



Health First Family Care Center's MOSAIC Presents:

NATIVE AMERICAN HERITAGE MONTH

A LOOK INTO WHAT THIS MONTH IS ALL ABOUT



WHO ARE WE CELEBRATING?

Native Americans, American Indians, Alaska Natives, and Indigenous peoples are those who we celebrate this month! Each of these terms comes with its own meaning -

- **Native American:** refers to those who first inhabited America
- **American Indian:** comes originally from explorer Christopher Columbus incorrectly assuming America was initially India
- **Alaska Native:** refers to any member of the 229 tribes or nations indigenous to Alaska
- **Indigenous Peoples:** refers to original inhabitants of a region/land (so, Indigenous Peoples of America are originally from America)
- **Terms to Avoid:** Indian (on its own), Natives, Eskimo, Savage - these terms are derogatory

Just like with any other groups of people, it's best to listen first how someone introduces themselves and ask questions second!

HISTORY BEHIND THE MONTH

1911- Arthur C. Parker, a Seneca Native American and archeologist, along with Native American physician Charles A. Eastman and others, founded the Society of American Indians to help educate the public about Native Americans

1986- President Reagan proclaimed November 23rd-30th as "American Indian Week"

1990- President George H. W. Bush approved a House Joint Resolution designating November as "National American Indian Heritage Month"

THE SHIFT OF INDIGENOUS PEOPLES

- **15th Century-** European explorers made their way to America, which was home to approximately 60 million Indigenous peoples
- **1803-** The Louisiana Purchase--when the U.S. bought French-owned land in America--pulled settlers West into Indian Country, while pushing Indigenous peoples out of their homes
- **1830-** The Federal Indian Removal Act initiated by Congress evicted more than 100,000 Native Americans east of the Mississippi River to Indian Territory in Oklahoma

These shifts (and more) uprooted Indigenous peoples from their homes and forced them to find lives elsewhere in America.

- **Today-** According to the 2012 Census, there are 5.2 million American Indians and Alaska Natives making up approximately two percent of the U.S. population, and there are still about 37,000 Native Americans living in Massachusetts

FUN FACTS

- **Food Staples:** Corn, beans, squash, pumpkin, salmon, clam boil
- **Story Telling:** a traditional and meaningful activity that is still done today by Native tribes around America. Prayers, songs, and dances are ways of storytelling which "can be offered to honor the earth"
- **Jimi Hendrix:** the famous rock guitarist, had Native American Ancestry; his grandmother was Cherokee, which, today, is the largest tribe in the U.S.!



HERE`S TO LEARNING, RESPECTING, AND CELEBRATING ALL THAT IS NATIVE AMERICAN HERITAGE MONTH!

