LUMEN®

Retiree Benefits News



Celebrating Pride Month

Pride Month is celebrated in June and is a month-long observance dedicated to LGBTQ pride in the community. See the Organizations and Resources below for more information.

This month commemorates the Stonewall Uprising of 1969 and the fight for LGBTQ+ rights. It's a time to celebrate history, culture, and resilience as well as to recognize ongoing struggles and advocate for equality.

June 28 is Pride Day. The Stonewall riots occurred due to a raid by New York City police on the Stonewall Inn, a gay club located in Greenwich Village on June 28, 1969. Angered by police harassment and social discrimination, the events of June 28 sparked six days of protests and galvanized the gay rights movement.

Organizations and resources

- **The Trevor Project** Provides crisis intervention, suicide prevention services, and support for LGBTQ+ young people.
- GLAAD (Gay & Lesbian Alliance Against Defamation) Works to promote accurate and inclusive media representation of LGBTQ+ people.
- PFLAG Offers support and education to LGBTQ+ individuals, their families, and allies.
- LGBT National Help Center Provides peer support, resources, and referrals for the LGBTQ+ community.
- Transgender Law Center Advocates for the legal rights of transgender individuals.
- Human Rights Campaign Works to achieve LGBTQ+ equality through advocacy and legislation.
- Smithsonian Institution Offers exhibits, programs, and resources on LGBTQ+ history and culture.
- American Bar Association Provides resources and highlights notable individuals from the LGBTQ+ community.
- OutCare Health Offers a directory of affirming healthcare providers and other health resources.
- Trans Lifeline Provides a hotline and microgrants for transgender people in crisis.
- National Suicide Prevention Lifeline Offers 24/7 support for people in distress.
- Library of Congress Provides resources on LGBTQ+ history and culture, including a guide to their collections.
- The American Library Association Offers resources for school libraries to support LGBTQ+ Pride Month.
- Anti-Defamation League Provides resources for educators and students to learn about LGBTQ+ history and issues.

The information in this article is intended to provide guidance about the retiree benefit plans presently sponsored by Lumen Technologies, Inc. and doesn't waive any reserved rights the company has with regard to the plans for their benefits, nor does this affect the terms of the written agreement specific to Legacy Qwest Pre-1991 and Legacy Qwest ERO'92 retirees. If there is any difference between the information in this article and the terms of the official plan documents, the terms of the official plan documents will govern. If you have any questions regarding your benefits, please consult the Annual Enrollment Summary of Material Modifications (SMM), the Summary Plan Description and prior SMM's, or call the claims administrator for the plan or the Service Center directly.