other duties. “People are surprised by what I can do,” says Eric. “Just because I can’t see doesn’t mean I can’t work.”

Eric has been dealing with those kinds of assumptions all his life. Born with underdeveloped optic nerves, he can see but relies on a cane to help him get around. He gets odd stares while riding the bus and sometimes overhears rude comments. To get through these situations, he relies on his sense of humor. “You have to be able to laugh at yourself,” Eric says. He pulls the occasional prank and makes jokes to help people feel as comfortable with his condition as he is.

If people aren’t comfortable, Eric says he would rather they talk to him about it. “I know there are a lot of people that stare, and to me, that’s even ruder than asking.”

October is National Disability Employment Awareness Month. Beaumont Health is grateful to Eric and the many other volunteers of all abilities who serve our diverse patients and community.
### October 2010

Beaumont Hospitals National Cancer Institute Community Oncology Program received a $200,000 grant from the National Institutes of Health for the Minority Outreach Forums and to address and research health disparities in Wayne and Oakland counties.

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In September 2015, the Beaumont Hospital – Royal Oak Diversity Council hosted its first Diversity Movie Review. The event, which was open to all Beaumont Health employees, provided an opportunity for open dialogue on various diversity-related topics highlighted in the 2002 film, “Far From Heaven.”

The story revolves around a privileged American suburban family. Set in 1957, it accurately reflects the values of the time period – and the price that would be paid for crossing lines of race, gender and sexual orientation. Following the film, participants discussed the significance of the title and how the characters’ relationships and situations bring issues into focus that diverse communities continue to face today.

The vision for the Diversity Movie Review is to awaken participants’ consciousness, increase sensitivities and inspire cultural change. The Council plans to host future movie reviews to provide employees an engaging, thought-provoking means of considering and addressing matters of diversity, inclusion and society’s expectations.
## November

*OAKWOOD - 2004*

**Participated in the Women’s Heart Advantage program, the first longitudinal study on women’s heart health.**

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### Special Days

- **November 1:** Samhain, Wicca, All Saint’s Day, CHRISTIAN
- **November 2:** All Soul’s Day, CHRISTIAN, Dia de los Muertos, MEXICO
- **November 3:** Bunka no-Hi, JAPAN
- **November 4:**
- **November 5:**
- **November 6:**
- **November 7:**
- **November 8:** Election Day, U.S.
- **November 9:**
- **November 10:**
- **November 11:** Remembrance Day, CANADA, U.K., AUSTRALIA, ENGLAND, Veterans Day, U.S.
- **November 12:** Birth of Baha’u’llah, BAHAI
- **November 13:** World Kindness Day, INTERNATIONAL
- **November 14:** Guru Nanak’s Birthday, SIKH
- **November 15:**
- **November 16:**
- **November 17:**
- **November 18:**
- **November 19:**
- **November 20:** Transgender Day of Remembrance, GAY, LESBIAN, BISEXUAL, TRANSGENDER
- **November 21:**
- **November 22:** Kinro-Kansha no-Hi, JAPAN
- **November 23:** Thanksgiving Day, U.S., Martyrdom of Guru Teg Bahadur, SIKH
- **November 24:**
- **November 25:** St. Catherine’s Day, CANADA, FRANCE
- **November 26:** Day of the Covenant, BAHAI
- **November 27:** First Sunday of Advent, CHRISTIAN
- **November 28:** Ascension of Abdul-Baha’I, BAHAI
- **November 29:**
- **November 30:**

### OAKWOOD - 2004

- Participated in the Women’s Heart Advantage program, the first longitudinal study on women’s heart health.
Spiritual Support sustains the healing process for mind, body and spirit

Beaumont Health chaplains provide guidance and comfort to patients and visitors. All religious traditions are valued, and each member of the Spiritual Support team is committed to being present and empathetic for all people and faith communities.

Beaumont Hospital – Dearborn’s Spiritual Support program is one of only two in the entire country with board-certified chaplains in each of the world’s four major faiths: Christian, Muslim, Hindu and Jewish. To become board-certified, a chaplain must have a master’s degree in theology or pastoral ministry plus another 2,000 hours of clinical pastoral education. At the hospital, chaplains provide pastoral counseling, grief support, crisis intervention and conflict resolution. They also help facilitate end of life decisions.

Lisa Hayes, a staff chaplain at Beaumont – Dearborn, says, “A big part of my ministry is making sure people understand that they’re not alone and that I’m here for them. Even though we can’t make some of the difficult things that are happening in their life go away, they don’t have to walk it by themselves.”

The rich diversity of our care providers mirrors the people we serve, and the Spiritual Support team helps them find the comfort they need as well.

Chaplain Shama Mehta says, “As Hindu faith teaches, the truth is one and the paths are many. I feel blessed to be serving patients and their families. I truly believe genuine chaplaincy transforms both the patient and the caregiver. I feel blessed to be of service to others.”
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Through a bequest from the estate of Robert F. Schirmer, D.O, a devout Roman Catholic profoundly concerned about his patients’ physical, psychological and spiritual health, Botsford Hospital refurbished its chapel. Pastoral Care supports people of numerous spiritual and religious faiths.

Sandra Taylor

Anica Bellestri

Andres Villarreal
JAN

January 1
New Year's Day US, International
Feast of St. Basil Christian, Orthodox
St. Basil's Day Greece
Greek New Year celebrated by traditional exchanging of gifts.

Gantan-Sai (Shinto)
Shinto New Year referred to as Shaogatsu. The faithful visit shrines (often at midnight) to pray for renewal of heart, health and prosperity. During the seven-day holiday, people wear their best clothing and visit the homes of family and friends to express their wishes for the coming year.

Solemnity of Mary (Catholic)
The Solemnity of Mary, the Holy Mother of God is a feast day of the church, it recognizes the baptism of Jesus by John the Baptist.

January 6
Epiphany (Christian)
In the Western church, this day celebrates the journey of the three wise men to Bethlehem to offer gifts to the baby Jesus. In the Eastern church, it recognizes the baptism of Jesus by John the Baptist.

Día de los Reyes (Christian Puerto Rico, Dominican Republic)
Also known as Three Kings' Day. In South America, Latin America and parts of Europe, this time ends the Christmas season with traditional gift giving.

January 7
Christmas (Christian-Coptic & Eastern Orthodox)
On this day some Eastern churches celebrate the birth of Jesus according to the Julian calendar, which is 13 days behind the Gregorian calendar.

January 11
Seijin No Hi (Japan)
This day celebrates the Coming-of-Age of the youth of Japan, who are 20 years old. They wear traditional clothing and visit the shrines where the family announces their adulthood to the spirits.

January 13
St. Knut's Day (Finland, Sweden)
King Knut, who ruled Sweden from 1080-1086 declared that Christmas should be celebrated for 20 days, officially ending the season on January 13th. King Knut is celebrated as a saint for his virtue and generosity.

Mahgi (Sikh)
This commemorates the fight of the Chali utke against the Imperial Army in 1705.

January 14
Lohri (Hindu, India)
This day marks the change from the decrease to the increase of the sun. Bonfires are lit in celebration.

January 15
Makar Sankranti (India, Hindu)
This day is recognized for the transition of the Sun from Sagittarius to Capricorn during the winter solstice in the northern hemisphere.

January 17
World Religion Day (Bahá’í)
Established by the National Spiritual Assembly of the Bahá’í’s of the US in 1950 as a way to encourage interfaith understanding. People are encouraged to talk to and listen to people from faiths different than their own and to understand the basic tenets of other religions.

January 18
Martin Luther King, Jr. Day (US)
Commemorates the leader of the “Civil Rights” movement. People of all races and religions have benefited from the sacrifices and accomplishments made by this great man. King was a 1964 Nobel Peace Prize winner and an advocate of non-violent protest. He was assassinated on April 4, 1968.

Sultán (Bahá’í)
The first day of the 17th Bahá’í month. The English translation of Sultán is “Sovereignty”.

January 23
Thaipusam (India)
Honors Kartikeya, Granter of Wishes, and the second son of Shiva. Hindus of Tamil origin celebrate this day with their tongues, cheeks and with their bodies pierced with needles, hooks and skewers, and they dance their way (in a trance-like state) to the temple carrying the “Cavadee”, a wooden arch covered with flowers with a pot of milk at each end of the base.

January 25
Tu B'Shevat - Arbor Day (Jewish)
Celebrates Judaism's roots in the Natural world. Known as the New Year for trees, it is celebrated with the planting of trees and special meals including the seven fruits of the land; wheat, barley, figs, grapes, pomegranates, olives and dates.

January 30
Feast of the Three Holy Hierarchs (Greece)
This is the anniversary for St. John Chrysostom, St. Basil and St. Gregory the Great. They are honored for their ancient knowledge combined with Christian beliefs.

February 1-28
Black History Month (US, Canada, UK)
Celebration and remembrance of those originating from the African Diaspora.

February 1
Clean Monday (Great Lent Begins) (Christian - Coptic and Eastern Orthodox)
This day marks the beginning of the forty-day fast when Christians imitate Jesus’ withdrawal into the wilderness before his crucifixion.

February 2
Groundhog Day (US, Canada)
According to folklore that originated in Pennsylvania, if the groundhog, Punxsutawney Phil, sees his shadow, there will be six more weeks of winter.

Candlemas Day (Christian)
Celebrates the presentation of the baby Jesus in the Temple of Jerusalem 40 days after his birth. This day is celebrated with candlelight marches in preparation for planting in the fields.

Imbolc (Wiccan, Celtic, Pagan)
Imbolc comes from a Gaelic expression “in the belly”, which signaled the first stirrings of life within the womb of Mother Earth. Corn dolls are burned as offerings to the sun to hasten his return.

February 3
Setsubun-Sai (Japan, Shinto)
Known as Bean Throwing Night, with shouts of “Devil Out, Good Fortune In”, beans are thrown to protect against demons.

February 4
Rosa Parks Day (US)
An American observance to honor civil rights activist Rosa Parks on her birthday, who was known for refusing to give up her seat on a bus in protest of racial segregation. She became an icon for the Civil Rights Movement.

February 5
National Wear Red Day (US)
People wear red as a way to bring attention to the problem of heart disease in women, which kills 1 in 3 women.

February 8
Boy Scout Day (US, Canada)
Founded on by William Boyce, a Chicago publisher, the purpose of this day was to promote the ability of boys to do things for themselves and others. The goal was to, through organization and cooperation, train the boys in Scout craft and to teach them patriotism, courage, self-reliance and kindred virtues.
February 8
Chinese New Year (Buddhist, China, Hong Kong, Taiwan, Vietnam)
In the Chinese Lunar calendar, 2016 is the Year of the Monkey. The Chinese New Year is the most important holiday in many Asian cultures. It is a three-day holiday in China and Hong Kong. The Chinese clean and decorate their homes with the five lucky signs of happiness. New clothes and shoes are worn - as it is considered bad luck to step on the ground in old shoes. This is also known as the “Tet” Festival among the Vietnamese.

February 8-14
Kindness Awareness Week (International)
This movement established in 1995, inspires people to share kindness with one another as they discover for themselves the power it has to effect positive change in healthy relationships and communities.

February 9
Shrove Tuesday/ Mardi Gras (Christian)
The day before Lent, Shrove - taken from the old word “shrive”- means forgiveness. It is also known as Fat Tuesday, reflecting the fact that the last night eating richer and fatty foods before the fasting of Lent.

February 10
Ash Wednesday – Lent Begins (Christian)
This day marks the beginning of Lent. Ash symbolizes sorrow for wrong doings and foreheads of churchgoers are marked with the shape of the cross with ashes as a sign of penitence. Traditionally, Lent is a time to give up meat and dairy foods before the ritual fasting of Lent.

Losar (Tibet)
The Tibetan New Year celebrated through monastic discipline for three days by visiting, feasting and relaxation.

February 12
Vasant Panchami (Hindu)
In Northern India, this day heralds the approach of spring. It is celebrated with a festival honoring Saraswati, the Goddess of Learning, Wisdom and the Creative Arts. Yellow colored clothes are symbolically worn and food is colored yellow by using saffron.

February 14
Valentine’s Day (US, Canada, UK, England)
One version states that a priest named Valentine was martyred on this day in 269 A.D. in Rome for secretly marrying couples against the orders of the Roman Emperor. Another version states this was the night before a festival called Lupercalia - associated with fertility.

February 15
Presidents’ Day (US)

Nirvana Day (Buddhist)
This commemorates the death of Buddha and his attainment of nirvana.

February 20
World Day of Social Justice (International)
For the United Nations, the pursuit of social justice for all is at the core of their global mission to promote development and human dignity. The adoption by the International Labor Organization of the Declaration on Social Justice for a Fair Globalization is just one recent example of the UN system’s commitment to social justice.

February 22
Abu Simbel Festival (Egypt)
Celebrates the temple built by Ramses II, angled so that the inner sanctuary lights up twice a year; once on the anniversary of his rise to the throne and on Oct 22nd celebrating his birthday.

Monlam- The Great Prayer Festival (Tibet)
The festival is celebrated with gatherings at the monasteries and temples to commemorate the victory of Shakyamuni Buddha over six Brahmanical teachers. It is the most important of the Tibetan religious festivals.

February 26 - March 1
Intercalary Days (Bahá’í)
There are four or five days inserted into the calendar called Ayyam-i-Ha, adjusting the Bahá’í year to the solar cycle. This precedes a month of fasting from March 2 to March 20. Gifts are exchanged; parties and public meetings are held to share the faith.

February 29
Leap Year
A leap year is a year containing one additional day in order to keep the calendar year synchronized with the astronomical or seasonal year.

March 1
St. David’s Day (Wales)
Honors St. David, the patron saint of Wales who dies on this day.

Baba Marta Day (Bulgaria, Romania)
A day where Bulgarians celebrate spring by exchanging red-and-white yarn designs, called Martenitsa to symbolize health. They wear the designs on their clothing until they see a stork or a blossoming tree. They then either put the martensita on a tree branch to bring on spring or hide it under a rock to represent the wish that the evil spirits in nature will go to sleep.

Chalandämärz (Switzerland)
This festival marks the beginning of a new year in spring by scaring away the evil spirits of winter and waking up the good spirits of spring. Children go from door to door singing and receive sweets in return.

March 2-20
Alá (19 day fast begins - thru March 20) (Bahá’í)
The nineteenth and final month in the Bahá’í calendar and the time of the 10-day fast in preparation of the new year - Nowruz. The English Translation of Alá is “Loftiness.”

March 4
World Day of Prayer (International)
The movement aims to bring together women of various races, cultures and traditions in a yearly common Day of Prayer, as well as in closer fellowship, understanding and action throughout the year.

March 6
Mothering Sunday (UK)
A celebration of motherhood in the UK that takes place on the fourth Sunday of Lent. Traditionally children bring gifts of flowers and chocolates to their mothers. Breakfast in bed is also an expectation, as is a relaxing, carefree day. It originated with the Victorian practice of allowing servants to return home to visit their mothers on this day.

Shivaratri (Hindu)
On Shiva’s night, the Hindu deity Lord Shiva performed the Tandav, the cosmic dance of creation and destruction. A 24-hour fast is kept and devotees make pilgrimages to major shrines for worship.

March 8
International Women’s Day (UN)
A women’s march in New York in 1857 provided the inspiration for this day. There are claims that it began as a commemoration of a strike by women needle trades workers in New York City in 1908. This day was revived in the 1960s and the UN began sponsoring it in 1975.

March 12
Girl Scout Day (US, Canada)
Juliette “Daisy” Gordon Low assembled 18 girls from Savannah, Georgia on March 12, 1912 for a local meeting. She believed that all girls should be given the opportunity to develop physically, mentally and spiritually. The goal was to bring girls out of isolated homes and into open air and community service. Girl Scouts hiked, camped, learned how to tell time by the stars and studied first-aid.

March 13
Daylight Savings Time Begins (US)
L. Ron Hubbard birthday (Scientology)
Birthday of the founder of scientology.

March 16 -20
Gahambar HamaspPATHMADEM (Zoroastrian)
This day celebrates the creation of human rights.

March 17
St. Patrick’s Day (Ireland)
The anniversary of the death of this patron saint. He used the three-leaved shamrock to explain the Christian idea of the Holy Trinity, thus the idea of wearing a shamrock.

March 19
St. Joseph’s Day (Christian)
This day is celebrated throughout most of Italy and by the Italian communities in the US and North America. St. Joseph was the foster father of Jesus and is the universal patron of the Catholic Church. This day is observed by helping the needy in the community.

March 20
Ostara (Wicca, Pagan)
A fertility festival celebrating the birth of spring acknowledges the word Easter, derived from the Maiden Goddess. Celebrations include lighting fires at sunrise, ringing bells and decorating hard-boiled eggs, an ancient custom associated with the Goddess.

Palm Sunday (Christian)
This day is observed by worship services and parades using palm branches in observance of Jesus’ ride into Jerusalem on a donkey as he was cheered on by crowds who strove palm branches in his path.
ABOUT THE HOLIDAYS & HOLY DAYS

March 20
Shunki-Korei-Sai (Shinto)
This national holiday was established in 1948 as a day for the admiration of nature and the love of living things, and is also known as the Vernal Equinox.

March 21
Now-Ruz/ Norooz- New Year (Afghanistan, Iran, Baha’i, Islam, Ismaili, Zoroastrian)
Now-Ruz means “New Day”. This day is traditionally celebrated in honor of the ancient Persian New Year. Originally, it began as a Zoroastrian festival, but it is also a holy day for Sufi, Ismaili, the Baha’i faiths. Now-Ruz is observed with a major spring-cleaning of houses and the purchase of new clothes.

Shunbun no-Hi (Japan)
During the time of the Spring Equinox, Buddhists meditate on the harmony in the universe.

Harmony Day (Australia)
Harmony Day began in 1999 and occurs on March 21 every year. It celebrates Australia’s success as a diversity society united by a common set of values.

March 23-24
Holi (Hindu, Sikh)
A festival of color that celebrates spring where people play with liquid and powdered colors, light bonfires and blow horns to celebrate the destruction of Holika, who was believed to be the embodiment of evil.

March 24
Hola Mohalla (Sikh- Bikrami)
In honor of the Guru Gobind Singh, who took to armed struggle against tyranny, mock battles are fought and martial arts are displayed.

Maundy Thursday (Christian)
On this day, Jesus ate the Last Supper and washed the feet of his disciples prior to his arrest and crucifixion. It is also known as Holy Thursday.

Purim (Jewish)
Known as the Feast of Lots, which celebrates the deliverance of Jews from the machinations of Haman, who was believed to be the embodiment of evil.

March 25
Annunciation of the Blessed Virgin Mary (Catholic)
Commemorates the day Jesus’ mother Mary was visited by an angel to inform her that she was blessed and chosen to be the mother of Christ.

Good Friday (Christian - Coptic & Eastern Orthodox)
This solemn day commemorates the passion and death of Jesus Christ by crucifixion. It is observed with fasts and in some regions a picture of the dead Jesus on a large cloth is carried in a procession.

March 27
Easter (Christian, Coptic, Eastern Orthodox)
This day celebrates the resurrection of Jesus from his tomb. Most Christians welcome Easter Sunday with a sunrise service.

March 28
Easter Monday (Christian - Coptic & Eastern Orthodox)
Commemorates the meeting of the women at Jesus’ tomb with an angel who assured them that Jesus had been resurrected from death.

Birth of Prophet Zarathustra (Zoroastrian – Fasi)
Zarathustra (Zoroaster in Greek; Zarathošt in India and Persia) is the founder of the Zoroastrian religion dating back to sometime between 1500 and 1000 BCE.

March 30
Mahavir Jayanti (Jain)
Celebrates the birthday of Lord Mahavira, the 24th leader of the Jain religion born around 599 B.C.

April 1
April Fool’s Day (US, Canada, UK, England)
This festival dates back to the year 1500 when Pope Gregory XIII introduced the new Gregorian calendar and the New Year’s Day was moved from April 1 to January 1. Those who were not aware of this change or who refused to believe, were ridiculed and often victims of bad jokes.

Kha B’Nissan (Asyria)
Originally celebrated for 12 days, Assyrians place a bunch of green grass at the threshold of their homes to welcome fertility and prosperity in the New Year. On the 10th day, groups of new brides visit every house and receive presents that are then distributed amongst them.

April 2
Sidah-Bedar (Iran)
This is the 13th day after “Now Ruz”, the New Year. The number 13 is considered an unlucky number for the Persians, and therefore everyone leaves home for the day to attend picnics or to go on trips.

April 4
Qing Ming Festival (China, Taiwan)
A national holiday celebrated by the visiting of family graves to ask for the blessings of the departed spirits.

April 6
Organization of the Church (Christian - Mormon)
The Church for Latter-day Saints was founded on this day in 1830 at Fayette, New York.

Chakri Day (Thailand)
A national holiday to honor King Rama I, who founded the Chakri Dynasty in 1783 and the founding of Bangkok as the capital of Thailand.

April 8
Ugadi (India, Mauritius, Nepal)
This day marks the beginning of the new Hindu lunar calendar. It is celebrated mostly in the southern states of India where people awake before the break of day, bathe and decorate the entrance of their homes with mango leaves. They eat bitter Neem leaves with sweet jaggery to signify the bitter and sweet of life.

April 9-27
Jalal (2nd month) (Baha’i)
This day marks the first day of the second Bahá’í month. The English translation for Jalál is “Glory”.

April 13
Vaisakhi (Hindu, Sikh, Bangladesh)
On this first day of the solar year, an agricultural festival celebrating the harvest called “Vishu” marks the day in 1969 when the 10th Guru, Guru Govind Singh, established the order of Khalsa. A festival is celebrated with a mixture of feasting, dancing and worship.

April 13-15
Songkran/New Year (Cambodia, Myanmar, Sri Lanka, Thailand)
This day is recognized as the New Year for Buddhists. In some regions it is celebrated with a three-day religious festival in which homes are routinely cleaned and water is sprinkled on monks paying visits, and on statues of the Buddha.

April 15
Tax Day (US)
In the United States, Tax Day is a colloquial term for the day on which individual income tax returns are due to the federal government.

Ramanavami (Hindu)
Celebrates the birthday of Rama, the 7th incarnation of God Vishnu. Hindus read the Ramayan, and Hindu epic, which tells the story of Rama, during the previous eight days.

April 21
Feast of Ridvan (Baha’i)
This holiest time for the Baha’i’s means “Paradise.” A 12-day festival commemorates the 12 days that Baha’u’llah spent in the Garden of Ridvan in the last days of his exile in Baghdad and announced that he was the prophet whose coming had been foretold. The Baha’is do not work on the first, ninth and twelfth days of Ridvan.

Kartini Day (Indonesia)
This day commemorates Indonesia’s first women’s emancipationist. Mothers are not allowed to work and the family does the house chores. Many go on a pilgrimage to the grave of Kartini who died at the age of 24.

April 22
Earth Day (International)
This day is celebrated around the world with festivals and rallies often organized for the weekends before or after April 22nd. Many communities celebrate with a series of environmental activities throughout the month in recognition of commitment to renewal of a safer, healthier and cleaner world for all.

April 23
St. George’s Day (Christian)
Honors the patron saint of England. The red cross on St. George’s armour and white lunic is now the symbol of the International Red Cross, as well as the flag of England. It also forms part of the Union Jack Flag of Scotland and Ireland.

April 23-30
Pesach/Passover (thru April 30) (Jewish)
This important observance begins at sundown (6pm) and lasts for eight days. This time commemorates the Exodus of the Israelites from Egypt. It begins with a ritual meal “Seder” when no leavened bread is consumed with special prayers and symbolic foods.
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<tr>
<th>Date</th>
<th>Name</th>
<th>Description</th>
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<tbody>
<tr>
<td>April 24</td>
<td>Martyrs Day (Armenia)</td>
<td>This solemn day commemorates the death of 1.5 million Armenians who were massacred in 1915-1916.</td>
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<td>April 27</td>
<td>Administrative Professionals Day (US, Canada)</td>
<td>On this day, workplaces all over the country acknowledge secretaries, administrative staff and other support employees for their contributions.</td>
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<td>April 28</td>
<td>Sons and Daughters to Work Day (US)</td>
<td>On this day, parents are encouraged to bring their sons and daughters to work and use the opportunity to educate their children on the nature of employment.</td>
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<td>April 29</td>
<td>Arbor Day (US)</td>
<td>Communities across the country plant trees in an ongoing effort to conserve American forests.</td>
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<td>May 4</td>
<td>Beltane (Wicca, Pagan)</td>
<td>Its name derived from the Celtic god Bel, who mates with the Earth Goddess. Beltane greets the summer on this day and is a midsummer fertility festival in Celtic paganism.</td>
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<td>May 5</td>
<td>Midori No Hi (Japan)</td>
<td>This day is known as Greenery Day to appreciate nature.</td>
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<td>May 8</td>
<td>Akshaya Tritiya (Jain)</td>
<td>Celebrates the day the Lord Rishabha broke his first year-long fast by drinking sugar cane juice. To begin anything new on this day is considered auspicious.</td>
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<td>May 11</td>
<td>Yom HaZikaron (Israel)</td>
<td>Israel’s Memorial Day honoring soldiers who died fighting for their country.</td>
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<td>May 13</td>
<td>Our Lady of Fatima (Portugal)</td>
<td>On May 13, 1917 in Portugal, three shepherd children saw and conversed with the Virgin Mary in a vision. This event occurred on the 13th day of the month for six months in a row.</td>
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<td>May 14</td>
<td>Buddha’s Birthday (Hong Kong)</td>
<td>Buddhism, the 4th largest religion in the world was founded in Northern India by the first known Buddha, Siddhartha Gautama. In 553 BCE, he attained enlightenment and assumed the title: Lord Buddha.</td>
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<tr>
<td>May 15</td>
<td>Pentecost (Christian, Coptic &amp; Eastern Orthodox Christian)</td>
<td>New members of the church are baptized on this day in recognition of The Holy Spirit, which was felt amongst the 12 apostles after Jesus’ death. It is also called White Sunday because white clothes are worn for baptism.</td>
</tr>
<tr>
<td>May 23</td>
<td>Declaration of Báb (Baha’i)</td>
<td>The Baha’i faith began in Persia (now Iran) on this day in 1844 by the prophet Báb who announced his mission as the founder. It is celebrated about two hours after sunset.</td>
</tr>
<tr>
<td>June 1</td>
<td>Gawal Dayak Festival (Malaysia)</td>
<td>This day marks the traditional rice harvest. Rituals are performed to express thanks to the spirits of the paddy with requests for a better harvest during the next planting season. Celebration with friends and family usually last about three days.</td>
</tr>
<tr>
<td>June 6</td>
<td>Yom Verushlayim (Former Soviet Union, Israel)</td>
<td>Marks the anniversary of the reunification of Jerusalem.</td>
</tr>
<tr>
<td>June 7</td>
<td>Ramadan Begins (Islam)</td>
<td>This holiest month of the Islamic year begins at the sighting of the new moon. It commemorates the period during which Prophet Muhammad received divine revelations. Observing Muslims fast from sunrise to sunset during the entire month. They also read the Qu’ran and worship in the mosque or at home.</td>
</tr>
</tbody>
</table>
ABOUT THE HOLIDAYS & HOLY DAYS

June 10
Dano (Korea)
Observed by prayers for good fortune toward agricultural affairs.

June 12-13
Shavuot (Jewish)
Observed beginning at sundown, this day calls for the Feast of Weeks or Pentecost, which means 50 and is celebrated on the 50th day at the end of Passover. It commemorates a time when the Ten Commandments were given to Moses on Mount Sinai. The feast lasts two days.

June 14
Flag Day (US)
People across the United States celebrate Flag Day each year to honor the US flag and to commemorate the flag’s adoption. On the same day, the United States Army celebrates its birthday.

June 16
Martyrdom of Guru Arjan Dev (Sikh)
The 5th Guru (1563-1606) and the first Sikh martyr executed by the Mughal emperor Jehangir. He built the Golden Temple in Amritsar with doors facing all four directions to emphasize that the Sikh way was open to all, regardless of caste.

June 19
Father’s Day (US, Canada, UK)
Celebrates the contribution that fathers and father figures make for their children’s lives. Its origins may lie in a memorial service held for a large group of men, many of them fathers, who were killed in a mining accident in Monongah, West Virginia in 1907.

June 20
Juneteenth (US, African American)
Also known as National Freedom Day, in 1865 this day was considered the official end of slavery in the U.S. Slaves in Oklahoma, Texas, Louisiana and Arkansas were not told about their freedom until this day, even though other Southern states had known since April, 1863. Today the holiday is observed in African-American communities throughout the country with rallies, concerts and fairs.

June 21
National Aboriginal Day (Aboriginal/Native American-Canada)
In 1996, the former Governor General of Canada, Romeo LeBlanc proclaimed June 21 to be known as National Aboriginal Day. The outstanding contributions of First Nations, Inuit and Metis are recognized.

June 23
Sankthansaften Mid-Summer’s Eve Festival (Finland, Germany, N. Ireland, Netherlands, Norway, Sweden, UK)
Celebrated the weekend closest to the Summer Solstice. A time for fairies and magic and a night of foreseeing the future to discover who one’s true love might be.

June 24
St. Jean Baptiste Day (Quebec-Canada-France)
A national holiday honoring the birthday of the patron saint of French-Canadians in Quebec, Canada. It is celebrated with parades, bonfires and fireworks.

June 27
Multiculturalism Day (Canada)
This day acknowledges the contributions that various communities make to Canadian society and celebrates the country’s richness and diversity.

June 28
Stonewall Rebellion Day (LGBT)
Commemorates the U.S. anniversary of the protest against police harassment in New York City’s Greenwich Village in 1969. It is celebrated with a Pride Parade each year in New York City on the last Sunday in June. Events are also held in many metropolitan cities throughout the U.S. and Canada.

July 1
Canada Day (Canada)
On this day in 1867, the British North America Act created the Canadian Federal Government proclaiming one Dominion under the name of “Canada”, resulting in the original holiday title of “Dominion Day.” It was officially renamed “Canada Day” by an act of Parliament on October 27, 1982.

July 2
Laylat al-Qadr (Islam)
Commemorates the revelation of the Qur’an to the Prophet Muhammad in 610 CE. This Night of Power begins the previous evening.

July 3 - 9
NAIDOC Week (Australia)
NAIDOC stands for the “National Aboriginal and Islanders Day Observance Committee”. A week-long celebration around Australia during the first week in July takes place, focusing on the history, culture and achievements of Aboriginal and Torres Strait Islander people.

July 4
Independence Day (US)
On this day celebrations across the U.S. include picnics, fireworks, parades and other outdoor activities occur. This is in honor of the signing of the Declaration of Independence in 1776, when the 13 Colonies proclaimed their separation from England and formed the United States of America.

July 6
Dalai Lama’s Birthday (Tibet)
His Holiness the XIVth Dalai Lama, Tenzin Gyatso, is the spiritual and temporal leader of the Tibetan people. Born to a peasant family in northeastern Tibet, he was recognized as the 14th Dalai Lama (Mongolian for “Ocean of Wisdom”). In Tibetan Buddhism, the Dalai Lama is believed to be an incarnation of Avalokitesvara, the Buddha of Compassion.

July 7
Eid-al-Fitr (Islam)
This marks the end of the Ramadan fast and is celebrated for three days. Date of observance may vary according to the sighting of the new moon.

July 9
Martyrdom of the Bab (Baha’i)
Observed at noon on this day, The Bab, who was executed at the age of 31 by a firing squad in Tabriz in 1850 C.E., is commemorated. Work and commerce are suspended on this day.

July 11
Imamat Day (Islam, Ismaili)
This day is celebrated every year by Ismailis, in recognition of the day that the imamat, or religious leader transferred from the past imam to the present Aga Khan.

July 13-15
O Bon (Buddhist - Japan)
Celebrated in honor of their deceased ancestors, Japanese light lanterns and hold circular folk dances. Vietnamese call it Vu Lan and Chinese call it Chung Yuan or Feast of Lonesome Souls. Food is laid out and money is burned for the souls.

July 18
Umno-No-Hi (Japan)
On this day, Japanese honor the importance of and express gratitude to the sea and its role in Japanese history. They also pray for the prosperity of Japan as a maritime nation.

July 24
Pioneer Day (Christian-Mormon)
This day honors the U.S. pioneers led by Brigham Young, who first settled in Utah in 1847. It is celebrated with parades to remember pioneering ancestors.
July 30
Oh-Harai-Taisai (Shinto)
As an act of inner purification for sins and offenses committed during the first half of the year, The Grand Purification Ceremony, a sacred ritual of Japanese worshippers is carried out. This occurs twice a year.

July 31
Feast of St. Ignatius Loyola (Spain)
Commemorates the life of St. Ignatius Loyola (1491-1556), who founded the Society of Jesus, The Roman Catholic religious order whose members are known as Jesuits.

August 1
Kamál (8th month) (Bahá’í)
This is the first day of the eighth month of Bahá’í. The English translation for Kamál is “Perfection”.

Lugnasad (Wicca)
Its name is taken from the Celtic God Lugh, or Samildanach, which means “he of many gifts.” It celebrates the ancient festival of the first harvesting of grain in August.

Caribana Parade (African-American/Canadian, Canada)
This event held in Toronto and attended by nearly a million spectators commemorates Canada’s diverse Caribbean community. Activities include a giant parade based on the Carnival of Trinidad and Tobago.

August 2
Ilinden (Macedonia)
Commemorates the Macedonians revolt against the Ottoman army in 1903, on Ilinden, or St. Elijah’s day.

August 5-21
Summer Olympics (international)
These are 31st Summer Olympic Games, and the world’s largest international multi-sport event that is held every four years. This Olympics will be held in Rio de Janeiro, Brazil.

August 6
Hiroshima Day (Japan, US, Canada)
This somber day commemorates the day the United States dropped the first atomic bomb in Hiroshima, Japan in 1945. People of many different backgrounds unite on this day to declare their commitment to never let another nuclear bomb be used against humans again.

August 14-15
Tisha B’Av (Jewish)
A day of fasting and mourning in recognition of the destruction of the First and Second Temples in Jerusalem in 586 B.C.E. and 70 C.E.

August 15
Assumption of the Blessed Virgin Mary (Christian)
Celebrated by Catholic and Orthodox churches, this observance refers to Mary’s death and the ascension to heaven.

August 20
Asmá (9th month) (Bahá’í)
The first day of the ninth Bahá’í month. The English translation for Asmá is “Names”.

August 18
Raksha Bandhan (Hindu)
According to legend, God Indra was warring with demons. His wife tied a silk charm around his wrist to protect him and he was able to defeat his enemies. Hindu girls now tie a threaded amulet or “rakhi” on their brothers for protection against evil.

Women’s Equality Day (US)
A day proclaimed each year by the United States President to commemorate the granting of the vote to women throughout the country.

August 26
Raksha Bandhan (Hindu)
This is the holiest time of the year marked by fasting and worship of the 24 realized teachers of the Jain Faith; known as Tirthankaras or Jinas. It is celebrated for eight days.

September 1
Labor/Labour Day (US, Canada)
Celebrated as a day of universal forgiveness for wrongs committed by and to oneself.

September 7
Keiro No Hi (Japan)
Known as the Feast of Lanterns by Japanese Buddhists, this day is celebrated with apples, juiced for cider, and grapes for beer drinkers. The Oktoberfest attracts approximately 7 million visitors each year and last for two weeks.

September 13
Eid-ul-Adha (Islam)
This is the last day of Hajj celebrated with a three day festival celebrating Abraham’s test of obedience to Allah when he was asked to sacrifice his son Ismael. At the last minute, Allah replaced Ismael with a lamb.

September 14-15
Hiroshima Day
This is also known as Respect of the Aged Day.

September 15
International Day of Peace
The United Nations’ created this day to recognize the efforts of those who have worked hard to end conflict and promote peace. The International Day of Peace is also a day of ceasefire - personal or political.

September 22
Mabon (Wicca)
This day is celebrated with apples, juiced for cider, and grapes for wine to mark the fall equinox and the end of harvest season.

September 27
Conflucius’ Birthday (China, Taiwan)
Also known as Teacher’s day in Taiwan, Confucius’ birthday (551 BCE) is celebrated with a dawn ceremony at temples around the world.
September 29
San Geronimo Day (Ardhna/Aboriginal American)
Named after St. Jerome (1829-1909), an Apache fighter, this day is celebrated by Native Americans in Taos Pueblo, New Mexico. Among the ceremonies are the morning races, the sacred clowns and the pole climb.

Meskel (Ethiopia- Coptic Orthodox Christians)
During the time of Pharaohs, 4,000 years ago, the appearance of Soothis (Dog Star) marked the signal that the Nile River would rise flooding the fertile plains so that planting could begin. The end of the rainy season became known as the New Year.

October 1
‘Ilm (12th month) (Bahá’í)
This is the first day of the twelfth Bahá’í. The English translation for ‘Ilm is “Knowledge”.

October 1-10
Navaratri (Hindu)
This day is dedicated to the goddess Durga who had “Navratri” (nine incarnations) and has the power of good to destroy demons.

October 2
Gandhi’s Birthday (India)
Honors the birthday of the National Father of India, Mohandas Karamchand Gandhi (1869-1948) adopted “non-violence” in fighting for freedom of country.

October 3
1st Muharram - Islamic New Year (Islam)
Marks the first day of the Islamic year and lasts for 29-30 days depending on the moon sighting. Begins at sundown the previous day.

October 3-4
Rosh Hashanah (Jewish)
This Jewish New Year begins at sundown and is observed for two days. Celebrated with prayers and religious services, it marks the anniversary of the creation of the world, ending 10 days later with Yom Kippur.

October 4
Feast of St. Francis of Assisi (Italy)
St. Francis of Assisi (1182-1226) is the patron saint of animals that abandoned his dream of becoming a knight, donned the clothes of a poor farmhand and began caring for the sick. He founded the Francis Can Order, which today has about 33,000 members.

October 7-11
Durga Puja (Hindu)
Honors the 10-armed goddess Durga, who was the wife of Shiva and the destroyer of demons through the force of the universe.

October 10
Columbus Day (US)
Commemorates the anniversary of Christopher Columbus’ discovery of the New World.

Thanksgiving (Canada)
Early Canadian settlers gave thanks for good harvests by decorating their churches with fruits and vegetables. They also celebrate dinner with venison and waterfowl.

October 11
National Coming Out Day (LGBT)
An International event giving gay, lesbian and bisexual people the opportunity to “come out” to others about their sexual orientation. The first National Coming Out Day was October 11, 1988.

October 12
Dussehra (Hindu)
Dussehra means “the tenth”. It celebrates the triumph of Lord Ram over the demon Ravan, who stole his wife Sita. Called “Ram Lila”, the great Hindu epic poem is read and enacted.

October 16
Kathina Day (Buddhist)
New robes and necessities are given to ordained monks and nuns on this day.

October 17
National Boss’ Day (US, Canada)
Celebrates appreciation for supervisors (bosses) at work.

October 17-23
Sukkot (Jewish)
The Sukkot period is a time to remember the Jewish people’s wandering in the desert for 40 years following their exodus from Egypt, according to Jewish teachings. This period, also known as the Feast of Tabernacles, lasts for about seven days.

October 18
Karva Chauth (Hindu)
Married Hindu women keep a one-day fast on this day for the wellbeing and longevity of their husbands. The husbands feed the first bite of food to their wives after they see the moon.

October 20
Birthday of the Báb (Bahá’í)
His title meaning “The Gate” in Arabic, Syyd ‘Ali Muhammad was born in Southwestern Iran in 1819. In honor of this day, work is suspended and Bahá’í’s come together for prayer and festivities.

October 23
Chulalongkorn Day (Thailand)
Commemorates the birth of Rama V, a progressive ruler who lived 1868-1910.

October 24
Shmini Atzeret (Jewish)
The eighth day of Sukkot, when special prayers for rain are offered.

October 25
Simchat Torah (Jewish)
The beginning of the synagogue’s annual reading cycle, rejoicing in the Torah, begins at sundown the previous day.

October 30 - November 3
Diwali (Hindu, Sikh)
Diwali brings in the Hindu New Year with a 5-day celebration. Day 1 is a New Year for business; Day 2 recognizes the triumph of god Vishnu over the evil demon, Day 3, Lakshmi, the goddess of prosperity visits homes lit by lamps, Day 4 is Bali, a day of worship and Day 5 is devoted to brothers and sisters.

October 31
Halloween (US, Canada)
Dating back to the Celtic people more than 2,000 years ago, the New Year in later fall honored Samhain or the Lord of the Dead. Celebrations included candles on windows, bonfires to scare the spirits off and disguises so as not to be recognized. The tradition of pumpkins (more readily available in North America) began with the Irish who traditionally carved lanterns out of turnips or potatoes.

November 1
Samhain (Wicca)
Those who have died in the last year were invited to a final celebration where (traditionally) animals were slaughtered for winter provisions.

November 2
All Saints’ Day (Christian)
Saints, known and unknown, are honored on this day.

November 3
All Souls Day (Christian)
Prayers of the faithful help to cleanse the souls of the departed by Catholic Christians.

Dia De Los Muertos (Mexico)
Known as the “Day of the Dead” this day is celebrated with families who build alters in their homes surrounded with flowers, food and burning candles to honor the deceased.

November 8
Bunka no Hi - Culture Day (Japan)
National holiday dedicated to the love of freedom and promotion of Japanese culture.

November 8
Election Day (US)
Election Day in the United States is the day set by law for the general elections of public officials.

November 11
Remembrance Day (Australia, Canada, UK, England)
Commemorates the soldiers killed in World Wars I and II in remembrance for all those who gave their lives in service to country.

Veterans Day (US)
Honoring all people who have served in the U.S. Armed Forces. First proclaimed as Armistice Day in 1919, Veterans Day commemorates the termination of World War I on November 11, 1918.
ABOUT THE HOLIDAYS & HOLY DAYS

November 12
Birth of Bahá'u'lláh (Bahá'í)
Born Mirza Husayn 'Ali into one of the leading noble families of Persia in 1817. The meaning of his name in Arabic is “The Glory of God”.

November 13
World Kindness Day (International)
November 1997 in Japan, the Second Conference of the World Kindness Movement was established; starting with random acts of kindness. Over 17 countries (including the U.S. and Canada) are now committed to building global dedication to this effort.

November 14
Guru Nanak’s Birthday - Bikram (Sikh)
Born in 1469 CE, he was the first of the Ten Gurus of the Sikh faith who founded Sikhism. 974 of this accomplished poet’s hymns are in the Sikh scriptures.

November 20
Transgender Day of Remembrance (LGBT)
Visits, services, and other events mark this day that originated in 1999 to memorialize those who were killed due to anti-transgender discrimination and hatred.

November 23
Kinro Kansha no Hi (Japan)
Japanese Thanksgiving Day when people express gratitude to each other for their labors throughout the year.

November 24
Martyrdom of Guru Tegh Bahadur (Sikh)
Commemorates the martyrdom of the ninth of the Ten Sikh Gurus (1621-1675) who was executed in Delhi by the Mughal emperor.

Thanksgiving Day (US)
Early American settlers gave thanks honoring the first harvest of Plymouth colony in 1621 that originated with three days of prayer and feasting.

November 25
St. Catherine’s Day (Canada, France)
Honors the patron saint of virgins and philosophers who lived in Alexandria in the 4th century A.D. and was martyred after being tortured on a spiked wheel.

November 26
Day of the Covenant (Bahá’í)
Day appointed as the “Centre of the Covenant” established to safeguard the unity of the community by the eldest son and appointed successor of Bahá’u’lláh

November 27
First Sunday of Advent (Christian)
Derived from the Latin word for arrival, begins the Christian Church year, a time when Christians prepare to celebrate the birth of Christ.

November 28
Ascension of Abdu’l-Bahá’í (Bahá’í)
Anniversary of the death (in Haifa, Israel in 1921) of Abdu’l-Bahá’, after years of serving his father and safeguarding the unity of the Faith.

December - May
Adam’s Peak Pilgrimage (Sri Lanka)
An ancient pilgrimage site to the sacred mountain Sri Pada. According to the legend, when Buddha visited Sri Lanka, he planted one foot on the north of the royal city and the other on Sumana-Kuta (Adam’s Peak) which was about a hundred mile distance.

December 1
World AIDS Day (UN)
Designated by the World Health Organization and the UN, this day increases awareness and education related to the more than 41 million people living with HIV/AIDS.

December 3
International Day of Disabled Persons
Raises awareness about persons with disabilities in order to improve their lives and provide them with equal opportunity.

December 6
St. Nicholas Day (Christian)
The patron saint of Russia from Turkey who became known as the protector of children. He began a tradition of children leaving shoes out in hopes of receiving treats.

December 7
Pearl Harbor Remembrance Day (US)
Commemorates the attack on the armed forces of the United States stationed at Pearl Harbor, Hawaii, by the Japanese. Two thousand people were killed causing the United States to enter into World War II.

December 8
Feast of Immaculate Conception (Christian)
Celebrates belief in the Immaculate Conception of the Blessed Virgin Mary, she was born without Original Sin. The Feast is often celebrated with Holy Mass.

December 9
Bodhi Day (Buddhist)
Called “Rohatsu” this day observes the enlightenment of the historical Buddha. Zen monasteries retreat with meditation lasting several days.

December 12
Mawlid an Nabi (Islam)
Birthday of the Prophet Muhammad is celebrated this day. Since no one really knows when Muhammad was born, the date (actually the date of his death) was adopted as his birthdate. It is observed differently in various Muslim countries for nine days with feasts, parades and fairs.

Our Lady of Guadalupe (Mexico)
Religious festival in Mexico commemorating the appearance of the Blessed Virgin to an Indian boy in 1531.

December 13
Aga Khan’s Birthday (Islam, Ismaili)
Honors the religious head of the Ismaili sect.

December 21
Yule (Wicca)
The longest night of winter solstice celebrating the rebirth of the sun that is life-sustaining. The Yule Tree is decorated with fruit and candles are lit to represent the sun.

December 22
Guru Gobind Singh’s Birthday (Sikh)
Singh was the 10th and last living Guru of the Sikh faith. He founded the “Khalsa” brotherhood where the initiated adopted the five Ks; Khanga wooden comb), Kara (steel bracelets), Kirpan (sword), Kaccha (pair of shorts), and Kesh (long hair).

December 24
Christmas Eve (Christian)
Christmas Eve marks the start of the holiday season at the end of the year. For many Christians, it is a day to remember the events around the birth of Jesus.

December 25
Christmas Day (Christian)
Celebrates the birth of Jesus Christ over 2000 years ago. Candles are lit, gifts are exchanged and evergreen decorations are used to honor time with family and community.

December 25 - January 1
Hanukkah (Jewish)
Celebrated for eight days, beginning at sundown the previous day with the Festival of Lights, this time of celebration honors Maccabees, a small group of Jews (in 164 B.C.) who fought for religious freedom, winning victory over the Syrians. According to legend, to redecicate the Temple, they found only one jar of holy oil and miraculously the candelabra remained lit for 8 days. The eight candle menorah is lit and special readings and songs of praise focus on liberty and freedom.

December 26
Kwanzaa (African American/Canadian)
Initiated by a professor who wanted to encourage Blacks to celebrate their heritage, meaning “first fruit” in Swahili. The Kwanzaa harvest festival was started in California in 1966. Seven candles are lit on each consecutive night for the seven principles; unity, self-determination, working together, sharing, purpose, creativity and faith.

Boxing Day (Canada, UK, Ireland)
A day (originated in Britain) when church’s poor boxes (gift boxes to servants, tradespeople or those who provide service) were opened.

December 30
Rizal Day (Philippines)
Commemorates the death of Jose Mercado Rizal in 1896, a Philippine doctor, author, and inspiration to the Philippine nationalist movement, whose books denounced Spanish administration.

December 31
New Year’s Eve (International)
A history of healing

In September 2014, Beaumont Health System, Botsford Health Care and Oakwood Healthcare completed their affiliation agreement to become a new organization. Today, Beaumont Health is Michigan’s largest health care system, based on inpatient admissions and net patient revenue, and consists of eight hospitals with 3,337 beds, 168 outpatient sites, nearly 5,000 physicians and 35,000 employees and about 3,500 volunteers.

Beaumont’s founding organizations focused on providing compassionate, exceptional care every day from the beginning - and Beaumont Health will continue to do so for years to come.

Beaumont Health System

In the 1940s, the South Oakland Hospital Authority and a similar group in Birmingham/Bloomfield each formed committees to advocate for a hospital to support Detroit’s growing northern suburbs. The two groups eventually merged into one, incorporated as Oakland Hospital and chose a 112-acre site at Thirteen Mile and Woodward in Royal Oak.

During construction, a load of bricks was mistakenly delivered to Oakwood Hospital in Dearborn. As a result, the name of the new hospital was changed to William Beaumont Hospital, in honor of the Fort Mackinac army surgeon known for his pioneering research of the human digestive system. When it opened in January 1955, nearly 20,000 people attended an open house to view the hospital billed as the most contemporary of its time.


In 1995, Beaumont was named to U.S. News & World Report’s list of America’s Best Hospitals, an honor that’s continued for 20 consecutive years. Beaumont is the exclusive clinical teaching site for the Oakland University William Beaumont School of Medicine, founded by OU and Beaumont in 2007.

Oakwood Healthcare

Following World War II, it became clear Dearborn needed its own hospital. The decision to build a “voluntary” hospital on land donated by Henry Ford II and Ford Motor Company was controversial at the time, as Dearborn mayor Orville L. Hubbard supported a competing proposal for a municipal facility.

After months of contentious debate, the voluntary hospital plan was approved. Oakwood Hospital, now known as Beaumont Hospital - Dearborn, opened on January 5, 1953. The Dearborn hospital received Hill-Burton federal funds for construction with the proviso that the facility would “provide a reasonable volume of services to persons unable to pay and to make their services available to all persons residing in the facility’s area.”

In 1989, three additional hospitals in Taylor, Trenton and Wayne that were formerly part of the Peoples Community Hospital Authority joined the system.

The founding Oakwood organization established 65 outpatient sites and a retirement community and rehabilitation skilled nursing center known as Oakwood Common to serve the people and diverse communities of western Wayne County. Its teaching hospitals are affiliated with Wayne State University School of Medicine and the Michigan State University College of Osteopathic Medicine.

Botsford Health Care

During World War II, osteopathic physicians were not commissioned in the military. The war effort created a physician shortage that led to an increased demand for osteopathic physicians and hospital beds in Detroit, but osteopaths were not considered for training or medical staff member privileges at all osteopathic hospitals.

In 1944, Allen Zieger, D.O., purchased a vacant rooming house in Detroit to start his own 20-bed osteopathic hospital, Zieger Clinic Hospital. It became a fine osteopathic training institution, a tradition that continues today through the organization’s strong partnership with Michigan State University College of Osteopathic Medicine.

To expand, Dr. Zieger purchased 15 acres in Farmington Hills on which to construct a new 200-bed hospital. It would be named Botsford General Hospital: its property was adjacent to the historic Botsford Inn, a former stagecoach stop. It opened its doors in 1965, and as Beaumont Hospital - Farmington Hills, it continues to expand to meet the health care needs of its communities.

The founding Botsford organization also established Botsford Commons Senior Community, which provides residential choices in Farmington Hills for seniors; and Parastar/Community Emergency Medical Service, which receives 911 and non-emergency patient transportation calls and provides ambulance transportation and other services in four states.