

June is LGBTQIA+ Pride Month!



LGBTQIA+ Is Pride Month and Celebrates:

- Self-identity and expression
- Equal rights and acceptance
- Commemorates the 1969 Stonewall Riots, a pivotal moment in the LGBTQIA+ rights movement
- Promotes unity, visibility, and support for the LGBTQIA+ community

It's a time to recognize, respect, and celebrate diversity and individuality and in the current political climate, the LGBTQIA+ Community (Specifically our Trans Brethren) are actively under attack. Currently there are bills attacking the community in 49 out of 50 states in the United States, so stay woke and plugged in!

Take time to educate yourself on the different identities of the LGBTQIA+ community on page two.

What Does LGBTQIA+ Stand For?

LGBTQIA+ is an acronym used to signify gay, lesbian, bisexual, transgender, queer/questioning, intersex, and asexual people collectively.

- “L” stands for lesbian and describes a woman who is physically, emotionally, or romantically attracted to other women.
- “G” stands for gay and describes a person who is physically, emotionally, or romantically attracted to people within the same gender.
- “B” stands for bisexual and describes a person who is physically, emotionally, or romantically attracted to people within more than one sex, gender, or gender identity.
- “T” stands for transgender and describes a person whose gender identity or expression is different from their sex assigned at birth.
- “Q” stands for queer or questioning and describes either a person whose sexual orientation is not exclusively heterosexual or straight, or a person who is exploring their sexual orientation or gender identity.
- “I” stands for intersex and describes a person with differences in their sex traits or reproductive anatomy that does not fit typical definitions of female or male.
- “A” stands for asexual and describes a person who lacks sexual attraction or desire for other people.
- “+” stands for plus and represents members of the community who identify with a sexual orientation or gender identity that isn’t included within the LGBTQIA+ acronym.

Celebrating Caribbean-American Heritage Month!



In June we celebrate and honor the achievements and contributions of Caribbean immigrants and their descendants living in the United States, particularly in government, sports, entertainment, and the arts.

Islands of the Caribbean include, but are not limited to:

- Jamaica
- The Bahamas
- Barbados
- St. Lucia
- Aruba
- Grand Cayman
- Dominican Republic
- Saint Maarten
- US Virgin Islands
- Antigua
- Bermuda
- Turks and Caicos
- Martinique
- Puerto Rico
- Grenada

And many more!

June is Alzheimer's & Brain Awareness Month!



Today, there are more than 7 million Americans living with Alzheimer's. Two-Thirds of Americans have at least one major potential risk factor for dementia. Experts believe there isn't a single cause of Alzheimer's, but they agree that early detection and diagnosis is more important than ever!

According to the CDC, the top-five working signs for Alzheimer's are:

- **Memory loss that disrupts daily life:** forgetting events, repeating yourself or relying on more aids to help you remember (sticky notes or reminders).
- **Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you have used for years.
- **Difficulty completing familiar tasks at home, work, or at leisure:** having problems with cooking, driving places, using a cell phone or shopping.
- **Confusion with time or place:** having trouble understanding an event that is happening later or losing track of dates.
- **Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.

What is Juneteenth?



Juneteenth is a federal holiday celebrated annually on June 19th to commemorate the ending of slavery in the United States.

President Abraham Lincoln on September 22, 1862 announced that the Emancipation Proclamation would go into effect January 1st, 1863, promising freedom to enslaved people in all of the rebellious parts of Southern States. However, about 900 days after that, on June 19th 1865 Major General Gordon Granger ordered the final enforcement of the Emancipation Proclamation in Texas at the end of the American Civil War.

Thus the creation of "America's second Independence Day" and what is considered the "longest-running African-American holiday".

Want to get involved and celebrate Pride Month? Here are some events AFA-CWA is hosting!

- **June 7 at 1 pm:** AFA Meet Up @ WorldPride Parade, Washington DC.
Contact Cindy Sjoquist, csjoquist@afacwa.org.
- **June 8 at 12 pm:** Motor City Pride Parade w/ SPR AFA, Detroit, MI.
Contact Jack Lewandowski jlewandowski@spiritafa.com.
- **June 28-29 from 12 pm – 10 pm and 10 am – 7 pm:** SLC Pride Festival, Salt Lake City, UT. Contact Gailen David, gdavid@afacwa.org,
- **June 29 at 9 am:** NYC Pride Parade w/ EDV AFA, New York City. Contact Cindy Sjoquist, csjoquist@afacwa.org.
- **June 29 at 11 am:** Chicago Pride Parade w/ Spirit AFA and Charlie's Bar, Chicago IL. Andrew Pistorio, apistorio@spiritafa.com.
- **June 29 at 11 am:** March with Labor @ 2025 Twin Cities Pride Parade, Minneapolis MN. [Details here](#). Contact Trina Johnson, tjohnson@edvafa.org.
- **Throughout May and June:** [Events with Minority Vets in Washington, DC](#).

There will also be events with APFA in CLT, DFW, Wilton Manors, FL, and events in communities across the country. We encourage you to join a Pride event with you and rep AFA!