

Celebrate Diversity

National Hispanic Heritage Month, celebrated from September 15 through October 15, is an opportunity to honor the contributions and achievements of Hispanics/Latinos in the U.S.

The observance begins on the anniversary date of independence for seven Latin American countries (Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico and Chile). It ends shortly after Columbus Day—celebrated in many Latin American countries as Día de la Raza (Day of the People)—which commemorates the first encounters of Europeans and Native Americans, on October 12. Comprising 17 percent of the U.S. population, Hispanics/Latinos are an influential and growing demographic. Hispanic/Latino Americans belong to a wide variety of cultures, the diversity of which is woven into the rich fabric of our society.

There is a difference between “Hispanic” and “Latino”? Language is always shifting. In order to be respectful and inclusive, it’s important to learn the preferred terminology – especially when it comes to marginalized communities. In short, Latino means from Latin America. Hispanic means from a country whose primary language is Spanish. Check [this article](#) out to read more about the difference between “Hispanic” and “Latino”.

Did you know?

- In 1919, a first-of-its-kind Y serving Mexican– Americans was established in Miami, Arizona. Today, Y’s across the U.S. serve Hispanic/Latino communities with culturally relevant programs and services.
- During the Great Depression, the YMCA of Los Angeles set up training and recreation programs for Mexican–American youth. Inspired by this effort, students at UCLA established the Mexican–American Movement, which helped Mexican immigrants transition into their new communities and advocated for improving their social conditions.
- There are YMCA’s in 30 Latin American and Caribbean countries as well as Spain and Portugal. Y’s in the U.S. often exchange ideas and resources with Y colleagues in these countries to better serve Hispanic/Latino communities across our nation.



..... NATIONAL
HISPANIC
HERITAGE MONTH
.....

Celebrate Hispanic Heritage Month with your friends & family! Here are some ideas.

- Visit the [National Museum of Mexican Art](#) in Chicago's Pilsen neighborhood. Free admission. Free street parking on Sunday.
- Participate in a virtual 5K for Hispanic Heritage Month through www.LatinosRun.com You may register and complete these events on your schedule at any time between September 15 & October 17, 2022. A Hispanic Heritage Month themed virtual run is a fun way to add miles, plus, you can sign up for a collectible flag-themed medal.
- Have a [Loteira](#) Night at home and Family and Friends can also [play virtually](#).
- Family Zumba (schedule at specific locations) *Mexican Independence Day
- Sweet Treat Tour (visit local Latin American Bakery)
- Paint Party (scheduled at specific branches)
- Family Movie Night at home (Coco, Vivo, Encanto, The Book of Life, etc.)
- Let's Learn Spanish - Virtual Workshop (Reach out ESP Instructor basic Spanish intro) Looking for more support to help you learn the Spanish language? [Duolingo](#) is a popular and free language-learning app. Check it out and continue learning even after Hispanic Heritage Month is over!
- Try a Latin American restaurant near your neighborhood Y.
 - [Tanias - East Chicago, IN](#)
 - [Mi Terria - Griffith, IN](#)
 - [Provecho - Crown Point, IN](#)
 - [El Capitan - Hobart, IN](#)
 - [Rivera Maya - Highland, IN](#)
 - [La Hacienda Azteca - Hammond, IN](#)
- Dominos Game Night at home - A favorite pastime for Puerto Ricans, Dominicans and Cubans, dominoes is a tile game that brings the community together. Clear a table and [grab a box of dominoes](#) to start playing with friends. Mi Terria, Griffith, IN



- Take a virtual tour - You can “explore” the colorful Escadaria Selarón (Selarón Staircase) of Rio de Janeiro or the respected Teotihuacan Pyramid (Pyramids of the Sun) of Mexico right from your computer desk at home. Sites like [Kayak](#) and [YouVisit](#) offer virtual tours for free.
- Save the Monarchs! - Plant milkweed seeds in your backyard. Monarch butterflies migrate from central Mexico to Canada (even passing through the Midwest!), and for many, these beautiful creatures serve as a symbol of immigration and resilience. They are currently on the endangered list so we can help save them by planting Common Milkweed seeds.
- Attend the Hispanic Independence Parade sponsored by H.U.G.S Cultural Committee of Hammond. The parade will start promptly at 12:00pm at Morton High School in Hammond, IN and end at Purdue University Northwest’s Hammond Campus. The parade route will go west on 169th Street, turn left (south) on Kennedy Ave, turn right (west) on 173rd Street, and end at Purdue University Northwest.
- Donate to the community! - With more than 60 million Hispanics in the U.S., many are first-generation Americans who are navigating the education system and the job market on their own. Consider donating to organizations like the [Hispanic Heritage Foundation](#) and [Latinos for Education](#). There are also social justice groups like [RAICES](#) and [Latino Equality Alliance](#) that are calling attention to important causes like immigration. Donate to [Voto Latino](#), a grassroots organization dedicated to empowering communities through civic engagement, issue advocacy and leadership development.
- Taco Tuesday Anyone? - Make an authentic Hispanic/Latino dinner. It doesn’t have to be tacos, but they sure do taste great. [Try out a new recipe!](#) There are so many national and regional foods to choose from. Try a Venezuelan arepa or get a taste of El Salvador with a warm and chewy filled pupusa. There’s the complex flavors of mole poblano traditional to Puebla, Mexico, the seafood paella of Spain, fresh Peruvian lime-cured ceviche...anybody else hungry?
- Get your jam on for #WorkoutWednesday with this [Latin Workout Spotify playlist](#).
- Read works by Hispanic authors or Start a Hispanic Heritage Month Book Club - meaningful way to honor Hispanic Heritage Month. This fall, start a team book club to bring Hispanic voices to the center of the conversation. Check out [Goodreads’ Hispanic Heritage Month Booklist](#) for reading ideas.
- Puro Netflixiano! Friday night in? Let’s binge watch one of Netflix’s Latinx TV shows. Check out: One Day At a Time, Gentefied, Jane The Virgin, On My Block, or Selena: The Series

