



# THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

*Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being*

## NATIONAL DO SOMETHING NICE DAY

make  
people  
feel  
loved  
today

It would be ideal if everyone lived their lives doing kind things on a daily basis and without thinking about it. We all get caught up in our fast-paced lifestyles.. However,

kindness should never be sacrificed to get ahead in the world. Kindness doesn't require grand gestures. Though, when able, those are acceptable, too.

In a matter of seconds, we hold the power to change the course of a person's day by being nice. The person's day in question might even be our own. Some things that takes very little time at all and almost no effort include:

- Noticing someone's signal in traffic and allowing them into your lane
- Picking up the neighbor's newspaper on your daily walk and placing it within easy reach
- Opening a door for another person
- Giving your place in line to the person with only three items
- Tipping your service staff an extra dollar or two more than you usually would
- Give a compliment
- Encourage a student with an idea for a solution
- Read to a child
- Listen to someone who is lonely

*Do Something Nice today and post on your social media with the hashtag #NationalDoSomethingNiceDay*

## LGBTQ HISTORY MONTH

Every day in October, LGBT History Month recognizes the achievements of men and women in the LGBT community. LGBT History Month encourages informative discussions to learn more about the leaders in the movement who drove equality forward.

Throughout the month, community events profile the civil rights history. Many initiatives impacted social, legal and political change.

### HOW TO OBSERVE

Do some research on LGBT history. Learn more about the LGBT community and their civil rights history.

Life itself is your teacher,  
and you are in a state of  
constant learning.

Bruce Lee

quotation

*Use #LGBTHistoryMonth to post on social media.*

### HISTORY

In 1994, Rodney Wilson, a Missouri high school teacher, believed a month should be dedicated to the celebration and teaching of gay and lesbian history. He gathered other teachers and community leaders. Together, they selected October because public schools are in session and existing traditions, such as Coming Out Day (October 11), occur that month.

Gay and Lesbian History Month was endorsed by GLAAD, the Human Rights Campaign, the National Gay and Lesbian Task Force, the National Education Association and other national organizations.