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**Sent:** Wednesday, August 23, 2023 10:00 AM  
**To:** Christian Sacdalan  
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## September 2022 Edition

### Hispanic Heritage Month

**Hispanic Heritage Month** (Sept. 15 – Oct. 15) is celebrated annually to recognize the achievements and contributions of inspirational Hispanic Americans. What started as a national weeklong observation in 1968 under then President Lyndon Johnson was extended and signed into [law](#) on Aug. 17, 1988, by President Ronald Reagan.

This year's theme is [Unidos: Inclusivity for a Stronger Nation](#). The theme and poster represent the need to ensure diverse ideas and perspectives are welcomed into decision-making processes in order to build stronger communities and a nation as a whole.



During the National Hispanic Heritage Month, 20 Latin American countries and territories are celebrated for their traditions, achievements, as well as the cultural

diversity they have brought to the United States. The 20 countries and territories include: Spain, Mexico, Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, Panama, Colombia, Venezuela, Ecuador, Peru, Bolivia, Paraguay, Chile, Argentina, Uruguay, Cuba, Puerto Rico, and the Dominican Republic.

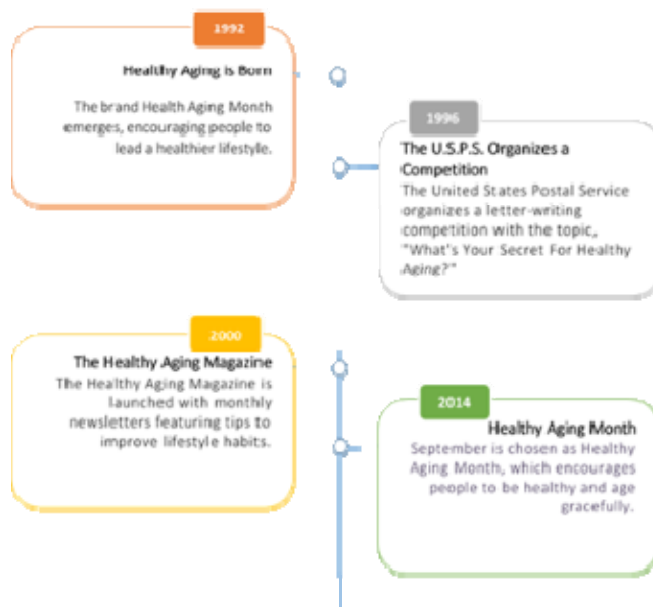
Want to celebrate Hispanic Heritage Month in the DC area? The Smithsonian has several events and concerts planned at the National Museum of the American Latino.

[Click to learn more.](#)

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## Healthy Aging Month

**Healthy Aging Month** was started to encourage people to focus on their health and take precautions to help them face the challenges that come with aging. September is Healthy Aging Month, which is a brand that started over 30 years ago in 1992 when people born in the 1940s were turning 50. It spread the message that it is possible to adopt a healthier lifestyle at any age and mature gracefully.



Many factors influence healthy aging. Some of these, such as genetics, are not in our control. Others — like exercise, a healthy diet, going to the doctor regularly, and taking care of our mental health — are within our reach. Research supported by the [National Institute of Aging](#) (NIA) and others has identified actions you can take to help manage your health, live as independently as possible, and maintain your quality of life as you age.

If you are interested in national efforts to improve health for older adults, visit the [Healthy People 2030 Older Adults objectives](#).

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## Rosh Hashanah

**Rosh Hashanah**, the Jewish New Year, is one of [Judaism](#)'s holiest days. Meaning "head of the year" or "first of the year," the festival begins on the first day of Tishrei, the seventh month of the Hebrew calendar, which falls during September or October. This year, Rosh Hashanah is Sept. 25-27. Rosh Hashanah

commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday, also known as the Day of Atonement. Rosh Hashanah and Yom Kippur are the two “High Holy Days” in the Jewish religion. [Learn More](#).

## Meet the DE&I Committee

Over the next several months, you will have the opportunity to meet the members of the DE&I Committee and learn why participating is important to them. For September, meet Danielle DuBord and Joe DeLisle. View [here](#).

### Resources of the Month

#### Healthy Aging

- [Website](#): The Gerontological Society of America
- [Website](#): U.S. Department of Health & Human Services – Health Aging
- [Website](#): Virginia Department of Health – Healthy Aging Month: Aging Is Not for Sissies
- [Website](#): Alzheimer’s Association of America – September Is Healthy Aging Month: Follow These 10 Steps to Promote Health Aging and Good Brain Health

#### Hispanic Heritage Month

### Raise Your Cultural IQ!

#### Did You Know?

September features Catholic feast days for:

- St. Teresa of Calcutta (Sept. 5)
- Nativity of the Blessed Virgin Mary (Sept. 8)
- Exaltation of the Holy Cross (Sept. 14)
- St. Matthew (Sept. 21)
- St. Padre Pio (Sept. 23)
- Michaelmas (Sept. 29)

- [Website:](#) National Today – Hispanic Heritage Month
- [Website:](#) National Archives – Hispanic Heritage Month
- [Website:](#) *Parents* – How to Celebrate Hispanic Heritage Month With Kids – No Matter Where Your Family's From

Do you have a resource you want to see in the next edition of the *DE&I Digest*? Next month, we'll be celebrating **Breast Cancer Awareness Month and Domestic Violence Awareness Month!** Send resources to [DEICommittee@amga.org](mailto:DEICommittee@amga.org) for review by the DE&I Committee. Please ensure resources submitted are from reputable sources.

Questions? Comments? Suggestions? We'd love to hear from you! Email the DE&I Committee at [DEICommittee@amga.org](mailto:DEICommittee@amga.org)

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