September is National Guide Dog and World Alzheimer’s Awareness Month

**National Guide Dog Awareness Month**
~ specially bred dogs are trained for mobility services to support those who are blind or partially sighted

**4 rules to follow around guide dogs:**
1. Harness means hands off.
2. Don’t feed them.
3. Contain your excitement.
4. Say “hello” another time.

**World Alzheimer’s Awareness Month**
~ raises awareness and challenges the stigma for Alzheimer’s and dementia
~ there are many walks, fundraisers, and activities to showcase these diseases and end the misinformation about how they are a natural sign of aging.

*Info from Alzheimer’s Disease International*

**Color Blind Awareness Day**
**Sept. 6th:**
~ raises awareness of color blindness
~ a place for advice and support
~ there is a website showing what it is like being color blind and the causes

*Info from https://www.colourblindawareness.org*

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<th>Normal Vision</th>
<th>Protanopia</th>
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<td>Tritanopia</td>
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**International Day of Sign Language**
**Sept. 23rd:**
~ a day to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users.
~ According to the World Federation of the Deaf, more than 70 million people are deaf worldwide, more than 80% of those are in developing countries.
~ Collectively, they use more than 300 different sign languages.

*Info from International Day of Sign Languages | United Nations*

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**Mindfulness Workshops on Campus**
~ starts this month on Thursday, Sept. 29th at 1 pm, Room 2202 and will continue each Thursday throughout the quarter.
~ meant for students, staff, and faculty
~ a space for self-care
~ workshops may include and are not limited to journaling, yoga, painting, coloring, poetry, meditation, breathing techniques, high and low check-ins, exercise, TEad Talks, discussion, and more.

*Brought to you by AccessAbility Services and Student Life*

An image for you to color while you wait for the mindfulness workshops to start. Enjoy.

**AccessAbility Services at GHC:**
Students at Grays Harbor College can receive supports and accommodations for their classes to have equal access to academic programs and activities.

*Contact Kelsey Stegner at accessibility@ghc.edu or 360-538-4143 for more information.*