

# NJDMAVA Office of Diversity, Equity, Inclusion, and Belonging



The first half of June has been a busy time for the NJDMAVA Office of DEIB! In this newsletter we would like to share some information regarding a FEW of the topics we are recognizing this month. Check back here at the end of the month for some highlights and additional ways we recognized these important topics. Please keep in mind that this is just a SMALL sampling of all there is to recognize in June.



June 1-7, 2023

## National CPR & AED Awareness Week

The more people who know CPR and how to use an AED the more lives that can be saved! Did you know about 70 percent of out-of-hospital cardiac arrests happen in homes?

The American Red Cross stresses that every second counts in cardiac arrest and people can save lives by knowing how to perform CPR and use an automated external defibrillator (AED).

Cardiac arrest occurs when the heart suddenly stops beating or beats too ineffectively to circulate blood to the brain and other vital organs. More than 350,000 people suffer cardiac arrest annually in the United States, but sadly only 11 percent survive. For every minute without immediate CPR and use of an AED, survival chances drop 10 percent.

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love.

DMAVA hosted a CPR, First Aid, & AED Training on 6/5/2023. The Course was taught by Army Veteran and NREMT & NJ Certified EMT Alexandra Dunn.

June

## Pride Month

A month-long celebration and recognition of the lesbian, gay, bisexual, and transgender community. This observance has become an important movement for advancing equality, raising awareness, and celebrating diversity.

The origins can be traced back to the Stonewall Riots in June 1969, when LGBTQ+ individuals in NYC fought back against police harassment and discrimination. This event marked a turning point in the LGBTQ+ rights movement and ignited a wave of activism and community organizing.

In the U.S. Military it is a time to recognize and celebrate the contributions of LGBTQ+ individuals who serve in the armed forces. The path of full inclusion and acceptance of LGBTQ+ individuals in the military has been a journey marked by progress and challenges.



June 12, 2023

## NJ Women Veterans Appreciation Day

As part of the State of New Jersey's initiative to honor New Jersey's Women Veterans, we are pleased to share that the Department celebrated our amazing women through three separate events!

**6/7/23:** We held a State Medal Ceremony specifically honoring 12 of New Jersey's Women Veterans at the American Legion Convention in Wildwood.

**6/12/23:** We held a Ceremony at the NJ State World War II Memorial in Trenton.

**6/17/23:** An Outreach Resource Fair at the East Orange Senior Center.

This year marked the 5th anniversary of Women Veterans Appreciation Day and the 75th anniversary of when President Harry S. Truman signed the Women's Armed Services Integration Act – allowing women to serve as regular permanent members of the military.

## JUNETEENTH

June 19, 2023

Juneteenth is a holiday celebrated on June 19th each year, commemorating the emancipation of the enslaved African Americans in the United States.

It marks the day in 1865 when Union General Gordon Granger arrived in Galveston, TX, and announced the end of slavery, two and a half years after the Emancipation Proclamation was issued.

NJ recognizes & acknowledges Juneteenth as an important day in history. It is a time for reflection, education, & celebration of the African American culture, achievements, and contributions. It serves as an opportunity to promote understanding, equality, & social justice in NJ & beyond.

## June Black Music Month

**Black Music Month**, also known as African American Music Appreciation Month, is an annual observance in the United States that takes place in June. It is a time to celebrate and recognize the contributions of African Americans to the rich musical heritage of the country. Black Music Month highlights the significant impact of African American artists, composers, performers, and musicians in shaping various genres, including jazz, blues, gospel, R&B, hip-hop, and more. The month often features events, concerts, tributes, and educational initiatives to honor and promote black music.

June

## National PTSD Awareness Month

PTSD occurs in people after they have experienced a particularly traumatic event like war, violent physical/sexual/verbal assault, accidents, etc.

Symptoms include depression, anxiety, nightmares, paranoia, insomnia, disturbing thoughts, and much more. Many people recover from PTSD after a few days, weeks, or months. Yet, for others, the recovery road might mean one year or more. This mental disorder is highly treatable, but due to the lack of knowledge around it as well as the stigma attached to seeking mental help, many choose to ignore the problem and suffer through it.

PTSD AWARENESS MONTH