

# The Power of REPRESENTATION:

**YOU MATTER.** Who you are absolutely matters, and every person in and of themselves has the power to be an example for others. This is why **REPRESENTATION MATTERS.** When we watch TV, look at ads, witness a President, World Leader, or astronaut... our brains immediately and subconsciously try and relate to those people, those bodies, those personalities and more.

For some of us, we grew up never seeing someone on the cover a magazine who looked like us, we never witnessed a CEO who dressed, talked, or had hair like our own. That is why we must talk about representation. Representation helps us imagine the **POSSIBILITIES OF WHO WE ARE AND WHAT WE CAN BECOME.** So this month, we are asking you to consider: what does your own being represent? How does your identity, your personality, and your

culture become an inspiration to others? Ask yourself, “whose bodies are missing here, what cultures are not present, how can we make room for others?” Or maybe ask yourself, “have I limited others because of the way they dress, the way they talk, the way they act?” If so, how can we change it? How can we make space to ensure that all people and all bodies are able to do all things? For let us not forget, a little over a century ago it was impossible to be a female doctor, only half a century ago, many people would have never imagined a Black man could be president, and only 20 years ago US citizens were only allowed to be “one race”. So imagine... what could we do to change the future? How can we use representation to inspire others to see what is possible?

## Events this Month:

### 1 KWANZAA CELEBRATION

LEARN MORE:

In honor of Kwanzaa, Providence will be setting up a table at our Colby, Pacific, Mill Creek, and Monroe campuses with a traditional kinara and flyers with more information the history of Kwanzaa and how to celebrate it today. Come and visit one of our tables, take some flyers and bring back to your team to learn and celebrate together.



### 16 WORLD RELIGION DAY

Nowadays, when it seems like there are more and more examples of divisiveness, strong opinions, and loud voices it can become easy to feel isolated, misunderstood, and underrepresented. World Religion Day hopes to break through that darkness and isolation with a day of light where all can come together and bond over their shared principles of hope, faith, and love.



### 17 MARTIN LUTHER KING JR. DAY

LEARN MORE:

Please join us as we recreate MLK's table experience here at the Colby Campus on 1/17 as we serve some of his favorite foods in his honor.



### 27 VIRTUAL HEALTH & WELL-BEING FAIR

Practicing self care and building resiliency is more important now than ever before for caregivers. Join us for a virtual health fair where we'll explore ways to protect and improve your well-being during this stressful time.



DIVERSITY, EQUITY AND INCLUSION CALENDAR

# JANUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 New Year's Day Kwanzaa Ends Emancipation Proclamation
2	3	4 Birthday of Louis Braille	5	6	7	8
9	10 Bodhi Day	11	12	13	14	15
16 World Religion Day	17 Martin Luther King Junior Day Events	18 Mahayana New Year	19	20	21	22
23	24	25	26	27 Holocaust Remembrance Day Mini Virtual Health and Well-being Fair	28 /	29 /
						30 /
						31 /

## RECOMMENDED READS:

- Novel – The House Behind the Cedars by Charles W. Chesnutt:** understand how ones race/color lead to access or hindrances
- America Ferrera: My identity is a superpower – not an obstacle TED Talk –** importance of using your identity to redefine inclusion
- How to Recruit More Women to Your Company (hbr.org) –** how having diverse representation leads to more diverse representation