Lyme Disease Awareness Month - May

What is Lyme Disease Awareness Month?
May is National Lyme Disease Awareness Month, a chance for Lyme patients, activists, and educators to spread information on how to prevent Lyme and other tick-borne diseases.

Lyme Disease Awareness Graphic

Sample Social Media Posts:
1) Take Action:
May is National Lyme Disease Awareness Month, a chance for Lyme patients, activists, and educators to spread information on how to prevent Lyme and other tick-borne diseases. Lymedisease.org has created a list of several things that you, your family, and friends, can do to help spread awareness. https://www.lymedisease.org/get-involved/take-action/lyme-awareness-month/
#paforward #lymediseaseawareness #healthliteracy

2) Library Resources:
The Centers for Disease Control and Prevention estimate that 476,000 people are diagnosed with Lyme disease in the US every year. Learn more about Lyme Disease (and much more) with Gale Health and Wellness provided by the Power Library. https://e-resources.powerlibrary.org/ext/econtent/BarcodeEntry/index.php?lid=PL7321R&dataid=1375&libname=eCard+or+public+library
#paforward #powerlibrary #lymediseaseawareness #healthliteracy

Content for Newsletter/Websites
Lyme disease is a bacterial infection primarily transmitted by Ixodes ticks, also known as deer ticks or blacklegged ticks. These tiny arachnids are typically found in wooded and grassy areas. Although people may think of Lyme as an East Coast disease, it is found throughout the United States, as well as in more than sixty other countries. Lyme disease affects people of all ages. The CDC notes that it is most common in children, older adults, and others such as firefighters and park rangers who spend time in outdoor activities and have higher exposure to ticks.

Additional Resources
https://www.lymedisease.org/
Teen Self-Esteem Month - May

What is Teen Self-Esteem Month?

May is National Teen Self Esteem Month and it’s a great opportunity to raise awareness of the importance of ensuring our teens are self-aware and feel confident about themselves. The effect that their self-esteem has on their physical and mental well-being is of paramount importance and a crucial focus of the awareness month.

Teen Self-Esteem Graphic:

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Sample Social Media Posts:

1) Take Action:
   If you have a teen in your life, take a moment to check in with them, take an interest in their lives, but give them space to open up on their own time. Trust takes time to build.

   See if there are organizations with which you can volunteer in your area. Boys and Girls Clubs (https://www.bgca.org/get-involved/find-a-club) and Big Brother/Big Sister (https://www.bbbs.org/get-involved/) are great examples.

2) Library Resources:
   Make use of Power Library’s databases, such as Gale Health and Wellness, to search for information on teen self-esteem and ways to build healthy habits: https://go.gale.com/ps/i.do?lm=AC~y&qt=OQE~teen+self+esteem&sw=w&ty=bs&it=search&sid=bookmark-HWRC&p=HWRC&u=pl7321r&v=2.1&asid=b5ca888b or https://bit.ly/3EV1Psz (shortened url)

Content for Newsletter/Websites

The teenage years are a notoriously difficult time for the majority of young people, so use Teen Self-Esteem Month as a fantastic time for checking in and ensuring we are doing everything that we can to support and nurture the teens in our lives- be it family or friends. On top of the physical, hormonal and emotional changes going on, teens also have to contend with the added pressures of social changes, new relationships, increased educational expectations, peer pressure and impossible societal standards perpetuated by the media, society and often parents.

Additional Resources-

https://biglifejournal.com/blogs/blog/build-self-esteem-confidence-teens

Children's Book Week - May 1-7

What is Children’s Book Week?

Established in 1919, Children’s Book Week is the longest-running national literacy initiative in the country. Children's Book Week originated in the belief that children’s books and literacy are life-changers. In 1913, Franklin K. Matthews, the librarian of the Boy Scouts of America, began touring the country to promote higher standards in children's books. He proposed creating a Children’s Book Week, which would be supported by all interested groups: publishers, booksellers, and librarians.

Children’s Book Week Graphic

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Sample Social Media Posts:

1) Take Action:
   Join me in becoming a Children’s Book Week Champion, celebrating children’s books and the joy of reading! https://everychildreader.net/cbw/
   #ReadBooksSparkChange #paforward #basicliteracy

2) Library Resources:
   Did you know PA’s Power Library offers e-resources for kids, such as BookFlix (Insert library BookFlix link here). This interactive resource includes books about Animals and Nature, Earth and Sky, People and Places, ABC’s and 1, 2, 3’s, Family and Community, Music and Rhyme, Adventure, and more.
   #ReadBooksSparkChange #paforward #basicliteracy

Content for Newsletter/Websites

Developing a child’s curiosity at an early age also plants the seeds for lifelong learning and a love for discovery. Help foster all of that by celebrating Children’s Book Week. Check your local libraries for storytimes, discover e-resources for kids, or curl up with your child and their favorite book. Encouraging early literacy opens the door to a lifetime of wonder.

Additional Resources

https://everychildreader.net/cbw/
National Skilled Trades Day – May 3, 2023

What is National Skilled Trades Day?

The first Wednesday in May is set aside for National Skilled Trades Day to celebrate the skilled workers who help keep society running. Many industries rely on skilled tradespeople to perform important jobs in construction, service, manufacturing and healthcare. While college may not be a viable option for all, we all benefit greatly by those that chose the technical route to perform important roles in our society. This is the day to honor them all.

National Skilled Trades Day Graphic

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Sample Social Media Posts:

#NationalSkilledTradesDay
#paforward
#informationliteracy

- Did you know that technical schools are specialized in the training of our next generation of Skilled Workers? Head to your local library and research college alternatives for your soon to be graduate!
- Engineers, Healthcare Workers, Manufacturing Industry Leaders and more are in short supply due to over 53% of workers employed are nearing retirement. With this information, we need to celebrate the National Skilled Trades Day and encourage our future workers to follow in the footsteps of past generations.

Content for Newsletter/Websites

National Skilled Trades Day, the first Wednesday of May, is not only to honor those who have dedicated their lives to Healthcare, Manufacturing and more, but also for us to support the next generation in pursuing these amazing opportunities. Open houses and job fairs at schools, communities, and business associations would help encourage people of all ages to pursue a career in a skilled trade.

Encourage a look into skilled trades for anyone entering the workforce or wanting a change in their work history. Technical schools provide specialized training for all individuals looking to pursue a new opportunity. Your local library has a plethora of information to help guide to your next career path.

Additional Resources

https://www.holidayscalendar.com/event/national-skilled-trades-day/
https://www.cmtcompanies.com/national-skilled-trades-day/
National Senior Fraud Awareness Day, May 15th, 2023

What is National Senior Fraud Awareness Day?

Since 2018, May 15th has been observed for National Senior Fraud Awareness Day. Every year, Senior Citizens fall victim to over $36.5 billion in fraudulent schemes. Due to this alarming statistic, the U.S. Congress declared the establishment of National Senior Fraud Awareness Day to promote awareness about and improvement of methods to ensure the safety of elderly U.S. residents.

Senior Fraud Awareness Day Graphic

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Social Media Posts:

#paforward
#financialliteracy,  
#FraudAwareness

National Senior Fraud Awareness Day focuses on the need of financial literacy for our senior citizens. Scams occur because people are unaware of how their financial institutions function. Be aware and share for all to prevent fraudulent activities from occurring.

Each year, on May 15th, we observe National Senior Fraud Awareness Day to help shed light for our senior citizens and prevent them from falling victim to scams. Head to the library and ensure that you are aware of any possible fraudulent activities that may be occurring in your region!

Content for Newsletter/Websites

National Senior Fraud Awareness Day confirms that our elderly neighbors are falling victim to financial scams each day. Each year, our Senior Citizens are swindled out of over $36.5 billion of their hard-earned funds. If we promote training and awareness to our local Senior Citizens, then we can help prevent future scams from taking more.

On May 15th of each year, we urge you to help ensure that your neighbors are aware of methods to help prevent them from falling victim to common scams occurring in your region. Reach out to your local banks, attorneys, and senior citizens to help teach and prevent!

Additional Resources

https://www.aarp.org/money/scams-fraud/
https://www.fbi.gov/video-repository/elder-fraud-psa.mp4/view

World Hunger Day, May 28th
What is World Hunger Day?

The Hunger Project founded World Hunger Day in 2011 to bring attention to the global food crisis. Each year, on May 28th, citizens around the globe take part in highlighting solutions to end world hunger.

World Hunger Day Graphic:

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Sample Social Media Posts:

#paforward
#civicandsocialliteracy
#EndHunger

World Hunger Day is May 28th to help remind us that nearly a third of our planet (over 2.4 billion) people are struggling to find food. Donate to your local food program today!

While World Hunger Day is May 28th, people are starving and struggling every day. Please donate food, time and resources to help eliminate the persistent hunger in our world today.

Content for Newsletter/Websites

Nearly 2.4 billion people fail to have a sustainable and nutritional solution to hunger. World Hunger Day is set for May 28th and is time to help the people that need our assistance. Volunteer, donate, and provide to your local food programs, orphanages, and shelters. Change begins with each one of us.

Your library is participating in helping to combat local hunger during May by collecting donations in exchange for overdue fines. Return your books and drop off a donation to help fight Hunger locally!

Additional Resources

http://worldhungerday.org/
https://www.worldhunger.org/