

“Today’s Encouragement” Quotes Honoring 2024 Black History Month

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- I had no idea that history was being made. I was just tired of giving up. – **Rosa Parks**
- If they don’t give you a seat at the table, bring a folding chair. – **Shirley Chisholm**
- My humanity is bound up in yours, for we can only be human together. – **Desmond Tutu**
- The desire to reach for the stars is ambitious. The desire to reach hearts is wise. – **Maya Angelou**
- In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort. – **Jesse Owens**
- Time moves slowly but passes quickly. – **Alice Walker**
- Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it. – **Michael Jordan**
- Be fearless in the pursuit of what sets your soul on fire. – **Terry Crews**
- For my teammates, this is an award for all of us. - **Lamar Jackson**
- In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.”
—**Thurgood Marshall**
- He who is not courageous enough to take risks will accomplish nothing in life. –
Muhammad Ali
- From what we get, we can make a living; what we give, however, makes a life. – **Arthur Ashe**
- Diversity is not about how we differ. Diversity is about embracing one another’s uniqueness. – **Ola Joseph**
- The way to right wrongs is to turn the light of truth upon them. – **Ida B. Wells**

- Character is power. – **Booker T. Washington**
- Never be limited by other people’s limited imaginations. - **Dr. Mae Jemison**
- Not everything that is faced can be changed, but nothing can be changed until it is faced. - **James Baldwin**
- To be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others. – **Nelson Mandela**
- The time is always right to do what is right. – **Martin Luther King, Jr.**
- You can't use up creativity. The more you use, the more you have. – **Maya Angelou**
- When we’re talking about diversity, it’s not a box to check. It is a reality that should be deeply felt and held and valued by all of us. — **Ava DuVernay**
- "I think the good and the great are only separated by the willingness to sacrifice." — **Kareem Abdul-Jabbar**
- One of the hardest things in life is having words in your heart that you can't utter. — **James Earl Jones**
- Leadership is about empathy. It is about having the ability to relate to and connect with people for the purpose of inspiring and empowering their lives. - **Oprah Winfrey**
- Be kind to yourself and others. We're all walking our own unique path. - **Sheryl Lee Ralph**
- What we play is life. - **Louis Armstrong**
- We all require and want respect, man or woman, black or white. It’s our basic human right. - **Aretha Franklin**

*We honor all Black patients and families
you serve through hospice and palliative care.*

*We celebrate and thank all Black leaders, employees, volunteers, and healthcare partners
who serve our beloved hospice and palliative care patients and families!*

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