



August 2024

WE ARE COMMITTED TO MAKING BRIO LIVING SERVICES A SAFE, WELCOMING PLACE FOR ALL TO LIVE AND WORK.

## *International Left Handers' Day*

International Left Handers' Day, observed annually on August 13<sup>th</sup>, honors individuals who navigate a world predominantly designed for right-handers. Approximately 10% of the global population are dominantly left-handed.

### *History of Left Handers*

**Ancient Societies:** Being left-handed was viewed negatively, with suspicion, and a taboo.

**Renaissance Europe:** Being left-handed was often linked to witchcraft or devil worship. Left-handed individuals were accused of being witches or heretics.

**Scientific Curiosity:** Scientific interest began to grow in the 19<sup>th</sup> century, with research studying its prevalence and characteristics.

**Misconceptions:** Continued and persisted, including beliefs that left-handers were less intelligent or more prone to mental illness.

**Culturally:** In many societies, tools, utensils, and even languages developed with a bias towards right-handed individuals.

**Modern Understanding and Recognition:** In the 20<sup>th</sup> and 21<sup>st</sup> centuries, societal attitudes have become more understanding and accepting. Scientific research has shown left-handedness is partly genetic. Many famous and successful individuals are left-handed, challenging historical stereotypes and

### August Celebrations

4<sup>th</sup> International day of Friendship

9<sup>th</sup> International day of the World's Indigenous People

18<sup>th</sup> Hungry Ghost Festival

26<sup>th</sup> Women's Equality Day

31<sup>st</sup> International Day of People of African Descent

Many objects we use throughout our day are oriented for right-handed users

- Notebooks
- Scissors
- Pens and Pencils
- Can Openers
- Peelers
- Gardening sheers
- Mugs
- Tape measures

Left-handedness falls within Diversity, Equity, and Inclusion as it involves recognizing and accommodating individual differences. It is an example of human diversity. In the workplace, incorporating left-handedness in DEI initiatives involves:

**Diversity:** Acknowledging that left-handed individuals are part of the diverse tapestry of human traits and characteristics.

**Equity:** Ensuring that left-handed individuals have access to tools and resources that accommodate their needs. This could include providing left-handed scissors, left-handed mouse, and other tools or instruments.

**Inclusion:** Creating an environment where left-handed individuals feel included and their needs are considered in planning and decision-making processes. This might involve designing spaces and materials that are left-handed friendly.

Incorporating left-handedness into DEI efforts emphasizes the importance of considering all aspects of human diversity, ensuring everyone has the opportunity to thrive in their environment.





The idea that left-handed people are merely a quirk of biology diminishes their significant impact on history. This diverse group, spanning various fields and cultures, demonstrates that being left-handed is about perspective, innovation, and challenging norms. In a right-handed world, these individuals turned their unique viewpoint into an advantage. Their stories celebrate individuality and remind us that progress often comes from those who see the world differently.

## Notable Left-Handers

**Leonardo da Vinci:** Renowned for masterpieces like the *Mona Lisa* and *The Last Supper*, he bridged art and science, demonstrating their potential to mutually elevate.

**Marie Curie:** Pioneering physicist and chemist, she was the first woman to win a Nobel Prize for her groundbreaking research on radioactivity, challenging societal norms in male-dominated scientific fields.

**Sir Isaac Newton:** His work in optics and mathematics, including the development of calculus, laid the foundation for significant scientific and technological advancements.

**Jimi Hendrix:** Legendary guitarist and singer-songwriter, Hendrix revolutionized music with his distinctive blend of rock, rhythm and blues, and jazz.

**George Herman "Babe" Ruth:** An iconic figure in American baseball, his left-handed batting prowess transformed the sport from a strategic, low scoring game, to one celebrated for powerful home runs.

**Albert Einstein:** Theoretical physicist renowned for the theory of relativity, he is known both for his scientific brilliance and his advocacy for global peace and understanding.

**Mahatma Gandhi:** Advocate for non-violent resistance, his leadership mobilized millions in the pursuit of justice and equality.

**Joan of Arc:** Symbol of courage and resilience for the French people, she embodied the fight against oppression.

**Mark Twain:** Author of classics like *The Adventures of Tom Sawyer* and *Adventures of Huckleberry Finn*, Twain challenged societal norms and prejudices through his writing.

**Martina Navratilova:** Legendary tennis player with numerous Grand Slam titles in singles and doubles, she is known, not only for her athletic prowess, but also for her advocacy for equality and human rights.

**Ludwig van Beethoven:** A musical genius, Beethoven defied personal adversity to create enduring masterpieces.

**Winston Churchill:** Visionary leader and wartime strategist, he inspired hope and played a key role in shaping modern Europe.

**Kurt Cobain:** Voice of a generation, his influence extended beyond music as a trailblazer for gender equality and social change.

As we reflect on their achievements, let us remember that greatness isn't defined by which hand we use, but by the choices we make.

**Give it a try . . .** *write the following with your non-dominate hand:*

PRINT: Juggling jigsaw puzzles is easier than writing with my non-dominate hand.

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CURSIVE: *Juggling jigsaw puzzles is easier than writing with my non-dominate hand.*

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