



May Minority Health Newsletter

Asian Pacific American Heritage Month



Asian American and Pacific Islander Heritage Month is observed in the United States during the month of May. This refers to the all

populations from the Asian continent and the Pacific islands of Melanesia, Micronesia, and Polynesia. The entire month is dedicated to celebrate the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States. This year, 2022, The Federal Asian Pacific American Council (FAPAC), chose *Advancing Leaders Through Collaboration* as the theme for May. Embracing collaboration can be used to help advance promising individuals to leadership and management positions. This type of collaboration can help spark innovation within organizations, by promoting cultural openness and trust, which will further help diversity and inclusion.

Bike Month



May is National Bike Month, promoted by the League of American Bicyclists and celebrated in communities from coast to coast.

Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling — and encourage more folks to giving biking a try.

Stroke Awareness Month



NATIONAL

STROKE AWARENESS
MONTH

MAY

The month of May is National Stroke Awareness month. Stroke is a leading cause of death for Americans, but a person's stroke risk varies with race and ethnicity. The risk of having a stroke is two times higher with Black Americans compared to their White counterparts. An easy way to remember the stroke signs and symptoms is to remember the acronym F.A.S.T.

F – Face drooping

A – Arm weakness

S – Speech difficulty

T – Time to call 911

Strokes can be prevented through healthy lifestyle changes and working with your health care team to control common health conditions that are considered to be risk factors.

SIGN UP FOR OUR COMMUNITY DIAPER BANKS

STEP ONE - REGISTER: COMPLETE OUR ONLINE APPLICATION AT: [SCPH.LINK/DIAPERSAPPLY](https://scph.link/diapersapply)

STEP TWO - SCHEDULE: TO JOIN US AT ANY OR ALL GIVEAWAYS. YOU WILL BE CONTACTED BY SUMMIT COUNTY PUBLIC HEALTH AFTER YOU REGISTER. IF YOU ARE NOT CONTACTED, CALL 330-926-5700



Department of Job and Family Services



FULL TERM
FIRST BIRTHDAY
GREATER AKRON

Free Food Distribution in Akron and Summit County



The Akron-Canton Regional Foodbank at 350 Opportunity Parkway in Akron has a monthly drive-thru food distribution. The grocery giveaway takes place on the first Thursday of every month from 1pm-2pm. Listed below are the dates of the drive-thru food distribution.

April 7, 2022

May 5, 2022

June 2, 2022

July 7, 2022

August 4, 2022

September 1, 2022

October 6, 2022

November 3, 2022

December 1, 2022





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