



Valentines Day!

Valentine's Day is a holiday that people celebrate on February 14. On Valentine's Day people greet loved ones, close friends, family members, and classmates by sending them cards called valentines. People also give candy, flowers, and other gifts to loved ones.

Black History Month

The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

As a Harvard-trained historian, Carter G. Woodson, like W. E. B. Du Bois before him, believed that truth could not be denied and that reason would prevail over prejudice. His hopes to raise awareness of African American's contributions to civilization was realized when he and the organization he founded, the Association for the Study of Negro Life and History (ASNLH), conceived and announced Negro History Week in 1925. The event was first celebrated during a week in February 1926 that encompassed the birthdays of both Abraham Lincoln and Frederick Douglass. The response was overwhelming: Black history clubs sprang up; teachers demanded



materials to instruct their pupils; and progressive whites, not simply white scholars and philanthropists, stepped forward to endorse the effort.

By the time of Woodson's death in 1950, Negro History Week had become a central part of African American life and substantial progress had been made in bringing more Americans to appreciate the celebration. At mid-century, mayors of cities nationwide issued proclamations noting Negro History Week. The Black Awakening of the 1960s dramatically expanded the consciousness of African Americans about the importance of black history, and the Civil Rights movement focused Americans of all color on the subject of the contributions of African Americans to our history and culture.

The celebration was expanded to a month in 1976, the nation's bicentennial. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." That year, fifty years after the first celebration, the association held the first African American History Month. By this time, the entire nation had come to recognize the importance of Black history in the drama of the American story. Since then each American president has issued African American History Month proclamations. And the association—now the Association for the Study of African American Life and History (ASALH)—continues to promote the study of Black history all year.

Besides Valentine's Day and Black History Month, there are days devoted to emotional health, physical activities, and wellness challenges—all of which provide opportunities to expand understanding while having fun learning. Your local community centers, health organizations, and schools may have events in coordination with some of these special days and observances.

Radom acts of kindness

Kindness
is
Magic

We are upholding this annual tradition of celebrating kindness because we know everyone can use more kindness in their lives. Scientific evidence shows us the positive effects of doing kind acts for others as well as receiving or even witnessing kindness. Even the smallest act of kindness can change a life. In 2021, we encourage everyone to Explore the Good and Make Kindness the Norm.

Stories come to us on a daily basis. They are beautiful and heartwarming, but mostly they give us hope. We hear of seemingly insignificant moments where a stranger helps another stranger and impacts the rest of their life with a small gesture. When we tune into kindness happening around us, the day seems a little bit brighter. The week seems a little more manageable. everyone can use more kindness in their lives.

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31 EAT ICE CREAM FOR BREAKFAST DAY Offer a helping hand to a colleague struggling to finish a project.	1 PLAY YOUR UKULELE DAY Be understanding and have patience.	2 Create time and space for someone to share what's troubling them.	3 THANK YOUR MAILMAN DAY Thank your mail delivery person with a note of gratitude or in person.	4 Be empathetic.	5 Check in on a neighbor and see how they are doing.	6																																																																																																		
7 SEND A CARD TO A FRIEND DAY Send a card to a friend today!	8 Listen. Respond with kindness.	9 Instead of asking how someone is doing, ask about something good that's happened since the last time you met.	10 BUILD A BIRDHOUSE OR HABITAT FOR BEE-FRIENDLY PLANTS IN YOUR GARDEN. Build a birdhouse or habitat for bee-friendly plants in your garden.	11 MAKE A FRIEND DAY Create a team-building event that helps your community.	12 Say, "That's a great idea!" or, "Let's try that." while in a meeting today.	13 VOLUNTEER IN YOUR COMMUNITY THIS WEEKEND. Volunteer in your community this weekend.																																																																																																		
14 VALENTINE'S DAY Send a 'love letter' to someone telling them how much you appreciate them.	15 Show yourself how much you care by eating healthy meals all day today.	16 DO A GROUCH A FAVOR DAY Help someone out whom you don't like very much.	17 RANDOM ACTS OF KINDNESS DAY Explore the good! Make Kindness the Norm!	18 Believe that everyone is doing their best, even if it doesn't meet your expectations.	19 Tell your boss one thing you appreciate about them.	20 SPEND A LITTLE EXTRA TIME WITH YOUR PET TODAY OR BUY A TREAT FOR A NEIGHBOR'S PET. Spend a little extra time with your pet today or buy a treat for a neighbor's pet.																																																																																																		
21 Drive less, walk more.	22 BE HUMBLE DAY Give up your seat to someone else on public transportation.	23 INTERNATIONAL DOG BISCUIT APPRECIATION DAY Visit a thrift store. Drop off items and up-cycle something new (to you)!	24 Forgive someone you've been holding a grudge against.	25 Let someone merge into traffic.	26 TELL A FAIRY TALE DAY Share your favorite fairy tale with a child.	27 Make eye contact with a stranger and smile.																																																																																																		
28 Leave unused coupons next to the corresponding products at the grocery store.	1	2	3	<p style="text-align: center;">JANUARY</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td></tr> <tr><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td></tr> <tr><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td></tr> <tr><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td></tr> <tr><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>31</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> </table> <p style="text-align: center;">MARCH</p> <table border="1"> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>Th</td><td>F</td><td>S</td></tr> <tr><td>28</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> </table>			S	M	T	W	Th	F	S	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	S	M	T	W	Th	F	S	28	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10
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Health: The Impact of the Pandemic on Healthcare

Hospital admissions in the US fell dramatically with the onset of the coronavirus disease 2019 (COVID-19) pandemic. However, little is known about differences in admissions patterns among patient groups or the extent of the rebound. In this study of approximately one million medical admissions from a large, nationally representative hospitalist group, we found that declines in non-COVID-19 admissions from February to April 2020 were generally similar across patient



demographic subgroups and exceeded 20 percent for all primary admission diagnoses. By late June/early July 2020, overall non-COVID-19 admissions had rebounded to 16 percent below prepandemic baseline volume (8 percent including COVID-19 admissions). Non-COVID-19 admissions were substantially lower for patients residing in majority-Hispanic neighborhoods (32 percent below baseline) and remained well below baseline for patients with pneumonia (-44 percent), chronic obstructive pulmonary disease/asthma (-40 percent), sepsis (-25 percent), urinary tract infection (-24 percent), and acute ST-elevation myocardial infarction (-22 percent). Health system leaders and public health authorities should focus on efforts to ensure that patients with acute medical illnesses can obtain hospital care as needed during the pandemic to avoid adverse outcomes.

Safety: Internet and Online Safety

A 19-year-old running for public office in New Hampshire found out about the importance of following Internet safety rules the hard way. As Seacoast Online reports, his opponents found images in his social media posts that were sexually suggestive and referenced past drug use. Just like that, his political career crashed and burned upon takeoff. But, unfortunately, he isn't the only one, as careless Internet habits have left others exposed to scams, identity theft and physical harm at the hands of people they met online. With more users accessing the Internet through mobile devices, these risks are changing and growing quickly.

Even though apps loom larger in most people's daily online interactions than traditional websites do, that does not mean that the basic Internet safety rules have changed. Hackers are still on the lookout for personal information they can use to access your credit card and bank information.



Unsafe surfing can also lead to other threats—from embarrassing personal comments or images that, once online, are nearly impossible to erase, to getting mixed up with people you'd rather have had nothing to do with.

Here are the Top 10 Internet safety rules to follow to help you avoid getting into trouble online (and offline).

1. KEEP PERSONAL INFORMATION PROFESSIONAL AND LIMITED

Potential employers or customers don't need to know your personal relationship status or your home address. They do need to know about your expertise and professional background, and how to get in touch with you. You wouldn't hand purely personal information out to strangers individually—don't hand it out to millions of people online.

2. KEEP YOUR PRIVACY SETTINGS ON

Marketers love to know all about you, and so do hackers. Both can learn a lot from your browsing and social media usage. But you can take charge of your information. As noted by Lifehacker, both web browsers and mobile operating systems have settings available to protect your privacy online. Major websites like Facebook also have privacy-enhancing settings available. These settings are sometimes (deliberately) hard to find because companies want your personal information for its marketing value. Make sure you have enabled these privacy safeguards, and keep them enabled.

3. PRACTICE SAFE BROWSING

You wouldn't choose to walk through a dangerous neighborhood—don't visit dangerous neighborhoods online. Cybercriminals use lurid content as bait. They know people are sometimes tempted by dubious content and may let their guard down when searching for it. The Internet's demimonde is filled with hard-to-see pitfalls, where one careless click could expose personal data



or infect your device with malware. By resisting the urge, you don't even give the hackers a chance.

4. MAKE SURE YOUR INTERNET CONNECTION IS SECURE. USE A SECURE VPN CONNECTION

When you go online in a public place, for example by using a public Wi-Fi connection, PCMag notes you have no direct control over its security. Corporate cybersecurity experts worry about "endpoints"—the places where a private network connects to the outside world. Your vulnerable endpoint is your local Internet connection. Make sure your device is secure, and when in doubt, wait for a better time (i.e., until you're able to connect to a secure Wi-Fi network) before providing information such as your bank account number.

To further improve your Internet browsing safety, use secure VPN connection (virtual private network). VPN enables you to have a secure connection between your device and an Internet server that no one can monitor or access the data that you're exchanging. Read more about What is VPN

5. BE CAREFUL WHAT YOU DOWNLOAD

A top goal of cybercriminals is to trick you into downloading malware—programs or apps that carry malware or try to steal information. This malware can be disguised as an app: anything from a popular game to something that checks traffic or the weather. As PCWorld advises, don't download apps that look suspicious or come from a site you don't trust.

6. CHOOSE STRONG PASSWORDS

Passwords are one of the biggest weak spots in the whole Internet security structure, but there's currently no way around them. And the problem with passwords is that people tend to choose easy ones to remember (such as "password" and "123456"), which are also easy for cyber thieves to guess. Select strong passwords that are harder for cybercriminals to demystify. Password



manager software can help you to manage multiple passwords so that you don't forget them. A strong password is one that is unique and complex—at least 15 characters long, mixing letters, numbers and special characters.

7. MAKE ONLINE PURCHASES FROM SECURE SITES

Any time you make a purchase online, you need to provide credit card or bank account information—just what cybercriminals are most eager to get their hands on. Only supply this information to sites that provide secure, encrypted connections. As Boston University notes, you can identify secure sites by looking for an address that starts with *https*: (the S stands for *secure*) rather than simply *http*: They may also be marked by a padlock icon next to the address bar.

8. BE CAREFUL WHAT YOU POST

The Internet does not have a delete key, as that young candidate in New Hampshire found out. Any comment or image you post online may stay online forever because removing the original (say, from Twitter) does not remove any copies that other people made. There is no way for you to "take back" a remark you wish you hadn't made or get rid of that embarrassing selfie you took at a party. Don't put anything online that you wouldn't want your mom or a prospective employer to see.

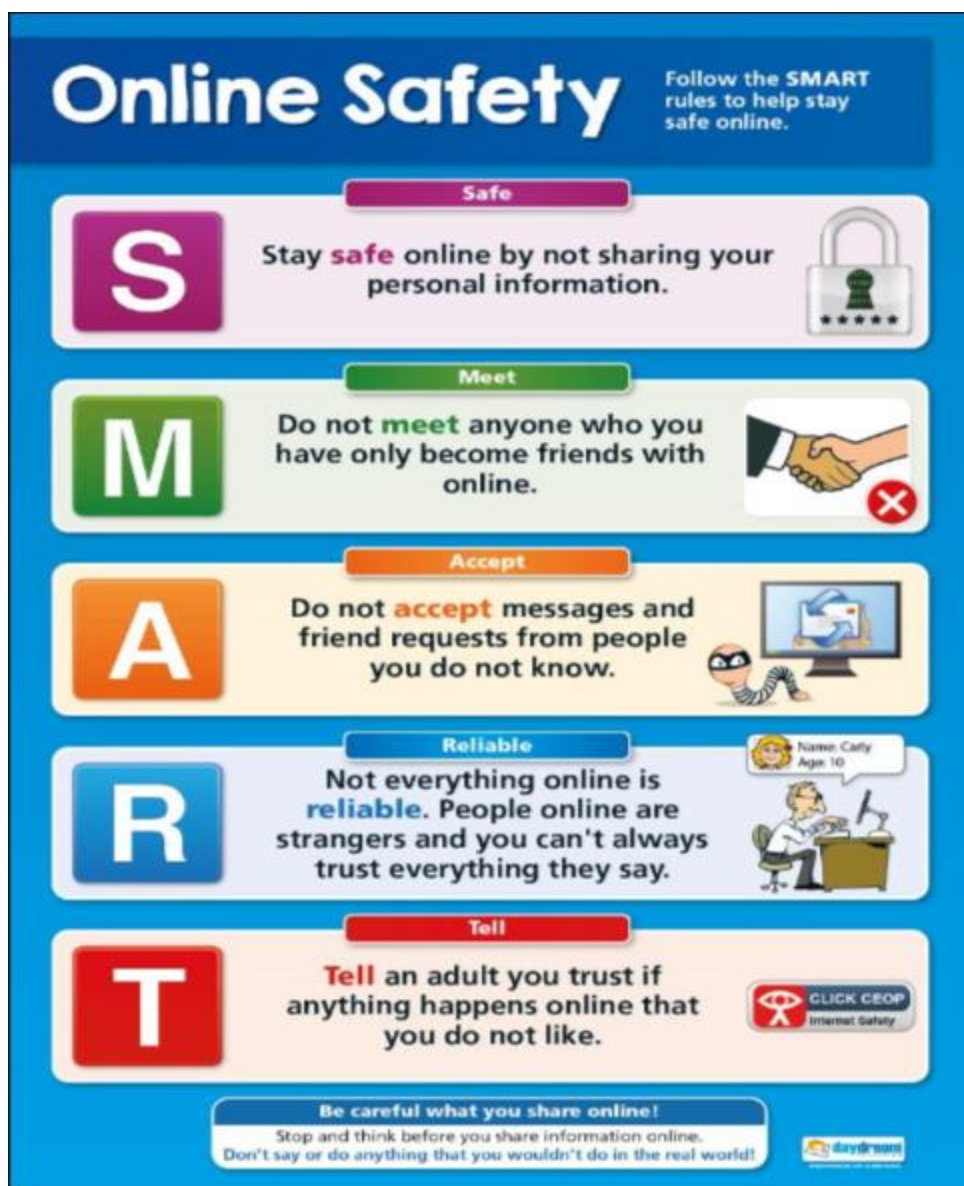
9. BE CAREFUL WHO YOU MEET ONLINE

People you meet online are not always who they claim to be. Indeed, they may not even be real. As InfoWorld reports, fake social media profiles are a popular way for hackers to cozy up to unwary Web users and pick their cyber pockets. Be as cautious and sensible in your online social life as you are in your in-person social life.

10. KEEP YOUR ANTIVIRUS PROGRAM UP TO DATE






Internet security software cannot protect against every threat, but it will detect and remove most malware—though you should make sure it's to date. Be sure to stay current with your operating system's updates and updates to applications you use. They provide a vital layer of security.

Keep these 10 basic Internet safety rules in mind and you'll avoid many of the nasty surprises that lurk online for the careless.




Online Safety

Follow the SMART rules to help stay safe online.

- S** Stay **safe** online by not sharing your personal information. 
- M** Do not **meet** anyone who you have only become friends with online. 
- A** Do not **accept** messages and friend requests from people you do not know. 
- R** Not everything online is **reliable**. People online are strangers and you can't always trust everything they say. 
- T** **Tell** an adult you trust if anything happens online that you do not like. 

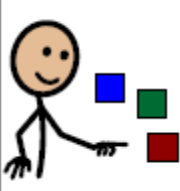
Be careful what you share online!
Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!




Right to communication

Communication Bill of Rights

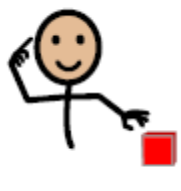
to be given real choices




to say no, refuse and reject choices



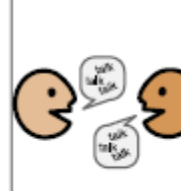
to ask for what I want




to share my feelings




to be heard and responded to even if the answer is no



to ask for and get attention and interaction




to have and use my speech system all the time




ask and know about my schedule and world

SCHEDULE	
1.	bus
2.	reading
3.	math
4.	lunch
5.	recess

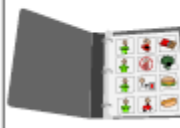
to be taught how to communicate






I have the right:


to have my speech system in working order and to have a back up




to be a full and equal member of my community




to be treated with respect and dignity



to be spoken with, not about



to be communicated with in a sensitive manner



From the National Joint Committee for the Communicative Needs of Persons with Severe Disabilities. (1992). for meeting the communication needs of persons with severe disabilities. *Asha*, 34(Suppl. 7), 2-3. adapted by K. Al

