



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

BLACK HISTORY MONTH

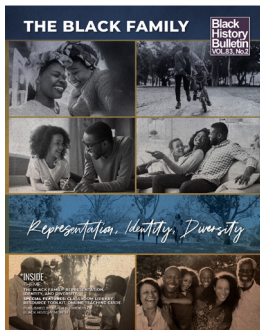
February marks the celebration that was begun in 1926 by Carter G Woodson, who initiated Black History Week. February was chosen because it is the birth month of Abraham Lincoln and Frederick Douglass.

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week." President Gerald Ford officially recognized Black History Month in 1976, and since then every U.S. president has officially designated the month of February as Black History Month and endorsed a specific theme. The 2021 theme, "Black Family: Representation, Identity and Diversity" explores the African diaspora, and the spread of Black families across the United States.

In '76 Ford called upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

2021 BLACK HISTORY THEME: THE BLACK FAMILY: Representation, Identity, and Diversity

The black family has been a topic of study in many disciplines—history, literature, the visual arts and film studies, sociology, anthropology, and social policy. Its representation, identity, and diversity have been revered, stereotyped, and vilified from the days of slavery to our own time. The black family knows no single location, since family reunions and genetic-ancestry searches testify to the spread of family members across states, nations, and continents. Not only are individual black families diasporic, but Africa and the diaspora itself have been long portrayed as the black family at large. While the role of the black family has been described by some as a microcosm of the entire race, its complexity as the "foundation" of African American life and history can be seen in numerous debates over how to represent its meaning and typicality from a historical perspective—as slave or free, as patriarchal or matriarchal/matrifocal, as single-headed or dual-headed household, as extended or nuclear, as fictive kin or blood lineage, as legal or common law, and as black or interracial, etc. Variation appears, as well, in discussions on the nature and impact of parenting, childhood, marriage, gender norms, sexuality, and incarceration. The family offers a rich tapestry of images for exploring the African American past and present.



To learn more on the origins of Black History Month follow the link below:

<https://asah.org/about-us/origins-of-black-history-month/>

AMERICAN HEART MONTH

During American Heart Month, remind your family and friends to focus on their hearts and take care of their health.

This February, show some love for your heart! Approximately 2,200 Americans die of cardiovascular disease each day – that's an average of one death every 40 seconds. While you can't change factors like age and family history, even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. Here are some ways to "Love Your Heart" during American Heart Month:

Get active, Eat well, Control cholesterol, Manage blood pressure, Reduce blood sugar, Lose weight & Quit Smoking

Since we're all used to being at home more often than not, and are spending more time at our desks experiencing Zoom fatigue, here are some great ways to stay active at home! *Now I realize many of these activities relate to kids but they can be used for adults as well and truly...who doesn't need a little spelling refresher?! :-)*

