



MAY/JUNE 2025

WE ARE COMMITTED TO MAKING BRIO LIVING SERVICES A SAFE, WELCOMING PLACE FOR ALL TO LIVE AND WORK



FLIP THE SCRIPT ON AGING: MAY 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

History of Older Americans Month

Established in 1963 following a meeting between President John F. Kennedy and the National Council of Senior Citizens, May was designated as "Senior Citizens Month," which later evolved into Older Americans Month.

<https://acl.gov/oam/2025/older-americans-month-2025>



May/June Celebrations

MAY

Older Americans Month

Asian American Pacific Islander Month

Jewish American Heritage Month

7th National Interpreter Day

JUNE

Caribbean American Heritage Month

LGBTQIA+ Pride Month

Immigrant Heritage Month

6th Eid Al Adha Begins

12th Loving Day

19th Juneteenth



WE ALL BELONG *spotlight*

Caribbean Countries

The Caribbean countries include **Antigua and Barbuda, Bahamas, Barbados, Cuba, Dominica, Dominican Republic, Grenada, Haiti, Saint Kitts and Nevis, Jamaica, Saint Lucia, Saint Vincent and the Grenadines, and Trinidad and Tobago**, to name a few. **Puerto Rico** is a U.S. territory in the Caribbean.



5 FUN FACTS ABOUT THE CARIBBEAN AND CARIBBEAN AMERICANS

1. **A significant population:** The 2018 census reported that there are 13.2 million Caribbean-Americans across the U.S.
2. **Alexander Hamilton was a Caribbean-American:** One of the Founding Fathers of the United States, Alexander Hamilton, was originally from the island of Nevis.
3. **The rich heritage:** The Caribbean is home to 22 UNESCO World Heritage Sites.
4. **The vast Caribbean Islands:** There are over 2,000 Caribbean islands.
5. **Caribbean-Americans prefer some American cities:** From 2013–2017, U.S. cities with the most Caribbean-American citizens were the New York and Miami metropolitan areas — almost 63% of total Caribbean immigrants lived here.

<https://nationaltoday.com/caribbean-american-heritage-month/>

EASY JAMAICAN JERK CHICKEN RECIPE

Try this Easy Jamaican Jerk Chicken Recipe for a simple version of Caribbean style roast chicken. This super tender, flavorful jerk chicken will quickly become a dinner favorite.

Prep Time: 10 mins Cook Time: 40 mins Total Time: 50 mins Servings: 10

Ingredients:

- 10 chicken legs
- ⅓ cup olive oil
- 1 TB dried thyme
- 2 tsp ground allspice
- 2 tsp smoked paprika
- ¼ - ½ tsp cinnamon
- 1 tsp ground ginger
- 1 tsp ground cloves
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 ¼ tsp kosher salt
- 2 TB light brown sugar, packed
- ¼ tsp freshly ground black pepper

Instructions:

1. Preheat oven to 425F with rack on lower middle position.
2. Use paper towels to thoroughly dry chicken legs of excess moisture. Use fork to poke holes on all sides of chicken legs.
3. In a bowl, combine all remaining ingredients to form a spice rub/paste mixture. Set aside.
4. Evenly spread the rub mixture underneath the skin of chicken legs - use clean hands to really press the mixture as far underneath skin as you can, as well as on top of skin.
5. Place chicken on large rimmed/foil-lined baking sheet, with space between each piece. For smaller chicken legs, bake about 40 minutes. For larger chicken legs, bake about 50 minutes or until nicely browned.
6. Serve immediately, with drippings from baking pan.

***Jamaican jerk seasoning contains ground cinnamon. If you're sensitive to cinnamon, feel free to start with 1/4 tsp the first time making this dish.

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