

April 2023



Imperial S.A.M. & D.I.M.E.
Departments

National Autism Awareness Month

Every April, Autism Speaks celebrates World Autism Month, beginning with the United Nations-sanctioned World Autism Awareness Day on April 2.



**AUTISM
AWARENESS
MONTH**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 World Autism Awareness Day	3	4	5	6 National Library Day	7 Good Friday	8
9 Easter	10	11	12	13	14	15
16	17	18	19	20	21	22 Earth Day
23	24	25	26	27	28	29
30						



APRIL 2023 HIGHLIGHTS

April 6 - National Library Day - *Encourage or take mentees to check out a book and obtain a Library card.*

April 9 - Easter

April 22 - Earth Day - *Clean up trash and plastic in your neighborhood or local park.*

World Autism Awareness Month - <https://www.autismspeaks.org/world-autism-awareness-day>

National Sexual Assault Awareness & Prevention Month - National Sexual Assault Awareness and Prevention Month is observed throughout the month of April. This time is set aside as a special awareness and education month that aims to bring exposure to sexual violence and educate on how to prevent it. Did you know that every 68 seconds in the U.S., an American is sexually assaulted? This situation is dire, and this is not just for women; men and children are also equally affected by sexual abuse and assault. <https://www.nsvrc.org/saam>

Monthly Mentoring Ideas:

Host an Easter Egg Hunt with your Temple or Court

“Mentees as Teachers!” Allow your mentee(s) to plan to teach or share something with YOU that they are knowledgeable about and let them teach it.

Play “Go on a Trip” - Not really of course but choose a place that you have always wanted to visit (Fiji, Greece, Disney World, etc.). Find pictures and fun facts in magazines, books, and online. Ask questions like: When is the best time of year to travel to the place? What do you want to see while there? What type of food do they have? What is the weather going to be like? Just to name a few! Be creative and come up with your own questions. Make a scrapbook or traveler’s guide about the special trip. It’s a great way to explore and learn geography!

Please share pictures of your S.A.M. & D.I.M.E. events on our FB page or send via email to: imperial.samdime@gmail.com

May

2023



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National Mental Health Awareness Month

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. A disproportionate amount of people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental and physical well-being.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Lupus Month	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Mother's Day	15	16	17	18	19	20 Armed Forces Day
21	22	23	24	25	26	27
28	29 Memorial Day	30	31	National Bike Month	National Physical Fitness & Sports Month	

MAY 2023 HIGHLIGHTS

May 14 – Mother’s Day – *Have mentees create colorful Mother’s day cards for the women in their families or take them to a church or nursing home to share with the elderly women there.*

May 20 - Armed Forces Day

May 29 – Memorial Day

National Mental Health Awareness Month

- <https://www.samhsa.gov/childrens-awareness-day/about>
- <https://youth.gov/youth-topics/youth-mental-health>
- <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>
- <https://www.mhanational.org/mental-health-month>

National Lupus Month – Wear purple! *Take your mentees to participate on a walk in your community to support this great cause! Be sure to pictures!*

National Physical Fitness & Sports Month – Get moving! Get Active! Get outside!

- <https://healthfinder.gov/nho/MayToolkit.aspx>
- Action for Health Kids <https://www.actionforhealthykids.org>

National Bike Month - <https://www.bikeleague.org/content/bike-month-dates-events-0>

Monthly Mentoring Ideas:

Show & Tell – Have your mentees share a picture or items that is important to them and explain why.

Story Swap - Start writing a story with your mentee, then take turns taking the story home and adding new, fun twists and turns to the story!

June

2023



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National African American Music Appreciation Month

During the month of June, we appreciate the contributions of African American musicians, composers, singers, and songwriters in American culture. The month honors the history and rich African traditions that gave birth to different styles of music such as rap, hip-hop, jazz, rhythm and blues, barbershop, and swing. It is also the month to celebrate creative inspiration and appreciate the impact that African American music has had on generations of performers and music lovers. Over the years, we have seen Black musicians reach great heights, not only on official music record charts, but also at entertainment award ceremonies. President Jimmy Carter designated June as Black Music Month in 1979, President Barack Obama renamed the month from Black Music Month to its current name, African American Music Appreciation Month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Month of the Mentee				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 Father's Day	19 Juneteenth	20	21	22	23	24
25	26	27	28	29		
						LGBTQ+ Pride Month

JUNE 2023 HIGHLIGHTS

June 18 – Father’s Day – *Have mentees create colorful Father’s day cards for the men in their families or take them to a church or nursing home to share with the elderly men there.*

June 19 – Juneteenth - On “Freedom’s Eve,” or the eve of January 1, 1863, the first Watch Night services took place. On that night, enslaved and free African Americans gathered in churches and private homes across the country awaiting news that the Emancipation Proclamation had taken effect. At the stroke of midnight, prayers were answered as all enslaved people in Confederate States were declared legally free. Union soldiers, many of whom were black, marched onto plantations and across cities in the south reading small copies of the Emancipation Proclamation spreading the news of freedom in Confederate States. Only through the Thirteenth Amendment did emancipation end slavery throughout the United States.

- www.juneteenth.com
- <https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>

Month of the Mentee - Complete 4 weeks of any type of community service with your mentee.

National African American Music Appreciation Month - June is African American Music Appreciation Month! Created by President Jimmy Carter in 1979, this month celebrates the African American musical influences that comprise an essential part of our nation’s treasured cultural heritage.

- [NMAAHC - Celebrating Black Music Month](#)

LGBTQ+ Pride Month - The S.A.M. and D.I.M.E Departments understands the call to action to embrace LGBTQ+ youth and strives to provide guidance where there may be none. With the unique needs of LGBTQ+ youth, mentors must be sensitive to this movement, even if it makes us uncomfortable. Below are links to resources that can assist your Temple and Court in addressing the needs of LGBTQ+ youth within your communities.

- [Mentoring.org - LGBTQ+ Mentoring Resources](#)

Monthly Mentoring Ideas:

Make a scrapbook or photo album of activities that you and your mentees have completed thus far.

Discuss a current event that is happening in the news. You’d be surprised how much your mentee shares!

July

2023



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National Social Awareness Month

During Social Wellness Month in July, break out of your fixed routine and vow to meet new people. This is because social wellness is all about your capability to bond with others and build satisfying relationships. Why is this so important? Well, the fact is, the more people you meet, the more likely you are to develop new hobbies and embark on journeys you never even imagined you would be a part of. You will get to hear new jokes, experiment, go to new places, get involved in new activities, etc. Most importantly, social relationships have a lasting impact on physical health!



“Alone we can do so little; together we can do so much.” – Helen Keller

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Back to School Rally – Book bag give-away		Conflict Resolution – Choose a week to discuss how to defuse an argument		Cyber Awareness for Youth		1
2	3	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					Interview a senior citizen

JULY 2023 HIGHLIGHTS

July 4 - Independence Day

National Social Awareness Month - National Social Wellness Month

Conflict resolution for youth - Learn how to be respectful and assertive, not aggressive, when dealing with conflict.

- https://www.momjunction.com/articles/important-conflict-resolution-skills-for-teenagers_00106119/
- <https://childmind.org/article/teaching-kids-how-to-deal-with-conflict/>

Cyber Safety for Youth - Review this training with your mentees to help them understand the purpose of and the potential dangers of the internet.

- <https://www.cisa.gov/sites/default/files/publications/Kids%20Cybersecurity%20Presentation.pdf>
- <https://www.youtube.com/watch?v=Kz2es3-XJvw>
-

Interview a senior citizen for an article - Help your mentees interview a respected elder: in your Court, at home or within the community and have then share it with your other mentees. They can write it up and share with the interviewee and give it to them as a gift of thanks for their time.

Monthly Mentoring Ideas:

- "Help wanted!" Fill out mock applications for jobs or help your mentee create their résumé. If you have a résumé, share it with your mentee (Be sure to remove any personal information).
 - o <https://www.thebalancemoney.com/job-application-form-sample-2061607>
- Play 20 Questions - Write down 20 questions for your mentee to answer! Make it fun! Then switch!

August

2023

National Back to School Month

If the “summer-ending-and-school-starting” ritual makes you anxious, participate in Back-to-School Month. This August event that helps parents, students, and teachers prepare for the new academic year. Celebrated since the 1960s, Back to School Month will motivate you to start your back-to-school shopping and get you excited. So put away the beach bag and pick up the backpack, because it’s time for Back-to-School Month and we want you to get an “A” for participation.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Career Fair/Mutual Job Shadowing		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		Host an Educational Fair
		National Youth Violence Prevention				

AUGUST 2023 HIGHLIGHTS

August 18 - 25 - Imperial Session - Tampa, Florida

Back to School - A few tips to share with parents/guardians to aid in “easing” mentees back into the routine of heading back into the classroom.

K-12 - <https://mightyandbright.com/blogs/news/3-back-to-school-tips-for-the-2022-2023-school-year>

Older Mentees - <https://antimaximalist.com/tips-for-back-to-school-success/>

Back to School at Every Age - <https://www.verywellfamily.com/back-to-school-at-every-age-2022-2023-6361983>

Career Fair/Mutual Job Shadowing - Connect with local businesses and set up a career fair. Or better yet take your mentees that are of age to a career fair. Research your local Boys/Girls Club and local organizations that cater to hiring young adults.

Consider taking your mentee to work with your on “Bring My Child to Work Day” if your employer allows you to do so.

National Youth Violence Prevention - <https://www.cdc.gov/violenceprevention/youthviolence/index.html>

Monthly Mentoring Ideas:

- **Create a family tree** - Create visual family tree with your mentees and share with one another.
 - [Parents.com - Printable Family Tree](#)
 - <https://parenting.firstcry.com/articles/how-to-make-a-family-tree-5-easy-craft-ideas/>

- **Learn to play a new card game** like “I declare war”, “Go Fish”, Hearts, Gin Rummy, Memory, Old Maid

September

2023

National Suicide Prevention Month

There are an average of 123 suicides each day in this country. It's the tenth leading cause of death in America — second leading for ages 25-34, and third leading for ages 15-24. In order to create awareness and strengthen the fight against suicide, the entire month of September is Suicide Prevention Month. Participate in the fight by getting involved with local organizations and listening to those who need help.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Sewing Month		Weekly Life Lessons			1	2
3	4 Labor Day	5	6	7	8	9 Field Trip to skating rink or bowling
10 Grandparents Day	11	12	13	14	15 Game Day on Zoom	16
17	18	19 Voter Registration Day	20	21	22	23 National Zoom Day
24	25	26	27	28	29	30

SEPTEMBER 2023 HIGHLIGHTS

September 10 - Grandparents Day

September 19 - Voter Registration Day - If your mentees are of age, encourage them to register to vote! OUR VOICES COUNT!! - <https://nationalvoterregistrationday.org/>

National Suicide Prevention Month - Resources to assist mentees in need that may be struggling with mental health concerns.

- <https://npin.cdc.gov/groups/national-suicide-prevention-month>
- <https://teenlifeline.org/tspa/>
- <https://www.nctsn.org/resources/public-awareness/national-suicide-prevention-awareness-month>
- <https://www.nimh.nih.gov/get-involved/digital-shareables/shareable-resources-on-suicide-prevention>

National Sewing Month - National Sewing Month is the recognition of a creative form of self-expression that we celebrate in September but enjoy all year. The month-long Open House of retailers, bloggers, online stores, schools, organizations, individuals, and more is a great time to renew interest, share ideas, be inspired, expand your knowledge, and express your creativity. Happy sewing!

Mentors! If you can sew, teach your mentee how to sew! Pass on a skill that is still relevant to our youth!

- **Easy sewing projects** - <https://www.theyellowbirdhouse.com/sewing-projects-for-kids-to-make/>
- **Easy hand sewing projects** - <https://hellosewing.com/easy-hand-sewing-projects/>
- **Easy NO - Sew projects** - <https://www.care.com/c/easy-no-sew-kids-craft-ideas/>

Monthly Mentoring Ideas:

Weekly Life Lessons - Share open dialogue with your mentees about weekly happenings at work, at school, or just in everyday life.

Take a field trip to go skating or bowling! Have pizza!!

Host a game night on Zoom! - <https://www.weareteachers.com/20-fun-zoom-games-for-kids/>

October

2023

National Breast Cancer Awareness Month

The month of October has been recognized as Breast Cancer Awareness Month for nearly forty years. It is devoted to educating people about breast cancer, the importance of early detection and access to timely, high-quality care.

- www.komen.org



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breast Cancer Awareness Month			National Book Month			National Youth Substance Use Prevention
1	2	3	4	5	6	7
8	9 Indigenous Peoples Day (Columbus Day)	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31 Halloween				National Bullying Prevention

OCTOBER 2023 HIGHLIGHTS

October 9 – Indigenous Peoples Day (Columbus Day)

October 31 – Halloween

Breast Cancer Awareness Month – Early detection and effective treatment are critical to reducing breast cancer deaths. Together, we can end breast cancer by supporting those in need today while tirelessly searching for tomorrow's cures.

- <https://www.komen.org/about-komen/our-impact/breast-cancer/breast-cancer-awareness-month/>
- <https://www.nationalbreastcancer.org/breast-cancer-awareness-month/>

National Book Month – National Book Month is held each October. The month-long celebration focuses on the importance of reading, writing and literature. National Book Month is also a time to honor the country's best books and authors. In October, the National Book Awards announced the year's 15 finalists for Best Book of the Year. Think about your favorite book or set aside time to read something new to expand your horizons.

- <https://www.webuybooks.co.uk/blog/ways-to-celebrate-national-book-month/>
- <https://blog.savvas.com/3-ways-to-celebrate-national-book-month/>

National Bullying Prevention Month

- <https://www.nctsn.org/resources/public-awareness/national-bullying-prevention-month>
- <https://www.learningforjustice.org/topics/bullying-bias>

National Youth Substance Use Prevention

- <https://www.nctsn.org/resources/public-awareness/national-substance-abuse-prevention-month>

Monthly Mentoring Ideas:

Take a field trip to the library or go to a secondhand bookstore and find books for your mentees to read together and exchange!

Think Pink! – Participate in a walk for Breast Cancer Awareness with your mentees!

Halloween Party! – Host a Halloween Costume party with mentees or participate in Trunk or Treat!

November 2023



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National Scholarship Month

Financing a college education in America has become a seriously stressful endeavor. Student loans, while convenient now, can result in crushing debt later. That's why we dedicated time to National Scholarship Month each November. It encourages students to concentrate on securing funds they'll never need to pay back! Learn how to be creative during your search; you'll be surprised by what you find. So, make a plan, set clear goals, and research the scholarships of your choice. Then, apply, apply, apply!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5 Election Day	6	7	8 National STEM/STEAM Day	9	10	11 Veterans Day
12	13	14	15	16	17	18
19	20	21	22	23 Thanksgiving Day	24	25
26	27	28	29	30		

NOVEMBER 2023 HIGHLIGHTS

November 5 - Election Day - <https://www.learningforjustice.org/classroom-resources/lessons/why-local-elections-matter>

November 8 - National STEM/STEAM Day - [5 Fun Ways to Celebrate STEM/STEAM Day](#)

November 11 - Veterans Day - Honor our veterans past and present by thanking them for their service.

November 23 - Thanksgiving Day

National Scholarship Month - Assist or advise your mentees (Juniors and Seniors) about scholarship opportunities that are available to them.

- <https://www.scholarshipproviders.org/page/NatlSchMonth>
- <https://www.scholarships.com/financial-aid/college-scholarships/scholarship-information/national-scholarship-month/>
- <https://scholarshipamerica.org/blog/scholarship-america-celebrates-national-scholarship-month/>
- <https://www.charities.org/news/national-scholarship-monthnational-education-month>
- <https://www.collegeraptor.com/paying-for-college/articles/scholarship-search-applications/national-scholarship-month/>
- <https://www.startwithfafsa.org/2022/11/national-scholarship-month-4/>

Monthly Mentoring Ideas:

Being Thankful - Have mentees discuss what they are thankful for, set goals to accomplish and develop a personal plan of action!

Create Something! - Create a scrapbook, journal, or photo album; Add memories each time you and your mentee(s) are together!

Organize! - Assist your mentee in organizing schoolwork and developing study schedules.

Please share pictures of your S.A.M. & D.I.M.E. events on our FB page or send via email to: imperial.samdime@gmail.com

December 2023



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Celebration of Love & Light!

Representing lights, candles, and tables full of food, December is the heart of the holiday season. From Christmas and Hanukkah to Kwanzaa and New Year's Eve, families gather to celebrate, honor cultural traditions and usher in a new year.

*Happy Holidays from,
The Imperial S.A.M. & D.I.M.E. Departments*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cookie Party!			Decorate Ornaments Party		1	2
3	4	5	6	7 Hanukkah Begins	8	9
10	11	12	13	14	15	16
17	18	19	20	21 Winter Begins	22	23
24 Christmas Eve	25 Christmas Day	26 Kwanzaa Begins	27	28	29	30
31 New Year's Eve						Host a Joint Temple/Court Christmas Party for Mentees

DECEMBER 2023 HIGHLIGHTS

December 7 - 15 Hanukkah

- https://www.chabad.org/holidays/chanukah/default_cdo/jewish/Hanukkah.htm

December 24 - Christmas Eve

December 25 - Christmas Day

- <https://www.natgeokids.com/uk/discover/history/general-history/facts-about-christmas/>
- <https://www.history.com/topics/christmas/history-of-christmas>

December 26 - January 1 - Kwanzaa - <https://www.officialkwanzaawebsite.org/>

December 31 - New Year's Eve

Monthly Mentoring Ideas:

Host a Joint Temple/Court S.A.M. & D.I.M.E. Christmas Party!

Host an end of the year Appreciation Luncheon/dinner for Mentees and their parents/guardians.

Cookie Party! - Get your mentees together and decorate cookies

- <https://www.designatrepeat.com/easy-christmas-cookies-for-kids/>
- <https://www.tasteofhome.com/collection/christmas-cookies-kids-cant-wait-to-make-for-santa/>

Ornament Party! - Create Christmas ornaments with your mentees

- <https://littlebinsforlittlehands.com/diy-christmas-ornaments-for-kids/>
- <https://www.acraftylife.com/homemade-christmas-ornaments-for-kids-to-make/>

CELEBRATE! Discuss culture, customs, and traditions that your mentees observe. Try different foods or customs celebrated in their homes.

Set a New Year's Resolution with your mentee(s) of goals that you would like to accomplish in the new year.

Please share pictures of your S.A.M. & D.I.M.E. events on our FB page or send via email to: imperial.samdime@gmail.com