

May Minority Health Newsletter

Asian Pacific American Hertitage 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

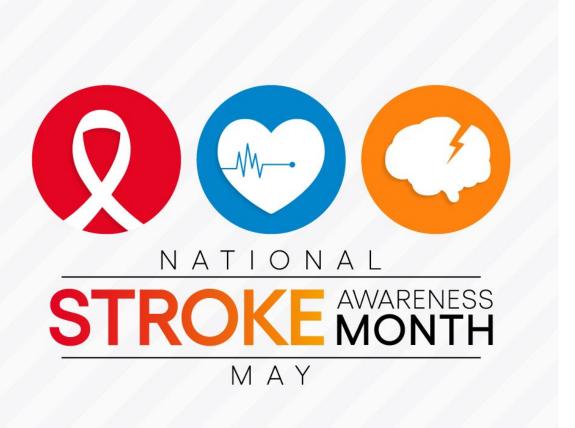


#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH

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



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.

Diaper Banks



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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