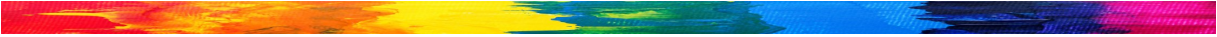

DIAL INSIDE LOOK

June is LGBTQ+ Pride Month



What does Pride mean to you? For the LGBTQ+ community Pride started as riots against police brutality at The Stonewall Inn, a gay dive bar in New York City, in 1969. Since then the rights of individuals within the LGBT community have been continuously fought for. Below are some fun facts about the Pride movement:

- The Pride flag was invented by Gilbert Baker on behalf of a Harvey Milk, the first openly gay politician elected to office in California and was first exhibited at the San Francisco Gay Freedom Day parade in 1978.
- The Pride flag has 6 different colors with their own meaning : Pink represents sex, red for life, orange for healing, yellow for sunlight, green for nature, turquoise for magic, blue for serenity, and violet for spirit.
- There are currently over 20 different LGBTQ+ flags that tell the story of the individuals they represent – acting as tools of visibility.
- Pride is celebrated at different times throughout the year depending on what city you're in. Atlanta, Orlando, and Louisville all celebrate Pride in October, closer to National Coming Out Day on October 11.





Juneteenth commemorates June 19, 1865, the day when nearly 250,000 enslaved African Americans in Galveston, Texas, learned from Union soldiers that they were free by executive decree, more than two years after President Abraham Lincoln signed the Emancipation Proclamation.

Juneteenth gives us a chance to recognize the contributions of members of the African American community to this country. It is a day of community and celebration that has been celebrated in African American communities for generations since the 1800's.

Today many continue to celebrate by bringing families together, with some cities holding larger events like parades and festivals.

On June 17, 2021 Juneteenth became a United States federal holiday. President Joseph Biden signed into law the Juneteenth National Independence Day Act, making Juneteenth the first new federal holiday since Martin Luther King Jr. Day over three decades ago.

This year we will be observing the holiday on Monday, June 19, 2023.

DIAL Welcomes Ariana

DIAL welcomes its newest staff member, Ariana Lebron. Ariana was born and raised in New Jersey, and graduated from Rutgers University with her Bachelors degree in Social Work. Ariana will be working with DIAL as a Community Services Navigator. Ariana is excited to be working with DIAL and getting to build connections with DIAL consumers and callers. Ariana decided on working with DIAL as she shares similar values. These values include: believing in equal access for all, advocacy, community education, and commitment to excellence.

JUNE IS MEN'S HEALTH AWARENESS MONTH

HERE ARE 3 HEALTH TIPS!

Schedule your regular appointments!

It has been proven that men are less likely to schedule routine appointments. Annual checkups are part of preventative care and can help your doctor spot potential health risks before they become bigger issues. After a certain age, it's also important to do cancer screenings as recommended by your doctor. Know your health risks and get ahead of them as best as you can.

Your Mental Wellness is important!

Mental Health is very stigmatized in our community. For men, having a mental health issue can be perceived as making men weak or vulnerable. The fact is, discussing your emotions and feeling with someone you trust can greatly improve your mental health. Improvements in your mental health can improve your physical health as well. Stress negatively impacts many people today. Prolonged stress can weaken your immune system and make you more likely to get sick. Establishing a daily routine, getting sun daily, and finding quiet moments to rest and relax are great ways to reduce stress.

Maintain a healthy diet and exercise!

A healthy diet with plenty of vegetables and fruits can help to fuel our body with a variety of vitamins and fiber that it needs. A healthy diet and regular exercise, no matter what type of exercise, can benefit you long term. Smoking and excessive drinking can cause heart disease, diabetes, lung cancer, and affect overall lung and/or liver function. It's best to limit these activities to prevent these diseases later.

ADAPTIVE WATER SPORTS



Leaps Of Faith (LOF) Adaptive Skiers runs one of the largest and safest adaptive waterski programs in the country. The programs for individual friends and groups to help them understand, develop skills, and enjoy the sports of waterskiing and wakeboarding. LOF is personal, professional and designed to give individuals with disabilities or special need greater physical independence through adaptive water sports. Whether you're new to water sports or a seasoned athlete, you can expect quality programs from great instructors tailored to help you meet

and exceed your goals. Programs typically range from 10-15 participants. Between ski, boarding and tubing runs, you will have several opportunities to relax by the lake and socialize with other participants.

Eligibility: All ages and abilities.

DIAL PROGRAMS

DIAL—Center for Independent Living “In-Person” programs.

Passaic County Peer Support Group

July 6th, 2023
Time: 6:00pm—7:30pm
Clifton Main Library
292 Piaget Ave.

Essex County Peer Support Group

July 12th, 2023
Time: 6:00pm—7:30pm

Transportation will be available for Passaic program. The transportation cost shares have been suspended for the time being.



**Judy Heumann
1947 - 2023**

DIAL would like to honor Judy Heumann who has been called the “mother of the disability rights movement”. She died on March 4, 2023 from a heart issue related to polio. Ms. Heumann was a longtime advocate on behalf of disabled people through protests and legal action. She lobbied for legislation that eventually led to the federal [Americans with Disabilities Act](#), Individuals with Disabilities Education Act and the Rehabilitation Act.

She helped found the Berkley Center for Independent Living which was the first Center for Independent Living, the Independent Living Movement and the World Institute on Disability. You can see Judy along with other disability rights pioneers in the Academy Award nominated film, Crip Camp.

Judy Heumann helped change the world for people with disabilities and will be missed.

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