

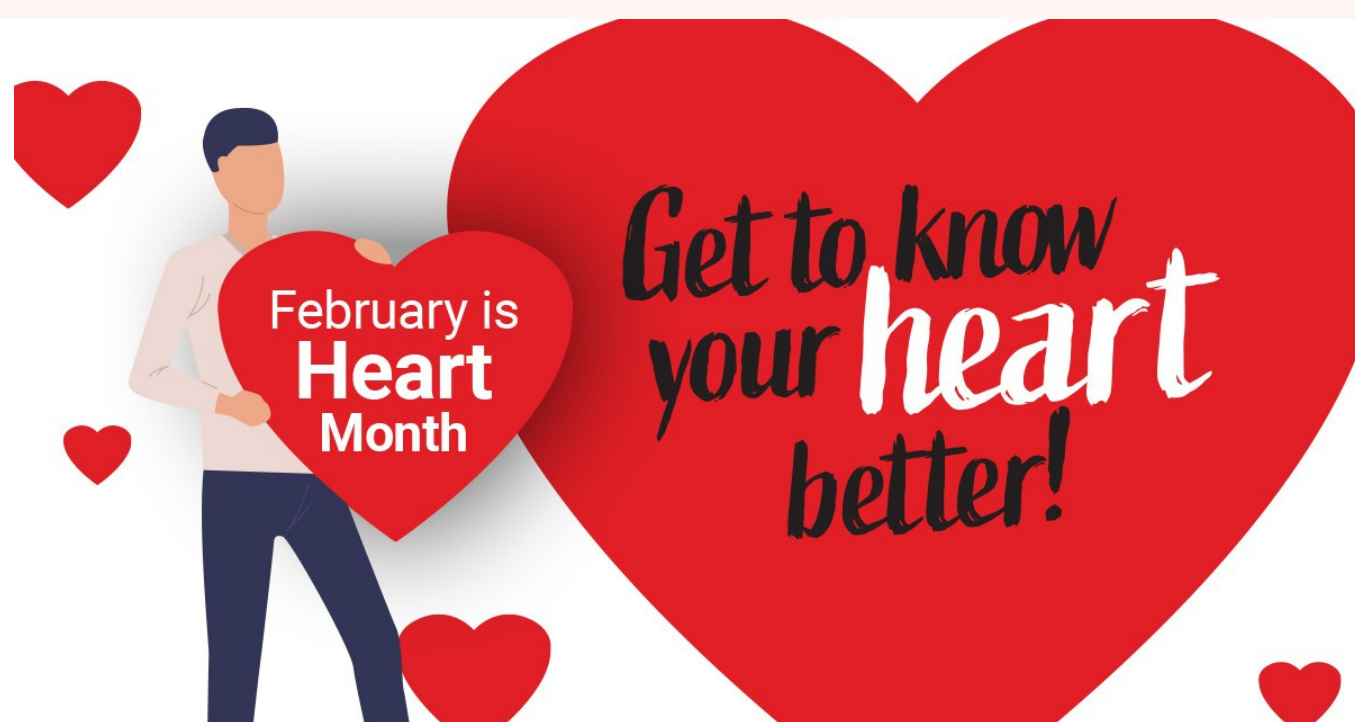
Inside Look

American Heart Month

American Heart Month was first established in 1964 by former president Lyndon B. Johnson. This event occurs annually in February which help educate the nation about preventative measures and risks associated with heart disease. This disease impacts millions of people and continues to be the leading threat in the United States. Specifically, it affects more women than men in America.

For American Heart Month, here are a few ideas to participate in this initiative:

- Wear red on the first Friday (February 2nd) for National Wear Red Day to raise awareness about heart disease and encourages others to participate.
- Join the #OurHearts movement by sharing on social media about maintaining a healthy heart.
- Commit to a walking schedule with friends or family.
- Try a new heart-healthy recipe weekly.
- Attend a cooking class that contain heart-healthy recipes.
- Actively stand-up and stretch during television commercials.
- Set-up a support group to encourage each other to create goals in managing weight, eating healthier, quit smoking, or work out.
- Participate in a heart screening related to blood pressure, blood sugar, cholesterol, and body mass index (BMI) and encourage others to do the same.



Sources:

- <https://www.heart.org/en/around-the-aha/february-is-american-heart-month>
- <https://www.nhlbi.nih.gov/resources/25-ways-take-part-heart-month>

Black History Month: African Americans and the Arts



African American art is infused with African, Caribbean, and the Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression, the African American influence has been paramount. African American artists have used art to preserve history and community memory as well as for empowerment. Artistic and cultural movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, have been led by people of African descent and set the standard for popular trends around the world. In 2024, we examine the varied history and life of African American arts and artisans.

The suffering of those in bondage gave birth to the spirituals, the nation's first contribution to music. Blues musicians such as Robert Johnson, McKinley 'Muddy Waters' Morganfield and Riley "BB" B. King created and nurtured a style of music that became the bedrock for gospel, soul, and other still popular (and evolving) forms of music.

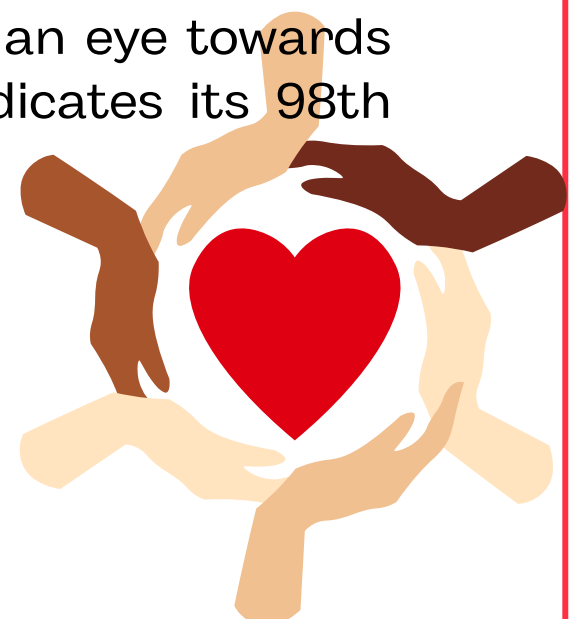
In the 1920s and 30s, the rise of the Black Renaissance and New Negro Movement brought the Black Arts to an international stage. Members of the armed forces, such as James Reese Europe, and artists such as Langston Hughes, Josephine Baker and Lois Mailou Jones brought Black culture and Black American aesthetics internationally, and Black culture began its ascent to becoming a dominant cultural movement to the world.

In 1973, in the Bronx, New York Black musicians (i.e. DJ Kool Herc and Coke La Rock) started a new genre of music called hip-hop, which comprises five foundational elements (DJing, MCing, Graffiti, Break Dancing and Beat Boxing)

In celebrating the entire history of African Americans and the arts, the Association for the Study of African American Life and History (ASALH) puts into the national spotlight the richness of the past and present with an eye towards what the rest of the twenty-first century will bring. ASALH dedicates its 98th Annual Black History Theme to African Americans and the arts.

Sources:

- <https://asalh.org/black-history-themes/#:~:text=In%202024%2C%20we%20examine%20the,African%20American%20arts%20and%20artisans.>



DIAL - Recreation Corner

On January 25, 2024 the DIAL Recreation moved to their new location for most Thursdays and Tuesdays at The Boys and Girls Club of Clifton. The program began with consumers doing trivia and singing songs such as "Bingo" and "Oh, Susanna". The program then ended with an ice cream social to celebrate the new location where consumers made their own sundaes using many delicious toppings. If you are interested in joining in on the fun and live in Passaic County, please contact Susan Kramer at skramer@dial-cil.org or call 973-470-8090 ext. 306.

*All dates are subject to change.



Stay Protected!

The DIAL office currently has a large supply of PPE (Personal Protective Equipment) including: KN95 masks, N95 masks, and regular surgical masks to distribute.

Currently there is a huge increase of respiratory diseases (COVID, flu, RSV and really bad colds) in New Jersey. Wearing a mask is valuable as it ensures that you are keeping not only yourself safe and healthy, but those around you as well including family members, and friends.

Feel free to contact the DIAL office if you are in need of masks.



2024 DIAL Membership Drive

The annual DIAL Membership drive has begun! Please help support the Independent Living Movement and become a member today.

Please find the membership form and a description of the membership benefits in this mailer.



Upcoming Events

Monthly Independent Living Skills Program

February 27th, 2024
Time: 6:30pm—8:30pm
Clifton Senior Barn
900 Clifton Ave.
Clifton , New Jersey 07013



Passaic County Peer Support Group

March 7th, 2024
Time: 6:00pm—7:30pm
Clifton Main Library
292 Piaget Ave.
Clifton , New Jersey 07011



Essex County Peer Support Group

March 13th, 2024
Time: 6:00pm—7:30pm
Remote

