

The More You Know: Black History Month - Resilience

Week of January 30, 2023
Volume 1



Welcome to Black History Month! This year's theme for Black History Month is Resilience. And what better way to launch our series this year than to lift those who personify resilience – disruptors. Disruptors are people who get in 'good trouble' by making contributions to society in meaningful ways. In the same vein, to borrow [Lori A. Manns'](#) definitions, changemakers are people who positively affect change in their community or nationwide. Trailblazers are pioneering and blazing a trail for others to follow. We dedicate our first volume to honoring the Black trailblazers who have paved the way for today's changemakers and disruptors. Whether here at Trinity Health or outside our ministries, we salute and pay tribute to you for your efforts to create meaningful change!



Reflection

As we contemplate the endurance and resilience of our Black brothers and sisters throughout history and now, we invite you to watch "Glory" Performed by the University of Michigan's Glee Club & Sphinx Symphony. Click [here](#) to watch the five-minute performance.



Do You Know?

- [The Origins of Black History Month](#)
- [The Man Behind Black History Month](#)
- [Black History Month 2023: Facts, Origins, and More](#)
- [Maroon Communities in America](#)
- [Eleven Black Women Who Changed History](#)



Are You a Disruptor?

[Lori A Manns](#) in a LinkedIn post last year defined disruptors as people who get in “good trouble” by making contributions to society in meaningful ways. In her list of disruptors was [Dr. Kizzmekia Corbett](#). Dr. Corbett led the research team for the Moderna vaccine against SARS-CoV-2. At the Vaccine Research Center, she spent six years studying spike proteins of the previous coronaviruses, and her team was able to apply their collective knowledge on the subject to accelerate the development of the vaccine for its release in 2021. As a result of their efforts, the Moderna vaccine entered Phase 1 clinical trials only 66 days after the release of the virus sequence.



The Disruptors

A year after Michael Brown’s death in Ferguson, a grass-roots network of activists mobilized through social media to shine a national spotlight on the struggles that come with being Black in America. Re-visit this 2015 CNN [article](#) to read about #BlackWorkMatters, #DreamDefenders, #BlackLivesMatter, #SayHerName, and other movements.



Celebrate Black History Month

Upload Our New Virtual Backgrounds

Diversity, Equity, and Inclusion (DEI) has created a virtual meeting background that you can access [here](#). You can download all the cultural observance backgrounds by accessing the following link: [Celebrate Diversity, Equity, and Inclusion with Virtual Desktop Backgrounds](#).

Be a Change Agent

Join a Colleague Resource Group (CRG) in Your Ministry

CRGs leverage colleagues' unique strengths, views, and experiences to impact community outreach efforts, business innovation, and colleague engagement. Participation allows colleagues to enhance cultural awareness, develop leadership skills, and network with colleagues across the region at all levels. Click [here](#) to learn about existing CRGs at Trinity Health. For additional information, please email crgs@trinity-health.org.