



# Southcoast Health Celebrates Cultural Diversity

## Southcoast Celebrates African American History Month

February marks African American History Month, a nationwide celebration that calls on all Americans to reflect on the significant roles that African Americans have played in shaping United States history and culture.

This month, Southcoast Health and our recently established Diversity and Inclusion Council honor the contributions of African Americans. We particularly want to highlight important African American history in the South Coast region and people of color who are part of the Southcoast Health family.

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### Happenings at Southcoast Health!

The Southcoast Health Diversity & Inclusion Council has set a 2020 goal to raise awareness of our organization's multiculturalism through celebration. We have an exciting line-up of activities and events for February.

**Southcoast Diversity Recognition Speaker:** Southcoast Health's Diversity Recognition Speaker will be **Steve Pemberton**, the author of [A Chance in the World](#). Steve will share his inspirational story on Feb. 27 at 6pm, St. Luke's Hospital MacBratney Amphitheater. Due to the overwhelming response to the invitation sent to all employees, we have already reached capacity for seating. ***However, we are making arrangements for employees to see Steve's presentation by other means. Stay tuned for details!***

Born at St. Luke's Hospital and raised in this region's foster care system, Steve was eventually recognized by some mentors, and his education and career paths changed dramatically. Defying seemingly insurmountable odds, Steve went to become a trailblazing corporate executive, enlightened diversity

leader, visionary youth advocate and an acclaimed speaker. Steve's bestselling book, *A Chance in the World*, book became a major motion picture ([trailer](#)) and further amplified his overall motivational messages: Believe in your dreams, rise above obstacles, create opportunities for others and, most of all, persevere. You can read more about Steve at his [website](#).

**African American Cuisine:** Enjoy Jamaican jerk wraps, Tunisian chicken, sweet potato and black bean chili, and more during February at our cafeterias! Check out the special cafeteria menu [here](#).

**Faces of Southcoast:** Watch for tributes throughout the month to Southcoast Health employees.

### Goings On Locally

- A Night of Jazz & Art with Emmanuel "Manny" Escobar at the Allison Wells Fine Art Gallery, New Bedford, Feb. 14, 6:30 – 8pm.
- Afro-Beat Exhibit at the Allison Wells Fine Art Gallery, New Bedford, Feb. 14 – Mar. 2. Opening night Feb. 14, 5 – 8pm.
- New Bedford Whaling Museum is hosting a free screening of *Brother Outsider: The Bayard Rustin Story*, Feb. 9, 1 – 4pm.
- Philandanco: Electrifying African American Traditions in Dance, Zeiterion Performing Arts Center, Feb. 7, 8pm. Get your [tickets!](#)
- [Black Heritage Trail](#) (New Bedford) – New Bedford's history includes a significant role in the abolitionist movement of the 19th century. Frederick Douglass, the greatest voice of the anti-slavery movement, escaped slavery and settled here from 1838 to 1843; a [monument built in his honor](#) is part of the [seven sites on this trail](#).
- [Frederick Douglas Read-A-Thon](#) – The New Bedford Historical Society presents the 14th Annual Frederick Douglass Community Reading of "The Narrative of the Life of Frederick Douglass, An American Slave" on Sunday, Feb. 9.

### Cardiovascular Disease Among African Americans

In addition to being African American History Month, February is also National Heart Month. Learn more about how heart disease and stroke impact African Americans and what you can do for your health at the CDC's [Celebrate African American History Month!](#) Web page and from the [African Americans Heart Disease and Stroke Fact Sheet](#).

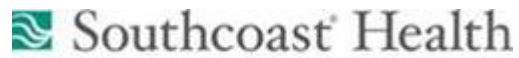
On Feb. 7, the day you **Go Red for Women**, you can learn about heart disease in African American Women [here](#).

Health differences are often due to economic and social influences that are more common among African Americans than white Americans. Learn more [here](#) about health disparities in the African American population and how we as a community – health care providers, public health professionals, and community organizations – can create equal opportunities for health.

## The South Coast's Rich History! Did You Know?

Southeastern Massachusetts and Rhode Island are rich in African American History. Learn about local African American history on the New Bedford Historical Society [website](#).

- **The [Underground Railroad](#): New Bedford**
- **Frederick Douglass**, abolitionist and civil rights leader
- **Mary Hudson Onley**, 20<sup>th</sup>-century educator and community activist born in New Bedford
- **Lewis Temple**, a New Bedford blacksmith, inventor of the iron toggle harpoon tip, and Vice President of the New Bedford Union Society
- **Martha Bailey Briggs**, New Bedford educator
- [The Black Past](#), an online reference guide to African American history



**More than medicine.**