



Newsletter

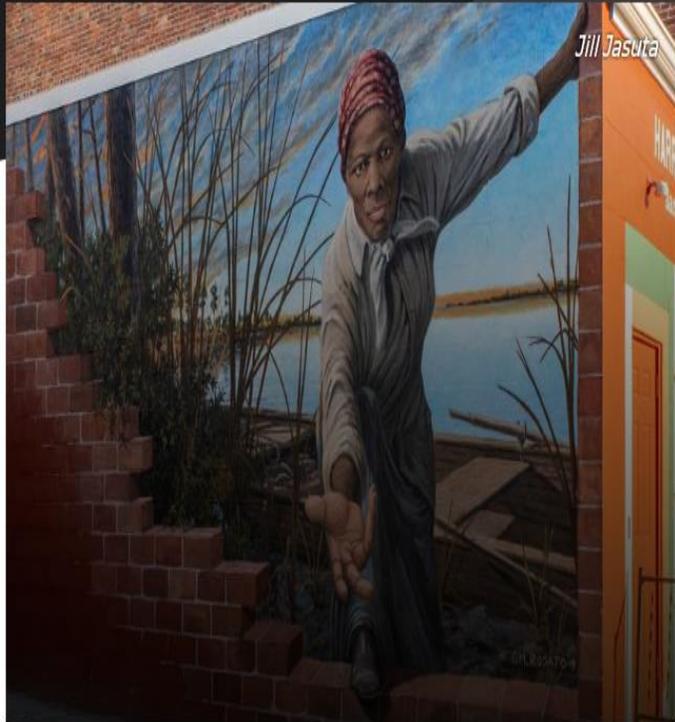
Happy Fall,
Y'all!



SEPTEMBER IS INTERNATIONAL UNDERGROUND RAILROAD MONTH

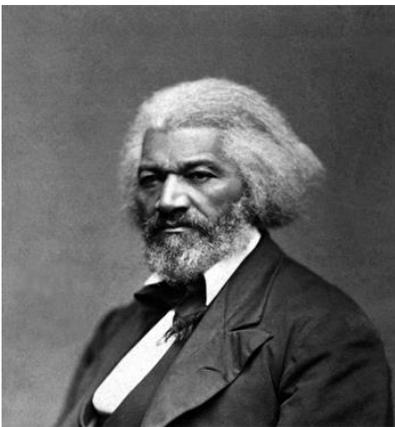
Open for Heroes

Come and see why Maryland is The Most Powerful Underground Railroad Storytelling Destination in the World.



Explore the Harriet Tubman Underground Railroad Scenic Byway

Plan your journey now for International Underground Railroad Month in Maryland, the Most Powerful Underground Railroad Storytelling Destination in the World. Trace the lives of American heroes and get in touch with our roots.



Frederick Douglass rose above his horrific childhood in slavery to become a self-liberated leader, orator, writer, and statesperson, working for the abolition of slavery and the education of African Americans. Born in 1818 on the banks of Tuckahoe Creek, he lived enslaved in Wye Mills, St. Michaels, and Baltimore where he taught himself to read, eventually escaping on the Philadelphia, Wilmington and Baltimore Railroad from **President Street Station**, by disguising himself as a sailor. As an abolitionist, he published an anti-slavery newspaper and gave rousing speeches against slavery. After the Civil War, Douglass returned to the Eastern Shore to visit his former home, and later settled in the Anacostia region of Washington, D.C.



NATIONAL



HERITAGE MONTH



CULTURES BUILD A BETTER WORLD

“What is Cultural Diversity, and why is it important? The world is a colorful canvas of people from all walks of life and backgrounds. In every corner of the globe, there exist people from different religions, racial identifications, ethnic identities who speak different languages, and celebrate different holidays.

Culture shapes us. It shapes our identity, it influences how we behave, and it makes us who we are.

Culture brings people together equally in celebration and in grief. Without culture and cultural diversity, the world would be a sad and dull place.”

In 2021, **Hispanic Heritage Month** begins on **September 15 and ends October 15**, as it has every year since 1989. It's split across two months because September 15 is a key date in the history of several Latin American countries: It's when Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua declared their independence from Spain in 1821. Much like **Black History Month** in February and **Asian American and Pacific Islander Heritage Month** in May, Hispanic Heritage Month is a time for Americans **who identify as Hispanic** to celebrate the traditions and history unique to their cultural background.

<https://www.oprahdaily.com/life/g36651645/hispanic-heritage-month->

LIN-MANUEL MIRANDA

Lin-Manuel Miranda

Photo: Rich Polk/Getty Images for IMDb

Few Hispanic Americans have made a bigger impact in recent pop culture than **Lin-Manuel Miranda**.

Miranda was born in 1980 in the Washington Heights neighborhood of New York City to Puerto Rican parents, who immigrated to New York to pursue academics. Miranda's mother Dr. Luz Towns-Miranda is a clinical psychologist and his father Luis A. Miranda, Jr. is a Democratic Party consultant and immigrant advocate.

Miranda was raised around musicals and started writing his first title at Wesleyan University in 1999 during his sophomore year. *In the Heights*, loosely based on his own experiences growing up, would go on to open on Broadway in March 2008. Miranda won his first Tony Award that summer after the show received 13 nominations, earning four wins including Best Musical.

Influenced by his upbringing in the predominantly Latin Washington Heights, and his frequent vacations in Puerto Rico, the musical was heralded for featuring a largely Latin American cast with characters often singing and speaking in Spanish.

But Miranda's largest mark on culture came when his musical *Hamilton* opened on Broadway in 2015. Following the life of **Alexander Hamilton**, Miranda reimagined the beginnings of America told by all actors of color, whose ancestors didn't have a say in how the country was built. The hip-hop musical quickly became one of the most profitable shows to ever hit Broadway.

Link below for the List of Influential Hispanic Americans

<https://www.biography.com/news/notable-hispanic-americans>

15 Influential Hispanic Americans Who Made History

- Rita Moreno
- Cesar Chavez.
- Alexandria Ocasio-Cortez
- Roberto Clemente
- Julia Alvarez
- Jennifer Lopez
- Sylvia Rivera
- Ellen Ochoa

MESSAGE FROM JUDITH THOMAS:

No matter which department you're with or which state you're in, we want you on our team!

Today, companies all across the state are competing to see who can recruit the most walkers. We at Johns Hopkins want to be the #1 Recruiting company. If we are, we will win a free Digital Cooking class with Simple Cooking with Heart Kitchen's Chef Stephanie Rose.

Here is a link to my direct page. Simply click "Join This Team" and follow the prompts to register! 🍷 Click here to register. <https://bndfr.com/QqMsb>

Reminder! This year's **Heart Walk** is scheduled for Saturday, October 16th at Camden Yards Sports Complex. There will be an in- person option for the event on Walk Day, or you can choose your own path but still connected with our team... it is up to you! The Heart Walk Digital Week of Wellness will also be back this year! More details to come as we get closer to the event date.

Let's go team!

Judith Thomas, MBS, MS
IT Network Analyst
Johns Hopkins Health System Networking, IT Telecom and Data Center
jthom208@jh.edu

September is National Preparedness Month

The annual [National Preparedness Month](#), sponsored by the Federal Emergency Management Agency's Ready [campaign](#) in conjunction with the Ad Council, raises awareness about the importance of preparing for disasters and emergencies that could happen at any time. Steps include the following.

- Start by [making a plan](#) before disasters and emergencies strike
- Discuss with your household members how you will communicate with one another if there is an emergency.
- Practice your emergency plan.
- Houses, mobile homes, apartments and high-rise buildings have different evacuation considerations. Make a [plan for each location](#).
- Involve your entire family, including children, in planning for disasters and emergencies so they are prepared, not afraid.
- Create or update an emergency supplies list: [Build A Kit | Ready.gov](#)

The Johns Hopkins Medicine Office of Emergency Management (JHMOEM) and emergency management leadership across Johns Hopkins Medicine support National Preparedness Month and encourage you to take these simple steps to help plan for the unexpected. Please contact your emergency management leadership or [JHMOEM](#) for more information.