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# AUTISM NEWS NETWORK

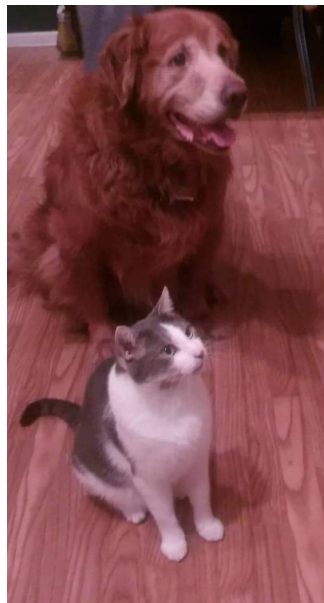
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By: Kristina Blake

## **The month of May**

### **National Pet Week**

No matter the time, no matter the place, no matter the day, our pets always make the world a little brighter. Regardless to how tough things may seem, pets eagerly provide comfort, sympathy, and unquestioned understanding when we most need it. This May 1 – 7, celebrate National Pet Week by recognizing our fun loving family members who give us everything, asking only for a smile in return...and maybe an occasional treat.



Public Service Recognition Week takes place in the first week of May and will be held from May 1 to 7 this year. It starts on the first Sunday of the month and lasts a week. The purpose of celebrating this week is to admire and honor the people who deliver public service to us and make everyday chores possible for us. From basic transportation services to the roads and pavements we travel on, we make use of many government-sponsored facilities on a daily basis. It is thanks to the efforts of public service employees that we are able to go about our daily lives. So, this week, we raise our glasses to the people employed in the public sector and shine the spotlight on their work.



Teacher Appreciation Week is celebrated in the first full week of May, from May 1 through May 8 in 2022, and is when teachers get the extra credit they deserve. The big day is Teacher Appreciation Day on May 5, but teachers are just so great that they get a whole week to savor our appreciation. Whether you have a teacher, know a teacher, or are a teacher, there are endless ways to give a little extra support to teachers and teachers organizations. Teaching is known to be a time-consuming and challenging profession, so this week is our chance to say thank you to those that play or have played such a huge role in our lives. Who doesn't have a fond memory of a teacher who inspired us in some way?



## ALS Awareness Month

Amyotrophic lateral sclerosis is a rare neurological disease affecting nerve cells that control voluntary muscle movement. Individuals with ALS experience a degeneration of their motor neurons, which causes the muscles to stop receiving the signals needed to function. After a certain time, the brain completely loses its ability to control voluntary movements, hence, people with ALS are unable to walk, move, or even breathe properly.



## **Tuberous Sclerosis Awareness Month**

Tuberous Sclerosis Awareness Month is set aside to raise awareness and share information about Tuberous Sclerosis Complex, a rare genetic disorder that causes non-cancerous tumors to grow in the brain, kidneys, heart, liver, lungs, eyes, and the skin. With the vital organs being affected, the disorder can cause significant developmental delays, seizures, mental disabilities, and skin abnormalities. Despite these issues, the life expectancy for people with the disorder is the same as for people without.



## **Arthritis Awareness Month**

Arthritis is the leading cause of disability in America. More than 50 million adults and 300,000 children are suffering with joint pain (or disease). Arthritis Awareness Month helps all of us deal with this commonly misunderstood health issue. There are more than 100 different forms of arthritis and related diseases. The most common types include osteoarthritis (OA), rheumatoid arthritis (RA), psoriatic arthritis (PsA), fibromyalgia, and gout.



## **National Foster Care Month**

Foster care intends to provide a safe environment for children and youth who temporarily cannot live with their families



## **Military Appreciation Month**

Military Appreciation Month encourages Americans to reflect on the sacrifices made by soldiers, sailors, and all current and former military personnel.



## Borderline Personality Disorder Awareness Month

borderline personality disorder is a mental illness that is characterized by difficulty managing self-image, moods, and behavior. People with this condition experience intense phases of depression, anxiety, and anger that can last from some hours to days.

## Mental Health Awareness Month

The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.





## **National Asthma and Allergy Awareness Month**

The Asthma and Allergy Foundation of America (AAFA), a leading nonprofit dedicated to raising awareness and reducing deaths due to this condition. This is usually the peak season for asthma flare-ups and, therefore, is the perfect time to educate the public about the debilitating effects of this condition as many are unaware of the harm it can cause.



## **National Brothers and Sisters Day – May 2**

It is meant to be a holiday that is strictly celebrated from the heart where brothers and sisters really take the time to value and cherish each other and the memories they share and to (of course) create new ones. Not to be confused with National Siblings Day, this holiday was created to specifically recognize the bond that only brothers and sisters can have.



## **Star Wars Day**

May the Fourth be with you! A galaxy far, far away is celebrated on Star Wars Day on May 4.



## **National Day of Prayer – May 5, 2022**

National Day of Prayer was an effort to ask American citizens “to turn to God in prayer and meditation.” According to the National Day of Prayer website, there’s a need for every individual to take time to personal repentance and prayer and to mobilize the Christian community. However, there are no laws saying National Day of Prayer can’t be celebrated by all cultures, beliefs, and religions, and as America grew to become a multicultural nation, it is widely celebrated by more than just those in the Christian community.

## Cinco de Mayo

Everyone knows what May 5, or Cinco De Mayo, means tacos, margaritas, fun, and fiesta. But did you know that without what happened on this fateful day, the United States may have not existed as we know it today? What exactly happened on this day of seemingly endless partying and celebration? Let's take a deep dive into Mexican-American history! Sweet victory is celebrated with great zeal on Cinco de Mayo on May 5 every year. Cinco de Mayo is not the Mexican Independence Day. But, that does not mean it's less important or notable than it actually is, for the history behind it dawns on the importance of the landscape of North America as a whole.



## Kentucky Derby – May 7

As one of America’s oldest sports, the Kentucky Derby is also known as the ‘Most Exciting Two Minutes in Sports’. Spectators wear the most elaborate and unique outfits and indulge in a drink of mint julep. The winners of the race are awarded a trophy and prize money, as well as a huge garland of roses that weighs approximately 40 lbs!



## **Mother's Day – May 8**

Moms don't get days off, nor do they receive handsome salaries or generous pensions. Instead, their rewards come in the form of sticky kisses, necklaces made of elbow macaroni, and the satisfaction of seeing their children grow up to be happy, healthy adults. That's probably not adequate compensation — so give Mom an extra hug on Mother's Day!!! Happy Mother's Day to all the moms out there, and especially a special Happy Mother's Day to my own Mom Deloris Blake, thanks for everything you do for me and for loving me no matter what. I love you!!!



## **Memorial Day – May 30**

It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible. Men and women who've served and sacrificed their lives in the U.S. Armed Forces.



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