

JAHM JEWISH AMERICAN
HERITAGE MONTH 

Every May

JUDITH HEUMANN



“When other people see you as a third-class citizen, the first thing you need is a belief in yourself and the knowledge that you have rights. The next thing you need is a group of friends to fight back with.”

Judith Heumann (1947–2023), a community leader, activist, and “Mother of the Disability Rights Movement.”



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