

WALDEN BEHAVIORAL CARE

BLACK HISTORY MONTH

At Walden Behavioral Care, we understand the importance of celebrating diversity and the differences that make each and every one of us unique. During Black History Month, it is especially important to educate and highlight the Black community at Walden and across the nation. We are proud to issue our first Black History Month Newsletter with lead writer, Fran Murphy at the helm! Fran is an instrumental member of our Diversity, Inclusion and Belonging task force; we are excited for our entire Walden family to hear from her and learn more about the historical and current significance of Black History Month.

WHAT IS BLACK HISTORY MONTH?

- Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history.
- The event grew out of "Negro History Week," the brainchild of noted historian Carter G. Woodson and other prominent African Americans.
- Since 1976, every U.S. president has officially designated the month of February as Black History Month.
- Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

HOW TO CELEBRATE

List some ways you can celebrate Black History Month. Here are a few examples:

- Discover African American artists
- Read African American authors
- Listen to African American musicians
- Learn important moments of African American history

STAY TUNED FOR NEXT WEEK'S NEWSLETTER

If you have any ideas or suggestions please feel free to contact Walden Behavioral Care's Diversity and Inclusion Committee at

DIBTaskForce@waldenbehavioralcare.com

BLACK HEROES

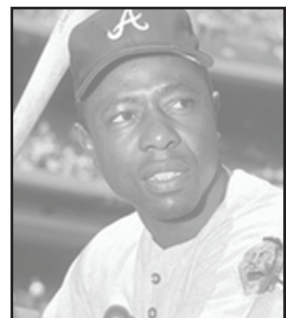
(1924-2021)

Cicely Tyson was an award-winning film, television and stage actress, notable for her roles in 'The Autobiography of Miss Jane Pittman,' 'The Help' and Broadway's 'The Trip to Bountiful,' among others.



(1934-2021)

Hank Aaron is major league baseball's leading home run hitter, with a career total of 755 home runs from 1954 to 1976. He also broke ground for the participation of African Americans in professional sports.



HISTORY 1700-1800

Timeline of important historical events or list historical contributions made by people of African American/Black people.

1st Event

1770

Crispus Attucks, an escaped slave, was among the five victims in the Boston Massacre. He is said to have been the first to fall.

2nd Event

1791

Benjamin Banneker published the first almanac by a black.

3rd Event

1794

Richard Allen founded the Bethel African Methodist Church in Philadelphia.

THE HILL WE CLIMB - COMPOSED BY AMANDA GORMAN

A small passage of the poem read by the nation's first-ever youth poet laureate during the inauguration of President Joe Biden on January 20.

We seek harm to none and harmony for all.
Let the globe, if nothing else, say this is true.
That even as we grieved, we grew.
That even as we hurt, we hoped.
That even as we tired, we tried.
That we'll forever be tied together, victorious.
Not because we will never again know defeat, but because we will never again sow division.

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WALDEN EMPLOYEE SPOTLIGHT



Fran Murphy,
Director of
HIM

How long have you worked for Walden?

Two years and counting.

What Walden location do you work at?

Dedham and Hickory.

What is your favorite book?

Yesterday I Cried by Iyanla Vanzant.

Do you have any hobbies or special interest?

I like to read research studies on Pub Med and I love cooking.

What is your favorite food?

Food from my country! Specifically Jerk Chicken, Oxtail and Ackee and Saltfish.

Do you have any aspirations?

I would like to graduate from law school and finally organize my kitchen pantry.

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Black History Month to me is a way to show all races where we started and where we continue to go. You can't know your future without knowing your past and a mind rich in history is wealthy in knowledge.

PODCASTS

Hard Candy and Fruit Snacks tackles race head on. Gloria Harrison and Carrie Clifford met in first grade when Gloria was part of a busing system that brought black kids from the inner city to schools in the suburbs. On this podcast, they discuss systemic racism, inequality, and injustice while reminiscing about growing up as black and white kids in a world with a lot of gray areas. Despite their different backgrounds, Gloria and Carrie end up working on the same TV show in their twenties. Join Gloria & Carrie as they learn together, laugh together and reflect on a 40-year friendship.



Produced by:
Carrie Clifford,
Gloria Harrison &
Frankie Fullea

Available to listen
on Apple Podcast