

LGBTQ+

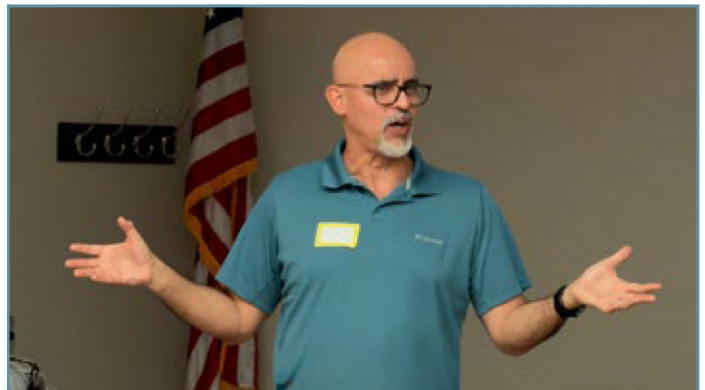


LGBTQ+ Club allies in SCA play a vital role in creating environments where older adults feel safe, respected, and valued regardless of their identity. Many LGBTQ+ seniors have lived through decades of discrimination, social stigma, and even legal exclusion, which can make them hesitant to be open about who they are later in life. Allies—whether they are staff members, caregivers, family, or fellow residents—help foster trust by using inclusive language, respecting chosen names and pronouns, and standing up against bias or exclusion. Their presence signals that diversity is welcomed and that everyone deserves dignity, especially in spaces where individuals rely on others for care and companionship.

Beyond everyday interactions, allies can actively shape policies and programming that promote inclusivity in senior living environments. This might include advocating for staff training on LGBTQ+ issues, organizing inclusive social events, or ensuring that nondiscrimination policies are clearly communicated and enforced. By supporting visibility and representation, allies help reduce isolation and improve mental well-being among LGBTQ+ seniors, who are statistically more likely to experience loneliness. Ultimately, allyship in our community is not just about support; it is about building a culture of empathy and belonging where all seniors can age with pride and authenticity.

You better work! Staying physically active while aging is one of the most important ways to maintain both physical health and overall well-being. Personal trainer **Ciro Agnelli** spoke at our club meeting in February about how physical activity helps preserve independence. He demonstrated simple movements that can make everyday tasks easier to manage.

We welcome you to join our club if you are an ally, have an LGBTQ+ child, relative, or friend, or if you care about the community. If you are interested in joining the club, visit our website at lgbtq-sca.com.



Ciro Agnelli, SCA personal trainer