



May 2023

OLDER AMERICANS MONTH

In 1963, Older Americans Month was established. This May diversity month celebrates Americans over 65 and how they contribute to society in the U.S.

When it was founded, only 17 million Americans had reached their 65th birthday, and about a third of those people lived in poverty. Acknowledging their contributions and creating programs to meet their needs is critical to ensuring everyone is cared for.

MAY 17: INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA

May 17th aims to raise awareness for the rights of LGBTQ+ individuals worldwide and incidents of LGBTQ+ rights violations. May 17 was chosen because it was the date that the World Health Organization removed homosexuality from the International Classification of Diseases. Celebrate this day by raising awareness and fostering inclusiveness through action!

MENTAL HEALTH AWARENESS MONTH

It's Mental Health Awareness Month. The observance raises awareness for this important topic, and those living with mental and behavioral issues. So during May, support those who live with mental health challenges, as well as their families and loved ones. They are also affected by mental illnesses. Some great ways to support others with mental health difficulties include staying calm, being patient, avoiding judgment, and maintaining social contact.

