

**DIVERSITY** &  
**INCLUSION**

Monthly  
SnapShot

November 2023

Appreciating Our Differences

Learning the history behind notable dates helps us acknowledge moments that have shaped our country toward a more inclusive culture. Equipped with this knowledge, we can welcome and appreciate our differences and uniqueness throughout the months and years to come!

National Family Caregivers Month



Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers nationwide. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

One of the most common problems family caregivers face is juggling their job responsibilities with their caregiving responsibilities. 60% of family caregivers are employed – and two-thirds have had to adjust their work-life because of their caregiving role. We know that when family caregivers reach out for assistance, they can better care for themselves and their loved ones while maintaining their careers. These resources are useful for working family caregivers.

[Managing the Cost of Care](#)

[Patient File Checklist](#)

[Doctor's Office Checklist](#)

[How to Find the Right Support Group](#)

[Eldercare Locator](#)

[Medication Checklist](#)

[Asking for Help](#)

[Learning to Think Like a Care Manager](#)

Notable Dates

- 1 All Saints Day
- 2 All Souls Day
- 5 Daylight Saving Time Ends
- 5 New York City Marathon
- 7 Election Day
- 10 Marine Corps Birthday
- 11 Veterans Day
- 12 World Pneumonia Day
- 14 World Diabetes Day
- 16 Hecate's Night
- 17 World Prematurity Day
- 19 International Men's Day
- 20 Universal Children's Day
- 23 Thanksgiving
- 24 Native American Heritage Day
- 24 Black Friday
- 25 Int'l Day for the Elimination of Violence Against Women
- 27 Cyber Monday
- 28 Giving Tuesday
- 30 St. Andrew's Day

Month Long Observances



# Thanksgiving Trivia

November 23rd is Thanksgiving! Let's have fun and test our Thanksgiving Trivia!

**Question:** How much did the world's most expensive Thanksgiving dinner on record cost?

**Answer:** Old Homestead Steakhouse in Manhattan served up the most expensive dinner in 2019 which was a whopping \$181,000.

**Question:** How many women were at the very first Thanksgiving celebration?

**Answer:** Although reports vary, it's fairly certain that there were only four (maybe five) women at the first Thanksgiving celebration

**Question:** Which Native American acted as an interpreter?

**Answer:** Squanto, also known as Tisquantum, was a Native American from the Patuxet tribe who was vital to the Pilgrims during their first winter in the New World.

**Question:** According to the *Guinness Book of World Records*, how much does the heaviest turkey on record weigh?

**Answer:** According to Guinness, a turkey named Tyson who weighed 86 pounds was sold at a charity auction in London in 1989 for about \$6,692.



**November 16<sup>th</sup> is Hekate's Night** which dates to 425 B.C. and is the Greek Goddess associated with magic, witchcraft, necromancy, the underworld, and childbirth. Hekate is considered by many as the protectress of the oppressed, the marginalized, and witches. As the Goddess of the in-between, the liminal spaces, the boundaries, and the transitional times of life, including birth and death, she carries a torch for illumination.

## Hekate's Night Ritual

Samhain celebrants believe that the barriers between the physical world and the spirit world break down during this time, allowing more interaction between humans and denizens of the Otherworld. Ancient Celts would dress as animals and monsters to keep fairies from kidnapping them.

During the Middle Ages, carved turnips called Jack-o-lanterns began to appear, attached by strings to sticks and embedded with coal. Later, Irish tradition switched to pumpkins - a much more familiar custom to modern Halloween celebrants.

Trick-or-treating is similar to ancient Irish and Scottish practices in the nights leading up to Samhain. In Ireland, mumming was the practice of putting on costumes, going door-to-door, and singing songs to the dead. The singers were given cakes as payment.

November 20th is World Children's Day, UNICEF's annual day of action for children by children, marking the adoption of the Convention on the Rights of the Child.

From climate change, education, mental health, to ending racism and discrimination, children and young people are raising their voices on the issues that matter to their generation and calling for adults to create a better future.

This World Children's Day, it's more important than ever that the world listens to their ideas and demands.

**Diversity & Inclusion Advisory Council**  
Contact us at [CPNA.DiversityCouncil@bluescope.us](mailto:CPNA.DiversityCouncil@bluescope.us)

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