

DIVERSI-TEA

VOLUME 3, ISSUE 3

JUNE/JULY 2024

WHATS INSIDE

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- PRIDE MONTH
- BLACK MUSIC MONTH
- ALZHEIMER'S AND BRAIN AWARENESS

NOTEABLE DAYS IN JUNE

JUNE 16 EID AL-ADHA

On June 16, Muslims around the world will celebrate Eid al-Adha, the "Festival of Sacrifice." This holiday commemorates Prophet Ibrahim's unwavering faith and obedience to God. Observances include communal prayers, festive meals, and the symbolic sacrifice of an animal, with the meat shared among family, friends, and those in need. It is a time for reflection, generosity, and community spirit.

JUNE 19 JUNETEENTH

June 19th commemorates the anniversary of the end of slavery in the US. Juneteenth is called Emancipation Day and is the "longest-running African-American holiday". Many recognize it as "America's second Independence Day". The history is complex and often misunderstood, but this holiday aims to celebrate, recognize, and educate on the history that it represents.

June 28 1969, represents the Stonewall uprising, where members of the LGBTQ+ community stood up when police raided a gay bar in New York. The uprising stretched a few days and ended in a march in the city. Today, we celebrate the courage and bravery it took and relive the celebratory "march" over many cities in the US while we aim to push forward progression towards inclusivity.

JUNE 28 PRIDE DAY

PRIDE MONTH

THINGS YOU SHOULD KNOW ABOUT PRIDE MONTH

- There are 22+ Pride flags representing different intersexuality, gender identities, sexual orientation, umbrella flags, and more
- The original Pride rainbow flag was 8 colors and debuted in 1978 in San Francisco, CA
- 1 in 5 adults are members of the LGBTQ+ community
- There are currently 522 anti-LGBTQ+ bills (legislation) in the U.S.
 - 6 in North Carolina
 - 111 are related to increasing healthcare barriers
 - [Learn more here](#)
- Brazil hosts the largest Pride Parade yearly
- Brenda Howard is the “Mother of Pride” for coordinating the first Pride parade/march one year after the Stonewall Riots
- The term “coming out” originated with gay men “coming out” to the LGBTQ+ community, borrowing the term debutantes used when young women were “coming out” into society

CURRENT/PAST LGBTQ+ ARTISTS

David Bowie

Queen Chappell Roan

Frank Ocean

Lil Nas X

Miley Cyrus

Chopin

Troye Sivan

Elton John

Renee Rapp

“Can a gay girl get an amen”

- Not my Fault by

Renee Rapp

JUNE

SUMMER DISCOVERY PROGRAM



The Duke Summer Discovery Program (SDP) is an intensive week-long experience for undergraduate students interested in physical therapy, especially those from underrepresented communities. Participants will be fully immersed in the profession, gaining exposure to various areas and receiving guidance to enhance their competitiveness for Doctor of Physical Therapy (DPT) programs. The program offers access to top faculty, mentorship from current

Duke DPT students and local clinicians, and insights into career tracks and specialties. It includes structured learning opportunities, meaningful interactions with the Duke community, and continued mentorship after the program's conclusion. The participant's schedule nearly mirrored the current schedule of the first year students, starting around 8 in the morning most days throughout the week, with events scheduled through 6:00pm. Some of the "fan favorites" of the week included (in no particular order):

- Tour of the Mike Krzyzewski Human Performance Lab and Duke Sports Medicine Clinic
- Performing Arts PT Learning Experience
- PT Olympics
- Mentorship Mixer Dinner
- Tour of Cameron Indoor Stadium



JULY 24 INTERNATIONAL SELF-CARE DAY
Learn more about International Self-care Day and the different ways you can take care of yourself on the next page!

NOTEABLE DAYS IN JULY

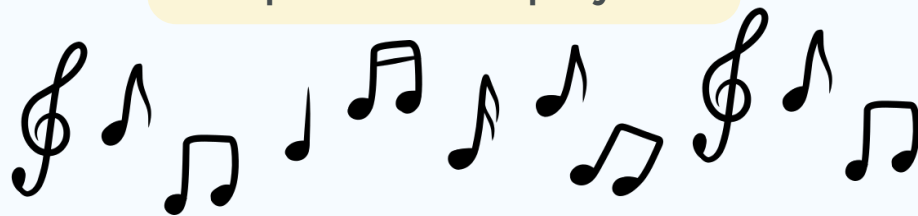
JULY 4 INDEPENDENCE DAY

Independence Day, aka the Fourth of July, has been celebrated since 1870 as one of the first federal holidays. July 4th is the date Americans in the United States commemorate the ratification of the Declaration of Independence in 1776. Two hundred and some years later, we celebrate with fireworks, picnics, and barbecues.

JULY 25 DISABILITY INDEPENDENCE DAY
National Disability Independence Day falls on July 26. On this day, President Bush signed the Americans with Disabilities Act (ADA) in 1990, and we celebrate the achievements of people with disabilities and promote their independence. "A hero is an ordinary individual who finds the strength to persevere and endure despite overwhelming obstacles"
— Christopher Reeve

BLACK HISTORY MUSIC MONTH

To celebrate Black History Music Month, please scan the QR codes here to either Spotify or Apple Music to enjoy some of the pre-curated playlists!



Spotify



Apple Music

WHERE IS EVERYONE STUDYING?

We asked our rising-second where their go-to places to study for MSK and Neuro are... Here's what they said!!

BULL AND BEAN

MAD HATTERS COFFEE SHOP

DURHAM PUBLIC LIBRARY

IPE

BY THE POOL

CLOCHE COFFEE

JULY 26 IS
INTERNATIONAL SELF
CARE DAY!! HERE ARE
SOME WAYS YOU CAN
TAKE CARE OF
YOURSELF!!

PHYSICAL
ACTIVITY &
SPORTS

READ A NON-
SCHOOL
RELATED
BOOK

CALL A
FRIEND

COOK YOURSELF A
NUTRITIOUS MEAL
(AND HAVE A SWEET
TREAT AFTER :))

WHAT'S EVERYONE READING?

RELATING TO TOPICS DISCUSSED HERE...

Pride Month - The Song of Achilles by Madeline Miller

Pride Month - The Skin and Its Girl by Sarah Cypher

Alzheimer's/Dementia - Please Look After Mom by Shin Kyung-Sook

Juneteenth - The Warmth of Other Suns by Isabel Wilkerson

ADA - The Power of Disability by Al Etmanski

For Fun

Autobiography - I'm Glad My Mom Died by Jeanette McCurdy

Sci-Fi - Dark Matter by Blake Crouch

Romance - It Ends With Us by Colleen Hoover

True Crime - Killers of the Flower Moon by David Grann

Historical Fiction - The Help by Kristin Stockett

MADLIBS

PUT TOGETHER YOUR OWN DUKE DPT SUMMER!!!

A Duke DPT Summer!

Summer is a time for . At Duke DPT, students are ,
PLURAL NOUN VERB ENDING IN -ING
 , and . For the rising third-years, they are
VERB ENDING IN -ING VERB ENDING IN -ING ADVERB
embarking on their journeys to TCE 1. Some are headed to , while others are going to
LOCATION
 . With their white coats, they are ready to take on their rotations! For the
LOCATION ADJECTIVE
now second years, they are feeling about spending their days in IPE with all their pals
ADJECTIVE
instead of being in . While MSK and Neuro are , the students are taking
COUNTRY ADJECTIVE
time to and . And for the almost-first-years, many of them are still home,
VERB VERB
while others are in . They have to PT school and they are
COUNTRY PAST TENSE VERB
 waiting for Orientation.
ADVERB

**SHARE YOUR STORY TO YOUR INSTAGRAM STORY
AND TAG @DUKEDPTSTUDENTS !!!**

LINKTREE

Scan the QR code to access resources from the topics discussed in this Newsletter and provide us feedback!



Thank you for taking the time to read our third edition of the renewed Diversi-TEA Newsletter. If you would like to get involved, please contact us!

BROUGHT TO YOU BY:
*The Diversi-TEA
Newsletter Team*