

# CULTURE AND DIVERSITY NEWSLETTER

## COUNSELING AND PSYCHOLOGICAL SERVICES AT APP STATE

### NOVEMBER 2020

*November is Native American Heritage Month!*

- November 2nd:** Dia de los Muertos  
**November 6th:** International Stress Awareness Day  
**November 13th:** World Kindness Day  
**November 20th:** Transgender Day of Remembrance  
**November 21st:** International Survivors of Suicide Day

### PRACTICING KINDNESS

This month we invite you to practice self-care by extending kindness towards yourself and others. Here are some ways to be kinder to yourself and to those around you:

- 1) Practice a Loving Kindness meditation
- 2) Wave to a stranger
- 3) Write an old friend a letter
- 4) Let someone go ahead of you in line
- 5) Practice patience while driving



### CAPS EVENTS & PROGRAMS

#### FALL 2020

Fall 2020 Group Therapy Opportunities

Let's Talk

Feeling Good Workshops

Fall 2020 Update on Services

*Generosity is the most natural outward expression of an inner attitude of compassion and loving-kindness.*

— Dalai Lama

Editor's Note: All of the underlined portions of the newsletter are hyperlinks. Be sure to click on them for more information!

### ART MOMENT

#### **America, I Sing Back**

by Allison Adelle Hedge Coke

*America, I sing back. Sing back what sung you in.*

*Sing back the moment you cherished breath.  
Sing you home into yourself and back to reason.*

*Oh, before America began to sing, I sung her to sleep,  
held her cradleboard, wept her into day.*

*My song gave her creation, prepared her delivery,  
held her severed cord beautifully beaded.*

*My song helped her stand, held her hand for first  
steps, nourished her very being, fed her, placed her  
three sisters strong.*

*My song comforted her as she battled my reason  
broke my long held footing sure,  
as any child might do.*

*Lo, as she pushed herself away,  
forced me to remove myself,  
as I cried this country,  
my song grew roses in each tear's fall.*

Read the rest of the poem  
and learn more about the poet [here](#).

### APP STATE EVENTS

November 5th: Netflix and Representation  
Discussion Group

*Other events may be found  
on [Appalachian Today!](#)*