



AIAM HOLISTIC PULSE

June 2022



SPRING QUARTER CALENDAR

Quarter Begins.....April 4th

Add/Drop Deadline.....April 13th

School Closed**.....April 19th

Memorial Day*....May 30th

Juneteenth*....June 20th

Quarter Ends.....July 2nd



*AIAM building closed for holiday

**AIAM building closed to students

SUMMER FUN

It's nearing the end of the spring quarter and gearing up for summer! June kicks off Pride month, honors Juneteenth, Father's Day, and has the official start of summer. Did you also know about Cancer Survivors day on June 6th, or that it is also Alzheimer's and Brain Awareness Month, and Post-Traumatic Stress Disorder (PTSD) Awareness Month? The month of June has a lot going on!



Image from - <https://www.ourpromiseca.org/post/celebrating-lgbtq-pride-month-juneteenth-and-more>

More Interesting June Celebrations

On June 7, 1979 President Jimmy Carter declared June to be the month of Black music (African-American Music Appreciation Month). It has since been an annual celebration of African-American music in the United States. Make sure to take some time to honor the many great musicians over time, as well as today's popular artists!

<https://phillyjazz.us/2018/06/03/african-american-music-appreciation-month/>



Men's Health Month is also this month! So, men, if you have been thinking about wanting to improve areas of your life, this is the perfect time to take control of your health! You can make changes like cutting back on drinking or smoking, increase your water intake (in this heat that's a great idea for everyone!), eat more healthy fermented foods like sauerkraut and kefir. You can set some goals to focus on. It can be daunting to simply say "I want to improve

my health”, where do you begin with such a broad scope? Focus on specific goals so you can take note of your progress along the way! It’s also a perfect time to educate yourself about health issues specific for men.

<https://nationaltoday.com/national-mens-health-month/#:~:text=U.S.,and%20working%20to%20prevent%20disease.>

Fun June Celebrations

It’s Adopt a Cat Month! This was created to spotlight shelter cats who are often overlooked. There are many rescues and shelters, so if you’ve been thinking about getting a cat, now is the perfect time to start researching if a cat is right for your home! Columbus Humane can be a good start, but there are also centers like The Cat Welfare Association, Colony Cats Adoption Center, and smaller rescues like Pet Promise, Abandoned Angels Cat Rescue, or New Albany Pet Rescue.



It’s also Give a Bunch of Balloons Month! Cats and balloons don’t usually go together, so we don’t advise celebrating both at the same time. Give a Bunch of Balloons is actually meant to be a time to celebrate the joy that balloons can bring to children battling illness or facing a life-changing diagnosis. It is intended to raise awareness to those children stuck at home or in a hospital with a debilitating disease.

And to top it off, June is also International Candy Month! It was established by the National Confectioners Association to celebrate over 100 years of candy production. So be sure to enjoy your

favorite sweet treats this month! Men – mind your health though, everything in moderation. I think I’m off to get some Reese’s Pieces to celebrate!

References from: <https://www.mailerlite.com/blog/june-email-newsletter-ideas#week-long-events>

MESSAGE FROM THE DEAN

Juneteenth

Although federal troops arrived in Galveston Texas on June 19, 1865, two and a half years after the Emancipation Proclamation went into effect in January, 1863, it was necessary for the federal government to take control in the state to ensure the slaves be freed. That day has come to be known as Juneteenth, a combination of June and nineteenth, the first known day to commemorate the end of slavery in the United States and has become a day for African Americans to celebrate not only their freedom, but their history, culture and achievements.

In 2021, President Biden signed into law Juneteenth National Independence Day Act, S. 475, creating a federal holiday to commemorate Juneteenth. June 19, 2022 will be the 157th anniversary of the last African American slaves being freed in Texas.

Juneteenth is celebrated this year on Sunday, June 19, 2022. Since June 19th falls on a Sunday this year, Federal banks, government offices and many businesses are closed on the following Monday. AIAM recognizes Juneteenth and is closed on June 20th this year.

WAR RECORDS
COPIED
1865

Head Quarters District of Texas
Galveston Texas June 19th 1865

General Order
No. 3

The people of Texas are informed that in accordance with a provision from the Executive of the United States all slaves are free. This involves an absolute equality of personal rights and rights of property between freed

masters and slaves and the connection heretofore existing between them becomes that between employer and hired labor.

The freedmen are advised to remain quietly at their present homes, and work for wages. They are informed that they will not be allowed to collect at military posts and that they will not be supported in idleness either there or elsewhere.

By order of Major General Granger
A. W. Emery,
Major A. A. Seal

General Order No. 3, issued by Maj. Gen. Gordon Granger, June 19, 1865. The order was written in a volume beginning on one page and continuing to the next. (RG 393, Part II, Entry 5543, District of Texas, General Orders Issued)

[View in National Archives Catalog](#)

The official handwritten record of General Order No. 3, is preserved at the National Archives Building in Washington, DC.

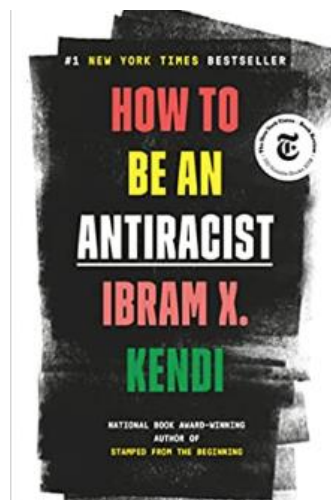
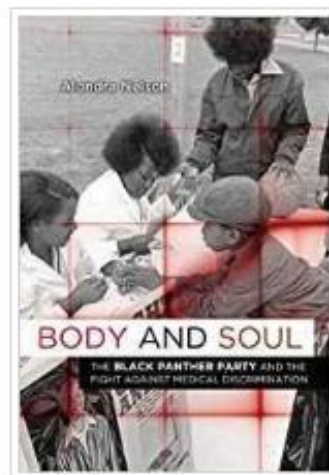
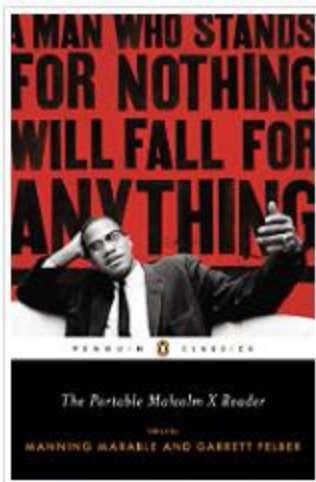
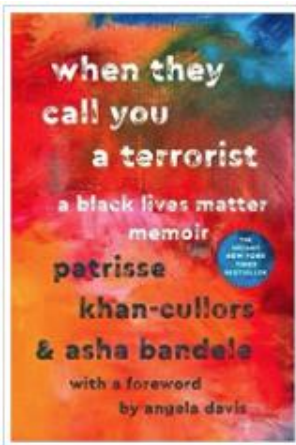
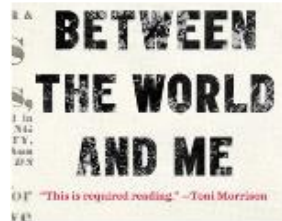
References:

<https://www.govinfo.gov/features/juneteenth>

<https://www.archives.gov/news/articles/juneteenth-original-document>



Library Spotlight: Anti-Racism Swords



You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area. Databases, journals, nursing ebooks, and more are available at <https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email recommendations to Melissa Fischer at mfischer@aiam.edu

Questions about library resources? Email Ms. Fischer at mfischer@aiam.edu

AIAM IMPORTANT DATES AND OTHER INFO

*** AIAM IMPORTANT REMINDERS ***

- Masks are no longer required in administrative areas and classrooms. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
- Check your AIAM email regularly for important communications from faculty and administration.
- When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.



Just show up, no need to sign-up or email.
Make sure you click the zoom for the exact day and time you will attend.

--Tuesdays from April 12 through June 14th, 3:00-4:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88459906747?pwd=THJ1cEtsYXJQTjNoZlBzbjZST3BDZz09>

--Wednesdays from April 13 through June 15, 12:00-1:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/85853948815?pwd=dm9ZbEM1N1dKNS9ieU5PZ1pJblBGdz09>

--Friday May 6 and May 20, 5:00-6:00pm

Join Zoom Meeting

<https://us02web.zoom.us/j/88942666795?pwd=Y0hIZnV1TEhmMnhBODQ0T3kwaWpLZz09>