

LGBTQ+ EDUCATIONAL CONTENT

SOCIAL MEDIA & INTERNAL CONVERSATION
SUGGESTIONS TO INCREASE AWARENESS ON
LGBTQ+ TOPICS



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9/1 Did you know that on this day in 1975, the cult classic "The Rocky Horror Picture Show" first premiered in London? This cultural phenomenon has provided countless LGBTQ+ people with a safe space for expression, generational bonding, and a sense of community.

9/2 Today, it underscores the importance of inclusive workplace policies for all individuals, regardless of age, sexual orientation, gender expression/identity, race, ethnicity, disability status, or membership in other historically marginalized groups. On Labor Day and every day, we strive to increase recognition of these groups' contributions and advocate for fairer treatment for all.

9/3 Happy Telephone Tuesday! Give a loved one a call today—a simple hello or a lengthy conversation about life can go a long way in building and maintaining social connectedness. Connection can be lacking for many older LGBTQ+ folks, so help fill that gap today!

9/4 On this day in 1998, Google was incorporated! To "Google" something has become synonymous with searching the Internet. Sharing stories, educational content, supportive information, and more has been instrumental in the fight for equality for LGBTQ+ and other marginalized people worldwide. What are you Googling today?

9/6 Happy National Read a Book Day! Reading is a great way to hear from perspectives outside of your own. From Virginia Woolf's *Orlando* to Ocean Vuong's *On Earth We're Briefly Gorgeous* and Oscar Wilde's *The Picture of Dorian Gray*, there are countless options for LGBTQ+ literature. In the comments, share some of your picks for books that amplify minority voices!

9/8 Happy Grandparents Day! Foster connection and social cohesion by visiting grandparents today, whether they are your biological grandparents or part of your chosen family.

9/9 Happy International Sudoku Day! Many older adults find that puzzles like sudoku help keep their minds sharp and active. Improving brain health can be especially important for LGBTQ+ individuals, who are at a higher risk for Alzheimer's disease and other dementias. Have a little fun and consider playing a game today, either on paper or online at www.sudoku.com.

9/10 Did you know it is National Assisted Living Week? According to the National Center for Assisted Living (NCAL), this week “provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America’s seniors and individuals with disabilities.”

9/11 Today, we pause to honor all the lives lost on September 11, 2001. One such life was that of Mychal Judge, a gay firefighter and Catholic priest. Judge was quoted as asking, "Is there so much love in the world that we can afford to discriminate against any kind of love?" We can all benefit from Judge's notion of universal love—especially on days like today.

9/15 Hispanic Heritage Month starts today! We celebrate and honor the significant contributions of many in the Hispanic and Latino communities. One such trailblazer is Sylvia Rivera, who dedicated her life to advocating for LGBTQ+ issues and unhoused people in New York. Which Hispanic changemakers are you celebrating this month?

9/18 Today is National HIV/AIDS and Aging Awareness Day. Thanks to the tireless work of LGBTQ+ activists and scientists, more people are living long, fulfilling lives with HIV. Long-term survivors of HIV may face longstanding trauma, distrust in their healthcare team, and various healthcare concerns that affect successful aging. Educate yourself on their unique needs and experiences today at www.hiv.gov.

9/20 On this day in 2011, the "Don't ask, don't tell" (DADT) policy was repealed. This discriminatory law previously prohibited non-straight people from openly discussing their sexuality while serving in the United States military. We affirm and validate all service members forced to live and love in secret. We also encourage anyone who was discharged based on their sexual orientation at any time to submit a request for military record correction with the US Department of Defense.

9/21 Today is World Alzheimer's Day—a day to recognize the millions worldwide impacted by this disease. Although Alzheimer's can affect anyone, members of the LGBTQ+ community face an increased risk of cognitive decline and other challenges that might impact their cognition later in life. For more information and ways to support Alzheimer's research, please visit www.alz.org.

9/22 Today, we remember Tyler Clementi and so many others who have died by suicide due to bullying and discrimination associated with their sexual orientation or gender identity. If you or someone you know is having thoughts of suicide or self-harm, know that you are not alone. The world is better with you in it. Please call or text 9-8-8 to get help now.

9/23 Today, we celebrate Bisexual Visibility Day! Want a simple way to fight bi erasure and increase bisexual visibility? Just don't assume people are straight or gay based on the gender of the person they are currently dating!

9/25 Did you know that early voting for the November 4, 2024, General Election is underway in some states? Voting is crucial at every stage of life—especially for those with historically underrepresented voices. Check with your state for deadlines for voter registration, absentee voting, early voting opportunities, and more. At [Facility Name], we have policies in place to help ensure everyone can vote!

9/27 Today is National Gay Men's HIV/AIDS Awareness Day (NGMHAAD). Today, we recognize the disproportionate impact of the HIV epidemic on gay men, especially gay men of color. Although HIV does not discriminate, the treatment of those living with HIV has historically been discriminatory. Let's fight stigma, homophobia, discrimination, and racism today (and every day!) by unequivocally correcting lies and misconceptions about HIV and gay men.

9/28 Today is National Good Neighbor Day! Let's work to reverse the epidemic of loneliness in the United States by building community connections—especially for LGBTQ+ people, who have relied on good neighbors and community building for decades.

9/30 Today would be the 96th birthday of Holocaust survivor and Nobel Prize laureate Elie Wiesel. He said, "I swore never to be silent whenever and wherever human beings endure suffering and humiliation. We must always take sides." Today, honor Wiesel's memory by speaking up against suffering and humiliation wherever you see it.

Monthly Observances:

-Did you know September is Intergenerational Month? Intergenerational support and connection provide people with a broad network of care, understanding, and community—especially crucial for LGBTQ+ individuals! How are you honoring generations other than your own this month?

-September is Healthy Aging Month! Eating well and remaining physically active are crucial at all stages of life, especially for older adults!

-This National Suicide Prevention Month, commemorated every September by SAMHSA, serves as a reminder of all those who have struggled with suicidal ideation or been impacted by it. LGBTQ+ people across all age groups have higher rates of suicidal ideation and plans than their peers. If you or someone you know is having thoughts of suicide or self-harm, know that you are not alone. The world is better with you in it. Please call or text 9-8-8 to get help now.

Check Back Each Month for
Next Months Suggestions

