

Happy February from the LBHH Equity, Diversity, & Inclusion (EDI) Committee!

Yes, we are still here, working to create an environment for everyone here at LBHH that is welcoming, inclusive, respectful, and appreciative of all!

LEARNING TOPIC OF THE MONTH: **LOVE LANGUAGES**

These 7 love languages have been identified as some of the unique ways that people might give and receive love in all types of relationships.

Activity: Sharing hobbies and passions

Appreciation: Validation through praise

Emotional: Deep, supportive connection

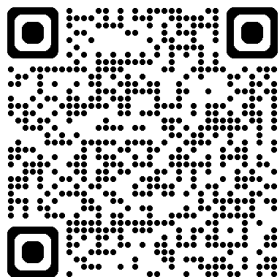
Financial: Gift-giving, monetary investment

Physical: Closeness with supportive touch

Practical: Support through tangible actions

Intellectual: Connection through discussions

TAKE THE QUIZ TO SEE WHAT LOVE LANGUAGE YOU ARE!



Bonus Love Language: Pebbling is a love language inspired by the behavior of penguins. Male Gentoo penguins offer female penguins small stones or pebbles as a way to attract a partner and help build their nests. In human context, pebbling involves collecting, gifting, and arranging small stones or objects to convey emotion and connection. While we humans don't typically demonstrate love through rocks, we pebble our partners by making them a playlist or buying adorable knick-knacks. Receiving a pebble makes you feel seen in the smallest of ways. This a non-verbal love language. *This is more common with neurodivergent and autistic individuals.*



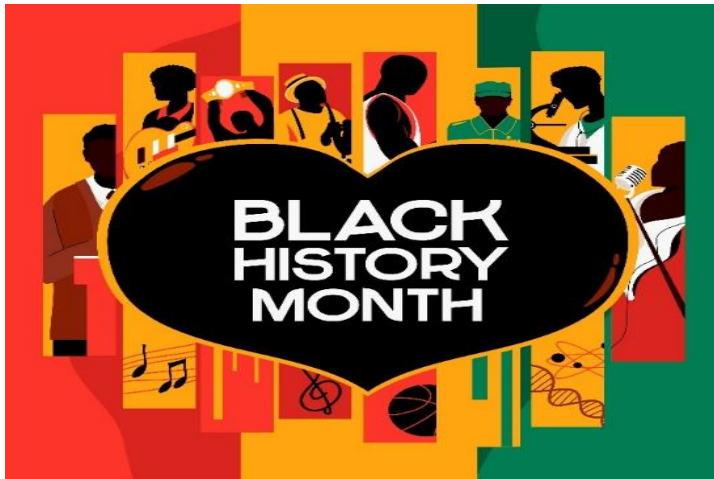
The next EDI Committee meeting will be held on **February 28th at 12:00pm** in the Expressive Arts room.

All are welcome!

Please use email our email or QR code to contact us with comments or concerns.

LancasterEDCommittee@lbhh.org





February Observances

Black History Month
Teen Dating Violence Awareness Month
American Heart Month
African American Heritage Month
AMD/Low Vision Awareness Month
Ethnic Equality Month
International Friendship Month
International Month of Black Women in the Arts
Marfan Syndrome Awareness Month
National Women Inventors Month
North American Inclusion Month (NAIM)
Relationship Wellness Month

Notable Dates

- 2/1: National Freedom Day
Abolition of Slavery Day
World Hijab Day
- 2/1 - 2/8: UN World Interfaith Harmony Week
- 2/2: Imbolc
- 2/7: National Black HIV/AIDS Awareness Day
- 2/9 - 2/15: National Salute to Veteran Patients Week
- 2/11: International Day of Women and Girls in Science
- 2/14 – 2/21: Random Acts of Kindness Week
- 2/15: Parinirvana (Buddhist)
- 2/26: Maha Shivaratri (Hindu)

Black-Owned Local Businesses to Support!

Restaurants

Big 5 African Cuisine

630 N Plum St, Lancaster, PA

Experience a variety of traditional African dishes, including beef samosas, pilau rice, and mandazi.

Blazin' J's

15 E King St, Lancaster, PA

This dining spot is a local go-to spot for hot chicken sandwiches. Don't miss pairing your meal with a side of Belgian waffles.

Lee's Sauces and Rubs

213 Kentshire Dr., Lancaster, PA

Operating as a food truck in Lancaster City, Lee's Sauces and Rubs specializes in classic barbecue-centered cuisine.

Wellness & Beauty

BLM (Barber Lives Matter) Hair Studio

131 N Water St Apt 1, Lancaster, PA

This hair studio is based near the Historic District of Lancaster City and offers a wide range of services, including hair coloring, braiding, and steamed facials.

CRWN'd Salon

690 N Charlotte St Suite 5a, Lancaster, PA

This Black- and Veteran-owned business provides professional expertise in caring for naturally curly hair.

Retail & Experiences

Unique Lancaster Experiences

342 N Queen Street, Lancaster, PA

Embark on a culinary journey with Unique Lancaster Experiences, offering food tours and explorations of downtown Lancaster.

Busy Bodies Play Cafe

35 S. Willowdale Drive, Lancaster, PA

Busy Bodies Play Cafe is an interactive and creative open play space for children ages 1 to 6. Children are allowed to freely roam and play as well as enjoy play sets and stations. Infants are welcome.

Courtesy of Lancaster Online