

LGBTQ+ EDUCATIONAL CONTENT

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



July

sagecare[®]
LGBTQ+ Aging Cultural Competency

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Services for
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On this day in 7/1/1961, Princess Diana was born Diana Frances Spencer. On what would be her 63rd birthday, we remember her for HIV advocacy and activism. In a time when HIV persons were highly stigmatized, Diana was quoted saying: “HIV does not make people dangerous to know. You can shake their hands and give them a hug. Heaven knows they need it.”
<https://www.euronews.com/culture/2023/08/31/culture-re-view-16-years-after-her-death-dianas-greatest-work-was-supporting-hiv-sufferers>

On this day in 7/2/1964, President Lyndon Johnson signed the **Civil Rights Act** which outlawed segregation in theaters, restaurants, and hotels. This Act also barred race, religious, national origin and gender discrimination by employers and labor unions. Dr. Martin Luther King Jr. was quoted saying this act was nothing less than a “second emancipation.”
<https://www.history.com/topics/black-history/civil-rights-act>

Compliment Your Mirror Day is a fun holiday thought-up to encourage self-acceptance and to help acknowledge what makes you uniquely beautiful! At [Rainbow Facility] we encourage you to take a look in the mirror and compliment the person looking back – and throw in an affirmation! Here are some ideas:

- “I am beautiful.”
- “I am handsome.”
- “I am grateful for this life.”
- “I am loved.”
- “My age is a testament to my strength.”

Daily affirmations can help to nurture a positive attitude. They can be thought of as a short prayer, blessing, or just a way of speaking positively.
<https://www.timeanddate.com/holidays/fun/compliment-your-mirror-day>

This **Independence Day**, we remember that many LGBTQ+ and other minority elders have faced significant discrimination and stigma throughout their lives in the United States. This day may be a complicated and isolating time, especially given today’s national celebration that emphasizes freedom and equality. Today and every day, we aim to elevate our residents – especially those whose authenticity hasn’t been historically celebrated by their country.

Omnisexual Visibility Day is recognized to bring awareness to those who are emotionally and sexually attracted to individuals without regard to their gender identity or sexual orientation. Today is a great reminder that sexuality includes a multitude of experiences – all of which are valid and should be celebrated! <https://heckinunicorn.com/blogs/heckin-unicorn-blog/when-is-omnisexual-visibility-day-2024-and-what-does-it-mean>

On this day in 7/6/1907, Frida Kahlo was born. Kahlo is world renowned for colorful paintings portraying her life with chronic pain. In 2001, she became the first Hispanic woman to be honored with a U.S. postage stamp. Kahlo’s identity is especially celebrated today due to her belonging to multiple minority groups, including Mexican, disabled, and bisexual. <https://www.fridakahlo.org/>

On this day in 7/7/1981, Sandra Day O'Connor became the first woman nominated to the Supreme Court of the United States.

On this day in 7/10/1977, Vivek Murthy was born. As the current Surgeon General of the United States, Murthy has declared loneliness a public health emergency. Our older residents are particularly vulnerable against loneliness, which is linked to poor health outcomes. Residents who are also part of the LGBTQ+ community or in an ethnic minority are even further vulnerable.

<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>

National Cheer up the Lonely Day

<https://www.nationaldaycalendar.com/national-day/national-cheer-up-the-lonely-day-july-11>

On this day in 7/13/1985, the Live Aid international concert was held to help bring awareness and activism to the Ethiopian famine, while challenging stereotypes and amplifying marginalized artists. Queer icons, including Freddie Mercury and Elton John, participated in the global display of unity and cooperation. The representation of LGBTQ+ and people of color (POC) throughout this massive event continues to resonate with people worldwide.

<https://www.history.com/this-day-in-history/live-aid-concert>

Happy International Nonbinary People's Day! Today we celebrate those who do not identify exclusively as a man or a woman. Nonbinary residents, family members, staff, and volunteers are welcome and celebrated at [Facility Name].

<https://www.hrc.org/news/celebrating-the-diversity-of-the-non-binary-community-for-international-non>

Did you know that this day in 7/15/1910 was the first time the term "Alzheimer's Disease" was published? Even with over 100 years of research and advancements, hundreds of thousands of LGBTQ+ Americans are living with Alzheimer's or other dementias. For resources on how LGBTQ+ residents can be supported through Alzheimer's, visit www.alz.org

<https://alz.org/media/Documents/alzheimers-dementia-lgbtq-older-adults-and-dementia-ts.pdf>

Today we celebrate **International Drag Day**. Your facility recognizes the tremendous contributions the drag community has had for the entire LGBTQ+ community, dating back decades.

<https://heckinunicorn.com/blogs/heckin-unicorn-blog/when-is-international-drag-day-2024-and-what-does-it-mean>



On this day in 7/16/2022, the National Suicide Prevention Line transitioned away from the 10-digit number to the 988 Lifeline, which provides free and confidential support to people in suicidal crisis or emotional distress. The Lifeline provides high-quality, personalized services to those who need it – especially at-risk groups, including youth, rural populations, BIPOC communities, and LGBTQ+ individuals. If you or someone you know is in crisis now, please call or text 9-8-8 or visit <https://988lifeline.org/chat/>

National Disability Independence Day marks the passage of the 1990 Americans with Disabilities Act (ADA), which occurred on this day in 1990. It's important to remember that this landmark legislation supports people in all walks of life. Among the LGBTQ+ community, 36% have disabilities, with an even higher rate of 52% among transgender individuals. In contrast, 35% of cisgender LGBTQ+ and 24% of non-LGBTQ+ individuals have disabilities. Happy National Disability Independence Day to all!

Families and parents often look different for those in the LGBTQ+ community. This **Parent's Day** at [Facility Name], we are celebrating all kinds! Remember, many LGBTQ+ elders rely on their chosen family and their communities for support.

World Hepatitis Day is observed every year on July 28 to bring awareness to the virus, which impacts millions every year. Older adults, especially those living with HIV/AIDS, are recommended by the CDC to be vaccinated against and tested for hepatitis!

Month Long Celebrations

July is **National Minority Mental Health Awareness Month**. Today and every day, we recognize that mental health is intertwined with race, ethnicity, sexual orientation, gender identity, and more. Audre Lorde put it best when she said, "There is no such thing as a single-issue struggle because we do not live single-issue lives." Today we celebrate those multi-issue lives, at every stage of life!

