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# LGBTQ TA CENTER

# Equity News

November 2020

*The **Equity Newsflash** is a monthly announcement featuring news and upcoming events related to supporting the health and wellness of diverse LGBTQ Californians.*

## News & Resources

**Opportunity for individuals  
with memory loss and their  
caregivers**



**Aging with Pride: IDEA (Innovations in Dementia Empowerment and Action)** at the University of Washington is offering free programs for individuals with memory loss and their care partners. Either the person with memory loss or their care partner must be LGBTQ. Programs include nine sessions with a trained coach and focus on problem solving, skill building, and low-impact exercise. Programs are virtual, using easy video chatting. Participants don't have to leave home to participate and are paid \$25 for each phone interview completed. This study is being done in California, Oregon, and Washington.

[Visit Website](#) | [View Flyer](#)

Experiencing memory loss?

RECEIVE UP TO \$125

This program may help!

Sign up today

CALL US NOW 1-888-655-6646

**Safe Communication**  
Safe, easy, video chatting

**Completely Free**  
Available in Washington, Oregon, and California

**Receive up to \$125**  
\* for completing five phone interviews

Coaches provide nine virtual sessions designed to improve health and well-being.

Either the person with memory loss or care partner must be LGBTQ.

You do not need a care partner to participate.

Call us at 1-888-655-6646 or email [ageIDEA@uw.edu](mailto:ageIDEA@uw.edu). Visit [ageIDEA.org](http://ageIDEA.org) for more information.

**Aging with Pride: IDEA**  
UNIVERSITY OF WASHINGTON CENTER FOR AGING AND HEALTH SERVICES

## Good news from the 2020 election

More than one thousand LGBTQ individuals ran for office in 2020, with more than 570 appearing on the November general ballot. At least 220 of these candidates have already won their races, including several genderqueer or nonbinary candidates and others who are their state's first transgender legislator. One-third of the LGBTQ candidates are people of color.

[Learn More](#) | [View Full Statistics in the \*Out on the Trail\* Report](#)

## Two-Spirit and LGBTQ voices during Native American Heritage Month

### Two Spirits Online Documentary Screening and Panel

**Tomorrow!** Tuesday, November 17 | 3-5 p.m. PT

Native Out will screen "Two Spirits: Sexuality, Gender, and the Murder of Fred Martinez" in recognition of Trans Liberation Week.

[Learn More and Register](#)

## Native Cinema Showcase

***This week!*** Wednesday, November 18-Friday, November 27

Special interest: "Sweetheart Dancers" (Our Stories Shorts Program) and "Nancy From Now On" (Rise Above Shorts Program).

### [Learn More](#)

## Read - Pride Month 2020: Perspectives on LGBTQ Native Americans in Traditional Culture

The National Museum of the American Indian invited Native friends to share: "How did your tribe traditionally view individuals who are lesbian, gay, bisexual, and transgender?"

### [Read](#)

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## Staying well during the holidays

If you're experiencing heightened stress as the holidays approach--because of the pandemic, political uncertainty, family rejection, or other reasons--you're not alone! We've assembled tips and ideas for taking care of yourself, your clients, and your community members,

### [Access Tips and Resources](#)

***Plus:*** Scroll down to our *Upcoming Events* section for a webinar on managing holiday stress!

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## Watch: Transgender health conference recordings

A full lineup of recordings is now available from the National LGBTQIA+ Health Education Center's "2020 Advancing Excellence in Transgender Health Conference." Topics include lived experiences of people of color, evidence-based behavioral and mental health care for gender-diverse children, eating disorders, family systems, and more.

## Upcoming Events

# Virtual convenings and webinars

### Improving OUTcomes 2020 Conference

***This week!*** November 18, December 3, December 10 | Virtual | Free

[Register](#)

Join the UC Davis Health Office for Health Equity, Diversity, and Inclusion for its free 2020 virtual conference series to explore how health professionals and community partners can improve quality of and access to care for LGBTQ patients and their families.

#### Homelessness in the LGBTQ+ Community: Discussing Promising Practices and Programs

Wednesday, November 18, 3:30-5:00 p.m. PT

Koby Rodriguez, Chief Program Officer, Sacramento LGBT Community Center

#### Transgender Patient Care Experiences

Thursday, December 3, 3:30-5:00 p.m. PT

Panel Discussion

#### Transgender Learner Experiences

Thursday, December 10, 3:30-5:00 p.m. PT

Panel Discussion

***View the October 28 keynote:*** "Cultural Humility: Overcoming Our Stereotype Threat to Serve and Stand With LGBTQ+ Patients, Students, Community Members and Colleagues"

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### World AIDS Day 2020 - Trauma in the Time of HIV and COVID-19

December 1-2 | Virtual | Free

[Register](#)

Join the Mid-Atlantic AIDS Education and Training Center for a two-day conference for community members, peer navigators, social workers, and other HIV care providers. The 2020 conference will bring together experts in the fields of HIV and trauma-informed care, addressing "Clinical Issues" on Day 1 and "Community Issues" on Day 2.

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### Self-Help and the 2020 Holidays: Managing Stress During the Winter Season in Pandemic Times

December 18 | 10:30 a.m.-12:00 p.m.

[Register](#)

This CARE (Crisis and Recovery Enhancement) TA Center training covers evidence-based self-help strategies to regulate difficult emotions that are common during the holidays and

exacerbated for many during 2020. Presented by Heliana Ramirez, PhD, LISW, who organized the nation's first multi-state LGBT Veteran Suicide Prevention Conference and produced a documentary among LGBT Veterans ([camouflagecloset.com](http://camouflagecloset.com)).

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## **National African American MSM Leadership Conference on Health Disparities and Social Justice**

**January 15-16 | Virtual | Free to First 400 Registrants**

[Register](#)

This is the nation's largest annual convening on HIV prevention, care, treatment, policy, and research advances related to Black men who have sex with men. Exploring research, best practices, and grassroots interventions, the conference contextualizes the Black MSM HIV epidemic within a health disparities, social justice, and human rights framework.

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## **6th Annual Finding Freedom Conference: Expanding Perspectives in LGBTQi+ Mental Health & Addiction Treatment**

**January 20-23 | Virtual with events in Palm Springs, Los Angeles, and Chicago | \$99-125 (Early Bird)**

[Register](#)

The Finding Freedom Symposium is about bringing forward relevant information for best practices in supporting the LGBTQi+ community with co-occurring disorders. The conference is open to the community, treatment professionals, doctors, therapists, and anyone who is interested in the unique issues facing sexual identity and co-occurring disorders treatment.

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## **Save the Date: 33rd Annual Creating Change Conference**

**January 28-31 | Virtual**

[Register](#)

The National Conference for LGBT Equality: Creating Change is the premier annual event from the National LGBTQ Task Force. It's a one-of-a-kind organizing and skill-building event for the LGBTQ community and allies. More information is coming soon about the virtual event, which will include workshop and caucus sessions, keynote speakers, and community care spaces.



**Contact the LGBTQ TA Center:**

<http://lgbtq-ta-center.org/contact-us/>  
1-877-568-4227

*The California Reducing Disparities Project's LGBTQ TA Center is funded and directed by the California Department of Public Health, Office of Health Equity, and administered by the*

