



SOCIETY FOR
Healthcare Strategy & Market DevelopmentSM
of the American Hospital Association

2015

health observances & recognition days

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Healthcare Strategy & Market DevelopmentSM
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About *the Calendar*

This publication is intended to provide accurate and authoritative information in regard to the subject matter covered. Dates, descriptions, and contact information have been provided by the sponsoring organizations. With the exception of National Hospital Week and the recognition events of the Personal Membership Groups of the American Hospital Association, the events listed are neither endorsed nor sponsored by the American Hospital Association or the Society for Healthcare Strategy & Market Development.

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About *SHSMD*

The Society for Healthcare Strategy & Market Development (SHSMD) of the American Hospital Association is the premier organization for healthcare marketers, planners, and communications and public relations professionals. A Personal Membership Group of the American Hospital Association, SHSMD serves 4,000 members and is the largest organization in the nation devoted to serving the needs of healthcare strategy professionals. SHSMD is committed to helping its members meet the future with greater knowledge and opportunity as their organizations work to improve health status and quality of life in their communities. For more information, visit www.shsmd.org.



SOCIETY FOR

Healthcare Strategy & Market Development™

of the American Hospital Association



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Water lily

Used as a treatment for inflammation of the mouth and throat. Native Americans used root tea for coughs, tuberculosis, and mouth sores.

January

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January

At-a-Glance

Month-long observances

Birth Defects Prevention Awareness Month (National)
Blood Donor Month (National)
Cervical Cancer Screening Month
Cervical Health Awareness Month
Glaucoma Awareness Month (National)

Week-long observances

18–24 Healthy Weight Week

Recognition days | events

22 Women's Healthy Weight Day
25 IV Nurse Day



January 1–31

Birth Defects Prevention Awareness Month (National)

Women of childbearing age and their care providers need to know that folic acid promotes good health before, during, and after pregnancy. Daily consumption of the B vitamin folic acid beginning before pregnancy is crucial, as birth defects of the brain and spine known as neural tube defects (NTDs), including spina bifida, can occur in the early weeks following conception, often before a woman knows she is pregnant. **For more information, contact: March of Dimes | 914.428.7100 | alliances@marchofdimes.com | www.marchofdimes.com or http://nacersano.org**

Blood Donor Month (National)

Blood is traditionally in short supply during the winter months, especially January, due to the holidays, travel schedules, inclement weather, and illness. A reduction in turnout can put our nation's blood inventory at a critical low. January has been designated as National Blood Donor Month to encourage donors to give or pledge to give blood. **For more information, contact: Association of Donor Recruitment Professionals | 512.658.9414 | www.adrp.org**

Cervical Cancer Screening Month

The Foundation for Women's Cancer, the National Cervical Cancer Public Education Campaign, and its partner organizations promote the message that cervical cancer is preventable—vaccinate early, Pap test regularly, and HPV test when recommended. **For more information, contact: Marsha Wilson | Foundation for Women's Cancer | 312.578.1439 | info@foundationforwomenscancer.org | www.wcn.org**

Cervical Health Awareness Month

During January, issues are highlighted relating to cervical cancer, human papillomavirus (HPV), and the importance of early detection, along with personal stories of women and caregivers battling persistent HPV, precancer, or cervical cancer. In addition, recent advances and research in the prevention, detection, and treatment of cervical cancer and HPV, and the success of local early detection cervical cancer screening and treatment programs are acknowledged. **For more information, contact: National Cervical Cancer Coalition / International HPV Cancer Coalition | 800.685.5531 | nccc@ashastd.org | www.nccc-online.org**

Glaucoma Awareness Month (National)

More than 2.2 million Americans age 40 and older suffer from glaucoma. Nearly half do not know they have the disease—it causes no early symptoms. Prevent Blindness America will provide insightful information about this "Sneak Thief of Sight." **For more information, contact: Prevent Blindness America | Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

January 18–24

Healthy Weight Week

Healthy Weight Week celebrates healthy lifestyles that last a lifetime and prevent eating and weight problems. This annual celebration is a time for people of all sizes to live actively, eat well, and feel good about themselves and others. On Tuesday of Healthy Weight Week, Rid the World of Fad Diets and Gimmicks Day is celebrated and the annual Slim Chance Awards are announced for the worst diet products of the year. **For more information, contact: Francie Berg | Healthy Weight Network | 701.567.2646 | fmberg@healthyweight.net | www.healthyweight.net/hww.htm**

January 22

Women's Healthy Weight Day

This day honors American women of all sizes and affirms that beauty, talent, and love cannot be weighed. Winners of the Women's Healthy Weight Day awards will be announced, recognizing businesses that portray size diversity and reject the national obsession with thinness that is shattering the lives of women, young girls, and their families. **For more information, contact: Francie Berg | Healthy Weight Network | 701.567.2646 | fmberg@healthyweight.net | www.healthyweight.net/hww.htm**

January 25

IV Nurse Day

Every year since 1981, National IV Nurse Day has honored the commitment shown and the outstanding patient care practiced by infusion nurse professionals. Contact the Infusion Nurses Society (INS) to learn more about IV Nurse Day, find out about local IV Nurse Day celebrations in your area, or search for commemorative IV Nurse Day gifts and products. **For more information, contact: Infusion Nurses Society | 781.440.9408 | ins@ins1.org | www.ins1.org**



Garlic

Garlic has many healing properties, including the potential to help reduce heart disease. Studies have shown that fresh garlic can significantly lower LDL cholesterol levels without hurting beneficial HDL cholesterol levels. Garlic appears to act by blocking the liver from making too much LDL cholesterol.

February

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February

At-a-Glance

Month-long observances

Age-Related Macular Degeneration / Low Vision Awareness Month
Children's Dental Health Month (National)
Condom Month (National)
Heart Month (American)
Kids ENT Health Month
Recreational Therapy / Therapeutic Recreation Month (National)
Wise Health Care Consumer Month

Week-long observances

1–7 Burn Awareness Week
1–7 Perianesthesia Nurse Awareness Week
7–14 Congenital Heart Defect Awareness Week
8–14 Cardiac Rehabilitation Week (National)
8–14 Cardiovascular Professionals Week
22–28 Eating Disorders Awareness Week (National)

Recognition days | events

6 Wear Red Day (National)
11 Day of the Sick (World)



Heart Month (American)

During American Heart Month, the American Heart Association's Go Red for Women movement and its latest Hispanic movement, Go Red Por Tu Corazón, work to save women's lives and beat heart disease, the number-one killer of women. Each year, cardiovascular diseases claim the lives of nearly half a million women—almost one per minute. Show support for the women in your life on National Wear Red Day, February 6, by wearing red, and join the thousands of women who are choosing to reduce their personal risk for heart disease.

For more information, contact: American Heart Association | 888.MY.HEART (694.3278) | www.goredforwomen.org

Kids ENT Health Month

Kids ENT Health Month is designed to offer parents and caregivers the latest information about the care, diagnosis, and treatment of pediatric ear, nose, and throat disorders. **For more information, contact: American Academy of Otolaryngology-Head and Neck Surgery | 703.535.3762 | newsroom@entnet.org | www.entnet.org**

Recreational Therapy / Therapeutic Recreation Month (National)

The purpose of National Recreational Therapy / Therapeutic Recreation Month is to enhance public awareness of therapeutic recreation programs and recreational therapy services, promote inclusive recreation opportunities for individuals with disabilities, and recognize the CTRS as the qualified provider of RT services. **For more information, contact: Toni Lee | American Therapeutic Recreation Association | 601.450.2872 | store@atra-online.com | www.atra-online.com/bookstore**

Wise Health Care Consumer Month

The goal of National Wise Health Care Consumer Month is to help consumers receive the right care at the right time in the right place. It involves teaching consumers how to become more active in their own healthcare. This entails knowing which symptoms require professional assistance and which can be treated at home with self-care. The event also focuses on helping consumers understand how to interact effectively with the healthcare system to receive proper care. **For more information, contact: Hope Lawless | American Institute for Preventive Medicine | 248.539.1800, ext. 238 | hlawless@healthylife.com | www.healthylife.com**

February 1–28

Age-Related Macular Degeneration / Low Vision Awareness Month

Age-related macular degeneration is a leading cause of vision loss, affecting more than two million Americans age 50 and older. Low vision aids can make the most of remaining vision. Information on eye disease warning signs and treatment will be available. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

Children's Dental Health Month (National)

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month (NCDHM) to raise awareness about the importance of oral health. NCDHM messages and materials have reached millions of people in communities across the country. Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. Whether you're a member of the dental team, a teacher, or a parent, the ADA has free online resources. **For more information, contact: ADA | 312.440.2500 | ncdhm@ada.org | www.ada.org/ncdhm**

Condom Month (National)

Hearts are throbbing. Come-hither looks abound. Flowers and chocolate are in short supply. If one of Cupid's arrows finds its way to you this month (or any other time), the American Sexual Health Association (ASHA) wants you to be safe. Each year in the United States, there are approximately 20 million new cases of sexually transmitted infections (STIs). Condoms are inexpensive and reduce the risks for STIs. **For more information, contact: Fred Wyand | ASHA | frewya@ashastd.org | www.ashastd.org**



February



February 1–7

Burn Awareness Week

Burn Awareness Week is Shriners Hospitals for Children's annual kick-off of a year-long educational campaign to raise awareness of burn injuries and ways to prevent them. Free educational materials designed to be a resource for firefighters, teachers, parents, and others concerned with the safety of children are provided via our website, www.shrinershospitalsforchildren.org or www.burnawareness.org. **For more information, contact: Public Relations Department | Shriners Hospitals for Children | 813.281.8162 | shrinepr@shrinenet.org**

Perianesthesia Nurse Awareness Week

Perianesthesia Nurse Awareness Week (PANAW) is observed the first full week in February and is designed to celebrate and promote the vital practice of perianesthesia nursing. **For more information, contact: American Society of PeriAnesthesia Nurses | 847.963.8100 | service@jimcolemanltd.com | www.panaw.com**

February 6

Wear Red Day (National)

Go Red in your own fashion! Whether it's a red dress, a red t-shirt, a red dress pin, or red lipstick, show the world you passionately support Go Red For Women, the American Heart Association's initiative to save women's lives. **For more information, contact: American Heart Association | 888.MY.HEART (694.3278) | www.goredforwomen.org**

February 7–14

Congenital Heart Defect Awareness Week

Congenital Heart Defect (CHD) Awareness Week is an annual effort to help educate the public about congenital heart defects. Participants include individuals, local support groups, national and local organizations, and congenital cardiology centers throughout the world. **For more information, contact: Mona Cristol Barmash | Congenital Heart Information Network | 609.823.4507 | mb@tchin.org | <http://tchin.org/aware>**

February 8–14

Cardiac Rehabilitation Week (National)

National Cardiac Rehabilitation Week focuses attention on cardiac rehabilitation's contribution to improving the health and physical performance of people at risk for heart disease as well as those who have been diagnosed with heart disease or dysfunction. Special events will be held in hospitals, exercise facilities, and outpatient rehabilitation centers throughout the country. **For more information, contact: American Association of Cardiovascular and Pulmonary Rehabilitation | 312.321.5146 | aacvpr@aacvpr.org | www.aacvpr.org**

Cardiovascular Professionals Week

This week celebrates the contribution cardiovascular professionals make to advancing quality healthcare. **For more information, contact: Peggy McElgunn | Alliance of Cardiovascular Professionals | 804.639.0078 | peggygmcelgunn@comcast.net | www.acp-online.org**

February 11

Day of the Sick (World)

The World Day of the Sick is a feast day of the Roman Catholic Church that was instituted on May 13, 1992, by Pope John Paul II. Celebrated every year on the commemoration of Our Lady of Lourdes, it seeks to be a special time of remembering those who are sick and expressing gratitude for all those who care for the sick. **For more information, contact: David Lichter | National Association of Catholic Chaplains | 414.483.4898 | info@nacc.org | www.nacc.org**

February 22–28

Eating Disorders Awareness Week (National)

National Eating Disorders Awareness (NEDA) Week provides opportunities for eating disorders organizations, mental health professionals, educators, families, and concerned individuals around the world to join together to distribute information and plan events to provide education on the seriousness of eating disorders and how to find help. **For more information, contact: Diana Kalogridis | National Eating Disorders Association | 212.575.6200 | dkalogridis@myneda.org | www.nedawareness.org**





Echinacea

Echinacea, an antioxidant, has antibiotic and anti-infection properties. It stimulates, protects, and reinforces the immune system. Echinacea helps with pulmonary and respiratory infections, including bronchitis and pharyngitis, to help prevent colds and sore throats.

March

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March

At-a-Glance

Month-long observances

Athletic Training Month (National)
Brain Injury Awareness Month
Child Life Month
Colorectal Cancer Awareness Month (National)
Eye Donor Month (National)
Kidney Month (National)
Nutrition Month (National)
Professional Social Work Month (National)
Save Your Vision Month
Workplace Eye Wellness Month

Week-long observances

1–7 Aplastic Anemia and MDS Awareness Week
1–7 Dental Assistants Recognition Week
8–14 Patient Safety Awareness Week
9–15 Pulmonary Rehabilitation Week (National)
15–21 Health Care Human Resources Week
15–21 Poison Prevention Week (National)
16–22 Brain Awareness Week
22–28 Root Canal Awareness Week

Recognition days | events

11 Registered Dietitian Nutritionist Day
12 Kidney Day (World)
24 American Diabetes Association Alert Day
30 Doctors' Day (National)



Child Life Month

During Child Life Month, child life programs around the world will join the Child Life Council in educating healthcare colleagues and the public about the psychosocial needs of children in pediatric settings. Research has demonstrated that child life interventions reduce the anxiety that children and families experience in a medical setting. Child Life Month is designed to honor child life specialists as they work to ensure quality family-centered and developmentally appropriate care for children. **For more information, contact: Shirene Urry | Child Life Council, Inc. | 301.881.7090, ext. 1723 | communications@childlife.org | www.childlife.org**

Colorectal Cancer Awareness Month (National)

During this month, cancer groups, hospitals, and communities focus attention on preventing, treating, and curing colorectal cancer. Education is provided to the public and colorectal screenings are encouraged. **For more information, contact: Elizabeth Hoffer | Prevent Cancer Foundation | 703.519.2116 | elizabeth.hoffer@preventcancer.org | www.preventcancer.org**

Eye Donor Month (National)

Each year, the Eye Bank Association of America (EBAA) promotes March as National Eye Donor Month to raise awareness of the need to donate eyes. President Ronald Reagan proclaimed the first National Eye Donor Month in 1983, and since then, a member of Congress has read a proclamation into the Congressional Record each March to note this special occasion. **For more information, contact: Patricia Hardy, Manager of Communications | EBAA | 202.775.4999, ext. 118 | trish@restoresight.org | www.restoresight.org**

Kidney Month (National)

One in three Americans is at risk for developing kidney disease, and high blood pressure and diabetes are the two leading causes. During National Kidney Month, the National Kidney Foundation (NKF) urges Americans to learn more about their kidneys and to take steps to preserve their kidney health. **For more information about protecting the kidneys and preventing kidney disease or to attend a free kidney health check, contact: NKF | 212.889.2210 | www.kidney.org**

Nutrition Month (National)

National Nutrition Month is a nutrition education and information campaign held annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. **For more information, contact: Academy of Nutrition and Dietetics | nnm@eatright.org | www.eatright.org**

March 1–31

Athletic Training Month (National)

Celebrate with local and national activities to raise awareness of some 39,000 athletic trainers, from secondary schools through professional sports, and recognize their work in hospitals, physician offices, schools, and clinics as healthcare professionals specializing in the prevention, diagnosis, treatment, and rehabilitation of injuries and illnesses. **For more information, contact: Public Relations | National Athletic Trainers' Association | 214.637.6282 | ellen@nata.org | www.nata.org**

Brain Injury Awareness Month

Brain Injury Awareness Month is an annual observance of the causes and consequences of brain injury and the need for greater prevention, research, education, and advocacy on behalf of individuals who sustain a life-changing—sometimes devastating—brain injury and their family caregivers. **For more information, contact: Rob Traister, Director of Communications | Brain Injury Association of America | 703.761.0750 | rtraister@biausa.org | www.biausa.org**

March

March 1–31

Professional Social Work Month (National)

Many social workers in healthcare settings work in hospitals where they counsel clients and their families about illnesses and treatment options. Social workers are trained listeners, providing help through support groups and community health centers. The most important role of a healthcare social worker is to help the client and his or her family understand the client's illness, work through the emotions of a diagnosis, and provide counsel about the decisions that need to be made. **For more information, contact: Kyle Northam | National Association of Social Workers | 202.408.8600 | www.socialworkers.org**

Save Your Vision Month

Every year in March, the American Optometric Association (AOA) reminds Americans of the importance of eye health and regular, comprehensive eye exams. The AOA also offers tips to encourage a lifetime of healthy vision. **For more information, contact: Rebecca Hiatt | AOA | rhiatt@aoa.org | www.aoa.org**

Workplace Eye Wellness Month

When it comes to eye health, the more vision ailments employees have, the more medical care they use, increasing healthcare-related expenses. Employers are encouraged to contact Prevent Blindness America for information on the Healthy Eyes Vision Wellness Program, promoting vision care services in the workplace. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

March 1–7

Aplastic Anemia and MDS Awareness Week

Aplastic Anemia and MDS Awareness Week was created to raise awareness about acquired bone marrow failure diseases that are diagnosed in more than 15,000 people each year in the United States alone, with tens of thousands more living with these life-threatening diseases around the world. Bone marrow failure disease can strike any person, of any age, any gender, or any race, anywhere in the world. **For more information, contact: Patient Education and Information | Aplastic Anemia & MDS International Foundation | 301.279.7202 | info@aamds.org | www.aamds.org**

Dental Assistants Recognition Week

Dental Assistants Recognition Week is a week-long tribute to the commitment and dedication dental assistants exhibit throughout the year. It's a time for dental assistants to receive greater recognition for their unique and diverse contributions to the dental profession and the dental healthcare of the public. **For more information, contact: American Dental Assistants Association | 312.541.1550 | www.dentalassistant.org**

March 8–14

Patient Safety Awareness Week

Patient Safety Awareness Week is an annual education and awareness campaign for healthcare safety led by the National Patient Safety Foundation (NPSF). Each year, healthcare organizations around the world take part in the event by prominently displaying the NPSF campaign logo and promotional materials within their organizations, creating awareness in the community, and utilizing NPSF educational resources among hospital staff and patients. **For more information, contact: NPSF | 617.391.9900 | www.npsf.org/events-forums/patient-safety-awareness-week/**

March 9–15

Pulmonary Rehabilitation Week (National)

This observance focuses national attention on pulmonary rehabilitation's contribution to enhancing the lives of people with chronic obstructive pulmonary disease (COPD). Special events will be held throughout the country at hospitals, exercise facilities, and outpatient rehabilitation centers. **For more information, contact: American Association of Cardiovascular and Pulmonary Rehabilitation | 312.321.5146 | aacvpr@aacvpr.org | www.aacvpr.org**

March 11

Registered Dietitian Nutritionist Day

Registered Dietitian Nutritionist Day increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes registered dietitian nutritionists for their commitment to helping people enjoy healthy lives. **For more information, contact: Academy of Nutrition and Dietetics | nnm@eatright.org | www.eatright.org**

March

March 12

Kidney Day (World)

One in three Americans is at risk for developing kidney disease, and high blood pressure and diabetes are the two leading causes. National Kidney Foundation (NKF) urges Americans to learn more about their kidneys and to take steps to preserve their kidney health. **For more information about protecting the kidneys and preventing kidney disease or to attend a free kidney health check, contact NKF | 212.889.2210 | www.kidney.org**

March 15–21

Health Care Human Resources Week

The week of March 15–21, 2015, has been set aside to commend healthcare human resources professionals for their hard work and dedication. They will be recognized for the daily issues they face in areas including workforce, compensation and benefits, employee relations, talent management, and wellness. The American Society for Healthcare Human Resources Administration (ASHHRA) encourages everyone to get involved in this celebration. **For more information, contact: ASHHRA | 312.422.3720 | ashhra@aha.org | www.ashhra.org/hchrweek**

Poison Prevention Week (National)

National Poison Prevention Week was established by Congress in 1961 to raise awareness about how to prevent poisonings. More than two million poisonings are reported each year to the nation's 57 poison centers, and more than 90 percent of these poisonings occur in the home. While the majority of nonfatal poisonings occur in children younger than six years old, poisoning fatalities are currently the leading cause of unintentional injury in adults. **For more information, contact: Poison Prevention Week Council | 703.894.1858 | info@aapcc.org | www.aapcc.org**

March 16–22

Brain Awareness Week

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research. BAW unites the efforts of universities, hospitals, K-12 schools, research labs, government agencies, and advocacy and service groups worldwide in a week-long celebration of the brain. Participating organizations sponsor lab tours, school programs, lectures, exhibits, health fairs, media efforts, and other special events. **For more information, contact: Brain Awareness Week Campaign Headquarters | The Dana Alliance for Brain Initiatives | 212.401.1689 | bawinfo@dana.org | www.dana.org/baw**

March 22–28

Root Canal Awareness Week

Root Canal Awareness Week, established by the American Association of Endodontists (AAE), was created to calm the fears of Americans across the country and to educate the public about misconceptions of root canal treatments and the true benefits of the procedure. AAE hopes to teach patients that root canals are virtually painless and can have important implications for overall health. **For more information, contact: Public Relations Department | AAE | 800.872.3636 | info@aae.org | www.aae.org/rcaw**

March 24

American Diabetes Association Alert Day

American Diabetes Association Alert Day, which is held every fourth Tuesday in March, is a one-day wake-up call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. **For more information, contact: American Diabetes Association | 800.342.2383 | www.stopdiabetes.com**

March 30

Doctors' Day (National)

The first Doctors' Day observance was held on March 30, 1933, by the Barrow County Alliance, in Winder, GA. The recognition occurred on the anniversary of the first administration of anesthesia by Dr. Crawford W. Long in Jefferson, Georgia, in 1842. National Doctors' Day is the culmination of the efforts of physician spouses across the country, led by Southern Medical Association Alliance Presidents Mrs. A. J. Campbell and Mrs. Jim C. Barnett. **For more information, contact: Kendra Blackmon | Southern Medical Association Alliance | 205.945.1840 | kblackmon@sma.org | <http://smaalliance.org>**



Dandelions

The fresh juice of dandelion is applied externally to fight bacteria and help heal wounds. Dandelions have antibacterial action, inhibiting the growth of *Staphylococcus aureus*, pneumococci, meningococci, *Bacillus dysenteriae*, *B. typhi*, *C. diphtheriae*, and proteus. Dandelion is also used for the treatment of the gallbladder, kidney and urinary disorders, gallstones, jaundice, cirrhosis, gout, eczema, and acne.

April

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April

At-a-Glance

Month-long observances

Alcohol Awareness Month
Autism Awareness Month (National)
Facial Protection Month (National)
Foot Health Awareness Month
Humor Month (National)
March for Babies
Minority Health Month (National)
Occupational Therapy Month
Sexually Transmitted Infections Awareness Month
Sports Eye Safety Month
Women's Eye Health and Safety Month

Week-long observances

5–11 Public Health Week (National)
6–10 Cancer Registrars Week
12–18 Healthcare Volunteer Week (National)
19–25 Medical Laboratory Professionals Week (National)
19–25 Neurodiagnostic Week
25–5/1 Medical Fitness Week

Recognition days | events

7 Health Day (World)
9 Alcohol Screening Day (National)
11 Walk for Epilepsy (National)
12 Radiologic and Imaging Nurses Day (National)
15 Healthcare Decisions Day (National)
15 Transplant Nurses Day
16 Voice Day (World)
17 Hemophilia Day (World)
17–19 Youth Service Day (Global)
29 Noise Awareness Day (International)



Autism Awareness Month (National)

To highlight the growing need for concern and awareness about autism, the Autism Society has celebrated National Autism Awareness Month since the 1970s. The nation recognizes April as a special opportunity for everyone to educate the public about autism and issues within the autism community.

For more information, contact: Autism Society | 301.657.0881 | info@autism-society.org | www.autism-society.org

Facial Protection Month (National)

The simple act of wearing a mouth guard when playing contact sports saves tens of thousands of teeth annually, while other safety equipment such as helmets and face shields protect wearers from facial injuries. Each April, the American Association of Oral and Maxillofacial Surgeons (AAOMS), American Academy of Pediatric Dentistry, American Association of Orthodontists, Academy for Sports Dentistry, and American Dental Association team up to enhance awareness of protection from and specialized treatment for facial injuries.

For more information, contact: Kelly Rucker | AAOMS | 847.678.6200 | krucker@aaoms.org | www.myoms.org

Foot Health Awareness Month

The aim of Foot Health Awareness Month is to promote positive foot health, educate the public on issues related to foot health, and distinguish today's podiatrist as a physician, surgeon, and specialist.

For more information, contact: Brielle Day | American Podiatric Medical Association | bcd@apma.org | www.apma.org

Humor Month (National)

We honor those who make us laugh, professionals and amateurs alike, as well as friends, neighbors, teachers, and relatives. This is the place where you can come to share ideas about how to celebrate humor, for information about the ancient roots of humor, and for contemporary expressions of humor. We look forward to encouraging humor in everyone's life around the world and all year long.

For more information, contact: National Humor Month | 800.NOW.LAFF (669.5233) | info@humormonth.com | www.humormonth.com

March for Babies

The March of Dimes is committed to reducing the toll of premature birth by funding research to find the answers to premature birth and providing comfort and information to families who are affected by it. The funds raised by March for Babies events help women to have full-term pregnancies and healthy babies, reducing health costs to employers. To join March for Babies, visit <http://marchforbabies.org> and register in an area near you.

For more information, contact: Education Health Promotion Department | March of Dimes | 914.428.7100 | alliances@marchofdimes.org | <http://marchforbabies.org>

April 1–30

Alcohol Awareness Month

Since 1987, the National Council on Alcoholism and Drug Dependence's (NCADD) Alcohol Awareness Month (AAM) has encouraged communities to focus awareness on alcoholism and alcohol-related issues. AAM began as a way of reaching Americans with information about the disease of alcoholism: It is a treatable, chronic disease, not a moral weakness, and those who suffer from alcoholism can and do recover. An integral part of AAM is Alcohol Free Weekend, the first weekend of April, which was designed to raise awareness about the use of alcohol and how it may be affecting society and the individual drinker.

For more information, contact: NCADD, Inc. | 212.269.7797, ext. 19 | rlindsey@ncadd.org | www.ncadd.org



April



April 1–30

Minority Health Month (National)

National Minority Health Month (NMHM) is held annually to raise awareness of minority health disparities and to prompt the implementation of initiatives to address these disparities during the rest of the year. NMHM is an inclusive initiative that addresses the health needs of African-Americans, Hispanics, Asians, Native Americans, Pacific Islanders, Alaskan Natives, and Native Hawaiians. **For more information, contact: Information Specialist | Office of Minority Health Resource Center | 301.251.1797 | Imosby@minorityhealth.hhs.gov | www.minorityhealth.hhs.gov**

Occupational Therapy Month

Each April, occupational therapy practitioners, researchers, educators, and students host a month-long celebration showcasing the value of occupational therapy. The event demonstrates the profession's dedication to helping people from pediatrics to geriatrics prevent—or live better with—illness, injury, or some form of disability. Practitioners help older drivers remain independent, wounded warriors with TBI and PTSD reintegrate into their communities, stroke victims relearn everyday tasks, and children with autism create meaningful relationships with friends, and so much more. **For more information, contact: Katie Riley, Media Relations | American Occupational Therapy Association | 301.652.6611 | kriley@aota.org | www.aota.org**

Sexually Transmitted Infections Awareness Month

The American Sexual Health Association provides education, support, and awareness around sexually transmitted infections (STIs). There are 20 million new STIs in the United States each year. **For more information, contact: Fred Wyand | American Sexual Health Association | frewwya@ashastd.org | www.ashasexualhealth.org**

Sports Eye Safety Month

Sports are the leading cause of eye injuries in children. More than 40,000 sports-related eye injuries occur annually in the United States. The American Academy of Ophthalmology reminds the public that the only way to prevent a sports-related eye injury is for athletes to wear appropriate, sport-specific protective eyewear properly fitted by an eye care professional. See your eye care professional for appropriate eyewear for your sport. **For more information, contact: Communications Division | American Academy of Ophthalmology | 415.447.0258 | eyemd@aao.org | www.geteyesmart.org**

Women's Eye Health and Safety Month

Women often manage family health concerns. Do you know how to protect your sight? Hormonal changes, age, and smoking can endanger sight. Information on women's and family eye-health issues will be provided. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

April 5–11

Public Health Week (National)

Since 1995, when the first full week of April was declared National Public Health Week (NPHW), communities across the country have celebrated NPHW to recognize the contributions of public health and highlight issues that are important to improving the public's health. The American Public Health Association (APHA) serves as the organizer of NPHW and develops a national campaign to educate the public, policymakers, and practitioners about issues related to that year's theme. **For more information, contact: Affiliate Affairs | APHA | 202.777.2742 | comments@apha.org | www.nphw.org**

April 6–10

Cancer Registrars Week

National Cancer Registrars Week (NCRW) was established as an annual celebration to promote the work of cancer registry professionals. Founded by National Cancer Registrars Association, NCRW is officially celebrated the second week in April; however, by the nature of their work, cancer registrars should be celebrated year-round for their dedication to quality cancer data management. **For more information, contact: National Cancer Registrars Association | 703.299.6640 | www.ncra-usa.org**

April 7

Health Day (World)

Every year, World Health Day is celebrated on April 7 to mark the anniversary of the founding of the World Health Organization (WHO) in 1948. Each year a theme is selected for World Health Day that highlights a priority area of concern for the WHO. **For more information, contact: WHO | 716.583.0521 | gehnerm@who.int | www.who.int/world-health-day/en/**

April

April 9

Alcohol Screening Day (National)

National Alcohol Screening Day is an outreach, education, and screening program that raises awareness about alcohol misuse and refers individuals with alcohol problems for further treatment. Thousands of colleges, community-based organizations, and military installations provide the program to the public each year. **For more information, contact: Sue Thorn | Screening for Mental Health, Inc. | 781.239.0071 | sthorn@mentalhealthscreening.org | www.mentalhealthscreening.org**

April 11

Walk for Epilepsy (National)

The annual National Walk for Epilepsy is a noncompetitive walk to draw awareness to a condition that affects nearly three million Americans. The event raises funds to help overcome the challenges created by epilepsy and find cures. The Epilepsy Foundation continues to lead the fight to stop seizures. **For more information, contact: Special Events | Epilepsy Foundation | 866.433.9255 | walkinfo@efa.org | www.walkforepilepsy.org**

April 12

Radiologic and Imaging Nurses Day (National)

This day recognizes the work of those working in the specialty practice of radiologic and imaging nursing to advance the standard of care in the imaging environment. **For more information, contact: Association for Radiologic and Imaging Nursing | 866.486.2762 | info@arinursing.org | www.arinursing.org**

April 12–18

Healthcare Volunteer Week (National)

President Richard Nixon established National Volunteer Week with an executive order in 1974 as a way to recognize and celebrate the efforts of volunteers. Every April, charities, hospitals, and communities recognize volunteers and foster a culture of service. Join your peers nationwide during the 2015 National Volunteer Week in celebration and recognition of your volunteers' efforts to advance your organization. **For more information, contact: Association for Healthcare Volunteer Resource Professionals (AHVRP) | 312.422.3939 | ahvrp@aha.org | www.ahvrp.org**

April 15

Healthcare Decisions Day (National)

National Healthcare Decision Day (NHDD) exists to inspire, educate, and empower the public and providers about the importance of advance care planning. **For more information, contact: Nathan Kottkamp | NHDD | 804.775.1092 | nkottkamp@mcguirewoods.com | www.nhdd.org**

Transplant Nurses Day

The International Transplant Nurses Society (ITNS) is committed to creating more opportunities for nurses to celebrate their contributions. Transplant Nurses Day is celebrated on the third Wednesday of April each year. This special day is commemorated with an annual essay contest that allows patients to nominate an ITNS transplant nurse who has made a difference in their lives. Transplant Nurses Day celebrates the thoughtful and compassionate care of transplant nurses and the ways they greatly impact patients' lives. **For more information, contact: Allison Begezda | ITNS | 847.375.6340 | info@itns.org | www.itns.org**

April 16

Voice Day (World)

World Voice Day, celebrated on April 16, is a health observance advocated across the globe by physician specialists who treat the medical disorders that affect voice quality and allied health providers who teach voice preservation and rehabilitation for damaged voices. **For more information, contact: American Academy of Otolaryngology-Head and Neck Surgery | 703.535.3762 | newsroom@entnet.org | www.entnet.org**

April 17

Hemophilia Day (World)

World Hemophilia Day is an international observance held annually on April 17 by the World Federation of Hemophilia (WFH). It is an awareness day for hemophilia and other bleeding disorders and was started in 1989. April 17 was chosen in honor of WFH founder Frank Schnabel, who was born on that day. **For more information, contact: WFH | 514.875.7944 | sford@wfh.org | www.wfh.org**

April

April 17–19

Youth Service Day (Global)

Global Youth Service Day (GYSD) is an annual campaign that celebrates and mobilizes the millions of young people who improve their communities each day of the year through community service and volunteering. Established in 1988, GYSD is the largest service event in the world and is now celebrated in more than 100 countries. On GYSD, young people address the world's most critical issues in partnership with families, schools, community and faith-based organizations, businesses, and governments. **For more information, contact: Outreach Department | Youth Service America | 202.296.2992 | outreach@ysa.org | www.gysd.org**

April 19–25

Medical Laboratory Professionals Week (National)

National Medical Laboratory Professionals Week is an annual celebration of the medical laboratory professionals and pathologists who play a vital role in every aspect of healthcare. Since they often work behind the scenes, few people know about the critical testing they perform every day. We honor the more than 300,000 medical laboratory professionals around the country who perform and interpret more than 10 billion laboratory tests in the United States every year. **For more information, contact: American Society for Clinical Pathology | www.ascp.org**

Neurodiagnostic Week

Neurodiagnostic technologists provide a valuable contribution to quality patient care through recording and study of the electrical activity of the brain and nervous system. Neurodiagnostic technologists have many areas of expertise and act as eyes and ears for specially trained physicians. The field of neurodiagnostic technology is expanding every year and so are the professionals who practice it. Neurodiagnostic Week is that time of year when the contributions of neurodiagnostic professionals are honored and celebrated. **For more information, contact: Mandy Gist | ASET – The Neurodiagnostic Society | 816.931.1120 | mandy@aset.org | www.aset.org**

April 25–May 1

Medical Fitness Week

Reach out to your local communities and challenge individuals to take a minimum of 70,000 steps in a week. It is agreed that walking is a great way for individuals to take the first steps to a fit and healthy lifestyle. Your organization can use this event as a fundraiser and donate all monies to local programs and scholarship funds in the fight against obesity or other health-related issues. **For more information, contact: Rebecca Nordan | Medical Fitness Association | 804.897.5701 | rebecca.nordan@medicalfitness.org | www.medicalfitness.org**

April 29

Noise Awareness Day (International)

Promote awareness of the dangers of noise to health and wellbeing. Professional organizations, community activists, individuals, private companies, and government agencies around the world commemorate this day with workshops, events, art, hearing loss screenings, demonstrations, and more. The Center for Hearing and Communication (CHC) in NYC founded the yearly event in 1996 to encourage people to do something about bothersome noise where they work, live, and play. **For more information, contact: Nancy Nadler | CHC | 917.305.7810 | nnadler@chchearing.org | www.chchearing.org/noise-center or www.noisehurts.org**



Lavender

Used in aromatherapy to stabilize emotion. Research has revealed that the essential oil of lavender may be useful for treating anxiety, insomnia, depression, and restlessness as well as help lower blood pressure. Some studies even suggest that lavender can help digestive issues such as vomiting, nausea, intestinal gas, upset stomach, and abdominal swelling.

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

May

At-a-Glance

Month-long observances

Arthritis Awareness Month (National)
Arthritis Walk
Better Hearing and Speech Month
Better Sleep Month
Bike Month (National)
Critical Care Awareness and Recognition Month (National)
Employee Health and Fitness Month (Global)
Healthy Vision Month
Hepatitis Awareness Month
High Blood Pressure Education Month (National)
Huntington's Disease Awareness Month
Liver Awareness Month
Lupus Awareness Month
Melanoma / Skin Cancer Detection and Prevention Month
Mental Health Month
Motorcycle Safety and Awareness Month
Neurofibromatosis Awareness Month
Older Americans Month
Oncology Nursing Month
Osteoporosis Month (National)
Stroke Awareness Month (National)
Stroke Month (American)
Teen Pregnancy Prevention Month (National)
Trauma Awareness Month (National)
Ultraviolet Awareness Month

Week-long observances

1–18 Run A Mile Days (National)
4–10 Anxiety and Depression Awareness Week (National)
6–12 Nurses Week (National)
10–16 Food Allergy Awareness Week
10–16 Nursing Home Week (National)
10–16 Women's Health Week (National)
11–17 Stuttering Awareness Week (National)
17–23 Hospital Week (National)
17–23 Medical Transcriptionist Week (National)
17–23 Neuroscience Nurses Week
31–6/6 Community Health Improvement Week

Recognition days | events

4 Melanoma Monday
6 School Nurse Day (National)
7 Children's Mental Health Awareness Day (National)
12 Fibromyalgia Awareness Day (National)
12 ME / CFS Awareness Day
20 Autoimmune Arthritis Day (World)
25 Missing Children's Day (National)
27 Senior Health and Fitness Day (National)



May 1–31

Arthritis Awareness Month (National)

National Arthritis Awareness Month was initiated by the Arthritis Foundation through a Presidential Proclamation in 1972. It aims to raise awareness and reduce the impact of arthritis, which strikes one in every five adults and 300,000 children and is the nation's leading cause of disability. To conquer this painful, debilitating disease, the Arthritis Foundation supports education, research, advocacy, and other vital programs and services. **For more information, contact: Arthritis Foundation | 404.872.7100 | help@arthritis.org | www.arthritis.org**

Arthritis Walk

The Arthritis Walk is the Arthritis Foundation's signature event, which supports public awareness and raises funds to fight arthritis, the nation's most common cause of disability. The Arthritis Walk is an annual event that generally takes place during the month of May in conjunction with National Arthritis Awareness Month. To find a walk in your area, visit www.arthritiswalk.org. **For more information, contact: Public Relations | Arthritis Foundation | 404.872.7100 | help@arthritis.org | www.arthritis.org**

Better Hearing and Speech Month

May is Better Hearing and Speech Month, an entire month dedicated to two essential communication tools that can be affected by medical conditions. **For more information, contact: American Academy of Otolaryngology-Head and Neck Surgery | 703.535.3762 | newsroom@entnet.org | www.entnet.org**

Better Sleep Month

Each May, Better Sleep Month is dedicated to educating consumers about the importance of sleep to health and quality of life. **For more information, contact: Better Sleep Council | 703.683.8371 | kmahoney@sleepproducts.org | www.bettersleep.org**

Bike Month (National)

National Bike Month is the perfect time for new or returning riders to get back on the saddle and ride their bikes to work. Bike Month promotes bicycling as a smart and fun means of transportation and recreation. It doesn't stop there: We provide valuable education programs, help create better cycling environments, promote bicycling as the option of choice, and help you create bicycle-friendly communities. **For more information, contact: Carolyn Szczepanski | League of American Bicyclists | 202.822.1333 | communications@bikeleague.org | www.bikeleague.org**



May

May 1–31

Critical Care Awareness and Recognition Month (National)

The Society of Critical Care Medicine (SCCM), partnering with the American Association of Critical-Care Nurses, the American College of Chest Physicians, the American Thoracic Society, and the American Association for Respiratory Care, recognizes the devoted professionals whose compassion and dedication to the care of the critically ill and injured have made a difference in the lives of patients and their families. Participants are encouraged to wear blue on May 15. **For more information, contact: Melissa Nielsen | SCCM | 847.827.7405 | mnielsen@sccm.org | www.sccm.org**

Employee Health and Fitness Month (Global)

Global Employee Health and Fitness Month is dedicated to encouraging employers from all sectors—public, private, and nonprofit—to promote fitness and encourage employees and their families to be physically active on a regular basis. **For more information, contact: National Association for Health and Fitness | 716.583.0521 | wellness@city-buffalo.org | www.physicalfitness.org**

Healthy Vision Month

More than 20 million Americans suffer from severe vision loss. While not all eye diseases can be prevented, there are simple steps everyone can take to help their eyes remain healthy now and reduce their chances of vision loss in the future. Eye conditions, diseases, and injury can destroy your family's healthy vision. Preventive eye care is important for everyone. **For more information, contact: Communications Division | American Academy of Ophthalmology | 415.447.0258 | eyemd@aao.org | www.geteyesmart.org**

Hepatitis Awareness Month

During Hepatitis Awareness Month, the Hepatitis Foundation International (HFI) provides information and materials and conducts “train the trainer” sessions for healthcare providers; conducts community outreach nationwide; and connects patients, individuals, families, and communities to linkages to care. **For more information, contact: Education Department | HFI | 800.891.0707 | info@hepatitisfoundation.org | www.hepatitisfoundation.org**

High Blood Pressure Education Month (National)

High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure, and other health problems. The focus of this observance is to increase awareness about the prevention and treatment of this life-threatening condition. **For more information, contact: Health Information Center | National Heart, Lung, and Blood Institute | 301.592.8573 | nhlbiinfo@nhlbi.nih.gov | www.nhlbi.nih.gov**

Huntington's Disease Awareness Month

The Huntington's Disease Society of America (HDSA) celebrates May as a time to raise greater awareness of Huntington's disease (HD) and the valuable work HD scientists and clinicians do to fight all diseases, not just neurodegenerative and genetic afflictions. **For more information, contact: Christopher Cosentino | HDSA | 212.242.1968 | ccosentino@hdsa.org | www.hdsa.org**

Liver Awareness Month

Liver Awareness Month focuses attention on the need to maintain a healthy liver through a healthy lifestyle, the types and seriousness of liver disease, and the urgency to be tested for liver disease if anyone has risk factors. **For more information, contact: Communications Department | American Liver Foundation | 212.668.1000 | pkuchaculla@liverfoundation.org | www.liverfoundation.org**

Lupus Awareness Month

Lupus is one of the cruelest, most mysterious diseases on earth—it strikes without warning, has unpredictable, sometimes fatal effects, lasts a lifetime, and has no known cause and no known cure. Learn how you can help raise awareness and take action at www.lupus.org/awareness. **For more information, contact: Marketing & Communications Department | Lupus Foundation of America | 202.349.1155 | info@lupus.org**

Melanoma / Skin Cancer Detection and Prevention Month

The American Academy of Dermatology established Melanoma / Skin Cancer Detection and Prevention Month to raise awareness about skin cancer and to encourage Americans to practice sun-safe behaviors. **For more information, contact: American Academy of Dermatology | www.spotscincancer.org**

Mental Health Month

The purpose of Mental Health Month is to raise awareness about mental health conditions and the importance of good mental health for all. **For more information, contact: Steve Vetzner | Mental Health America | 703.797.2588 | svetzner@mentalhealthamerica.net | www.mentalhealthamerica.net**

Motorcycle Safety and Awareness Month

This month focuses on alerting motorists that motorcycle use increases significantly during warmer months and that motorists should be more cautious and aware of motorcyclists on the road. Additionally, motorcyclists are encouraged to ride responsibly during the riding season and wear full protective gear, including a DOT-compliant motorcycle helmet. **For more information, contact: United States Department of Transportation | 202.366.0521 | jeremy.gunderson@dot.gov | www.nhtsa.gov**

May

May 1–31

Neurofibromatosis Awareness Month

The Children's Tumor Foundation recognizes May as Neurofibromatosis (NF) Awareness Month to raise awareness and educate the public about the disorder. Neurofibromatosis is more common than cystic fibrosis, Duchenne muscular dystrophy, and Huntington's disease combined, yet is underrecognized by the public and underdiagnosed by the medical community. NF can lead to deafness, blindness, bone deformities, and certain forms of cancer. **For more information, contact: Children's Tumor Foundation | 212.344.6633 | info@ctf.org | www.ctf.org**

Older Americans Month

Celebrated across the country through ceremonies, events, fairs, and other activities, Older Americans Month is a time to acknowledge the many contributions of older persons. **For more information, contact: US Administration on Aging | 202.619.0724 | aclinfo@acl.hhs.gov | www.acl.gov**

Oncology Nursing Month

Oncology nurses are caregivers with clinical knowledge and technical expertise, but they're also much more than that: They're teachers, listeners, and someone to lean on. They help people through some of the most trying times of their lives. Now it's time to celebrate the work oncology nurses do and the difference they make. **For more information, contact: Customer Service | Oncology Nursing Society | 412.859.6100 | customer.service@ons.org | www.ons.org**

Osteoporosis Month (National)

To raise awareness for osteoporosis and the steps to prevent it, the National Osteoporosis Foundation (NOF) celebrates National Osteoporosis Month each May. Through the month-long initiative, NOF works to raise awareness about the prevention, diagnosis, and treatment of osteoporosis and encourages the public to take action to build, maintain, and protect their bones at every life stage. **For more information, contact: Claire Gill | NOF | 202.721.6341 | claire.gill@nof.org | www.nof.org**

Stroke Awareness Month (National)

In 1987, the National Stroke Association initiated and received a Presidential Proclamation to annually celebrate National Stroke Awareness Month in May. The goal of the annual campaign is to raise public awareness about the full continuum of stroke by managing stroke risk factors, better understanding stroke symptom recognition and response, and improving the quality of life during stroke recovery for millions of stroke survivors in the United States. **For more information, contact: National Stroke Association | 303.754.0919 | info@stroke.org | www.stroke.org**

Stroke Month (American)

Every 40 seconds, someone in America has a stroke. It's the fourth leading cause of death in the United States and a leading cause of long-term disability, but stroke is also largely preventable, treatable, and beatable. American Stroke Month brings us together to end stroke by heightening public awareness of stroke warning signs and risk factors. **For more information, contact: Communications Department | American Stroke Association | 888.4STROKE (478.7653) | www.strokeassociation.org**

Teen Pregnancy Prevention Month (National)

Observed each May by states and communities throughout the country, National Teen Pregnancy Prevention Month seeks to involve communities in promoting and supporting effective teen pregnancy prevention initiatives. **For more information, contact: Suzette Brann | Advocates for Youth | 202.419.3420 | suzette@advocatesforyouth.org | www.advocatesforyouth.org**

Trauma Awareness Month (National)

Since 1988, National Trauma Awareness Month has raised awareness for the prevention of major injury trends throughout the United States. The American Trauma Society in collaboration with other trauma organizations, develop injury prevention and trauma awareness materials for use by its members in their communities. Each year, a new focus is designated that relates to injury prevention and raising trauma awareness. **For more information, contact: Ian Weston | American Trauma Society | 703.538.3544 | info@amtrauma.org | www.amtrauma.org**

Ultraviolet Awareness Month

Exposure to UV rays can burn delicate eye tissue and raise the risk of developing cataracts and cancers of the eye. Protecting your eyes from UV dangers and choosing the right sunglasses will be the topic of the month. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

May 1–18

Run a Mile Days (National)

National Run a Mile Days is a public outreach campaign with a mission to get more boys and girls excited about becoming more fit and healthy with running the mile as a starting point. The American Running Association (ARA) is seeking elementary and middle schools to host events where ARA provides free materials and guidance. **For more information, contact: Dave Watt | ARA | 301.913.9517 | miler@americanrunning.org | www.runamile.org**

May

May 4

Melanoma Monday

In 1995, the American Academy of Dermatology established the first Monday in May as Melanoma Monday to raise awareness about this potentially fatal type of skin cancer and to encourage Americans to practice sun-safe behaviors and examine their skin for suspicious moles and lesions. **For more information, contact: American Academy of Dermatology | www.spotskincancer.org**

May 4–10

Anxiety and Depression Awareness Week (National)

To raise awareness of the signs and symptoms of anxiety and depressive illnesses and to assist individuals in finding help, Freedom From Fear partners with organizations around the nation to hold events during National Anxiety and Depression Awareness Week. **For more information, contact: Freedom From Fear | 718.351.1717, ext. 19 | help@freedomfromfear.org | www.freedomfromfear.org**

May 6

School Nurse Day (National)

National School Nurse Day is a time to celebrate the specialty practice of school nursing. The National Association of School Nurses (NASN) applauds the contributions school nurses make every day to improve the safety, health, and academic success of all students. **For more information, contact: Margaret Cellucci | NASN | 240.247.1628 | mcellucci@nasn.org | www.nasn.org**

May 6–12

Nurses Week (National)

Held annually since 1820 during the week of Florence Nightingale's birthday, National Nurses Week was founded by the American Nurses Association to celebrate the critical work that nurses provide to improve healthcare delivery around the world. This is a time for all of us to reflect on the contributions nurses make to patients, families, and communities. **For more information, contact: Elise Swinehart | American Nurses Association | 301.628.5045 | elise.swinehart@ana.org | www.nursingworld.org/nationalnursesweek**

May 7

Children's Mental Health Awareness Day (National)

National Children's Mental Health Awareness Day is the Substance Abuse and Mental Health Services Administration's premier activity to raise awareness about the fact that positive mental health is essential to a child's healthy development from birth. **For more information, contact: Helen Mitternacht | Vanguard Communications / SAMHSA | awarenessday2014@vancomm.com | www.samhsa.gov/children**

May 10–16

Food Allergy Awareness Week

In 1998, the Food Allergy & Anaphylaxis Network, now FARE, created Food Allergy Awareness Week to educate the public about food allergies, a potentially life-threatening medical condition affecting 15 million Americans. **For more information, contact: FARE | 800.929.4040 | contactfare@foodallergy.org | www.foodallergy.org**

Nursing Home Week (National)

Skilled nursing, post-acute, and other care settings use National Nursing Home Week as a time to honor the residents / patients and their families for contributions to the community and recognize staff for their dedication to caring for seniors and persons with disabilities. **For more information, contact: Tom Burke | American Health Care Association | 202.898.2814 | tburke@ahca.org | www.nnhw.org**

Women's Health Week (National)

National Women's Health Week is an observance led by the US Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. National Women's Health Week also serves as a time to help women understand what it means to be well. It brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health and its importance. **For more information, contact: Office on Women's Health, US Department of Health and Human Services | www.womenshealth.gov/nwhw**

May

May 11-17

Stuttering Awareness Week (National)

National Stuttering Awareness Week is a special nationwide commitment to educate people about this complex disorder, to work toward the prevention of stuttering in children, to let people know that help is available, and to promote research into the causes of stuttering. **For more information, contact:**

Joan Warner | The Stuttering Foundation | 800.992.9392 | info@stutteringhelp.org | www.stutteringhelp.org

May 12

Fibromyalgia Awareness Day (National)

National Fibromyalgia Awareness Day seeks to help patients and organizations educate the general public, healthcare professionals, government officials, and legislative bodies. The National Fibromyalgia & Chronic Pain Association's (NFMCPA) annual Walk to CURE FM (Campaign for Understanding, Research and Education of Fibromyalgia) is the rally cry for fibromyalgia patients and supporters to make their collective voice heard. **For more information,**

contact: Jan Chambers | NFMCPA | info@fmcpcaware.org | www.fmcpcaware.org

ME / CFS Awareness Day

This day is for creating awareness and understanding of myalgic encephalomyelitis (ME), also known as chronic fatigue syndrome (CFS). Information on the nature of the disease and its impact on patients and society will be widely disseminated to the media, the public, healthcare professionals, and government officials. Fewer than 20 percent of Americans with this illness have been diagnosed, so the goal is to educate physicians to recognize it early and start appropriate treatments. **For more information, contact: Lori Chapo-Kroger | PANDORA Org | 231.360.6830 | info@pandoraorg.net | www.pandoraorg.net**

May 17-23

Hospital Week (National)

National Hospital Week, the nation's largest healthcare event, is a celebration of the history, technology, and dedicated professionals that make hospitals beacons of comfort and care. **For more information, contact: American Hospital Association | 312.422.3000 | www.nationalhospitalweek.com**

Medical Transcriptionist Week (National)

Medical transcriptionists / healthcare documentation specialists play a critical role in capturing and preserving America's health story. As guardians of data integrity, they are the clinician's partner to ensure an accurate, secure, and meaningful health record for patient care and safety. Healthcare documentation specialists chronicle the information-rich narrative that is the cornerstone in clinical decision-making and coordination of patient care. **For more information, contact: Association for Healthcare Documentation Integrity | 800.982.2182 | ahdi@ahdonline.org | www.ahdonline.org**

Neuroscience Nurses Week

Join the American Association of Neuroscience Nurses (AANN) in observing this special week, dedicated to those caring for the most vulnerable patients and families by engaging in recognition and celebratory activities at your institution. Neuroscience Nurses Week celebrates the work of neuroscience nurses and highlights their influence on patient care to hospital administrators, allied health professionals, and the community. Learn more at www.aann.org/nnw. **For more information, contact: Allison Begezda | AANN | 847.375.4733 | info@aann.org**

May 20

Autoimmune Arthritis Day (World)

World Autoimmune Arthritis Day was created as an online, virtual convention, aimed to bring global awareness to these diseases in an attempt to differentiate arthritis types and to promote education and understanding that may result in more research for this community. To accommodate all people, the "virtual doors" open May 19 at 6:00 a.m. and close May 21 at 5:00 a.m. Eastern. **For more information, contact: Tiffany Westrich | International Foundation for Autoimmune Arthritis | 877.609.4226 | info@ifautoimmunearthritis.org | www.worldautoimmunearthritisday.org**

May 25

Missing Children's Day (National)

National Missing Children's Day is designed to create awareness of the plight of missing, abducted, and runaway children through media outreach, including newspaper, radio, television, and school programs. On this date, partners across the nation run awareness ads with photos of missing children and educational information provided by Child Find of America. **For more information, contact: Child Find of America | 845.883.6060 | information@childfindofamerica.org | www.childfindofamerica.org**



May

May 27

Senior Health and Fitness Day (National)

National Senior Health and Fitness Day is the nation's largest health promotion event for older adults. It is always held the last Wednesday in May as part of Older Americans Month and Physical Fitness and Sports Month celebrations. Organizations interested in participating must register to legally use the event name and logo, which are federal trademarks. **For more information, contact: Gary Ford | Mature Market Resource Center | 800.828.8225 | gford@fitnessday.com | www.fitnessday.com**

May 31–June 6

Community Health Improvement Week

Community Health Improvement Week is a national recognition event to raise awareness and increase understanding of community health improvement activities and celebrate the people who lead the initiatives. Established by the Association for Community Health Improvement (ACHI), the week is an opportunity for community health professionals, organizations, and coalitions to celebrate successes both within organizations and the community. **For more information, contact: ACHI | 312.422.2193 | communityhth@aha.org | www.healthycommunities.org**



Foxgloves

Foxgloves fall under the classification of 20 species of herbaceous perennials called digitalis. The term digitalis is also used for drug preparations that contain cardiac glycosides, particularly one called digoxin, extracted from various plants of this genus. Digoxin is used to treat congestive heart failure and the associated symptom of shortness of breath.

June

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June

At-a-Glance

Month-long observances

Aphasia Awareness Month (National)
Cataract Awareness Month
Hernia Awareness Month
Men's Health Month
Migraine and Headache Awareness Month (National)
Scleroderma Awareness Month

Week-long observances

1–7 Sun Safety Week (National)
8–12 Vascular Nursing Week
11–18 Nursing Assistants Week (National)
15–19 Healthcare Risk Management Week
15–21 Men's Health Week (National)

Recognition days | events

2 Health Care Recruiter Recognition Day (National)
7 Cancer Survivors Day (National)



Migraine and Headache Awareness Month (National)

More than 37 million Americans have been diagnosed with migraine. Although 47 percent of the adult population experiences headache annually, these disorders are poorly recognized and inadequately treated. This is why the National Headache Foundation is standing up to “show purple” throughout June. We challenge everyone else to stand up with us, let people with migraine know they are not alone, and show unity and strength as we move forward together. **For more information, contact: Mary Franklin | National Headache Foundation | 312.274.2653 | mfranklin@headaches.org | www.headaches.org**

Scleroderma Awareness Month

For more than 20 years, the Scleroderma Foundation, its chapters, and support groups have recognized June as Scleroderma Awareness Month, marking it with annual awareness and fundraising events, as well as obtaining presidential, state, and local proclamations. The Scleroderma Foundation has joined the Federation of European Scleroderma Associations (FESCA) and other international scleroderma organizations in recognizing June 29 as World Scleroderma Awareness Day. **For more information, contact: Christina Relacion | Scleroderma Foundation | 800.722.4673 | crelacion@scleroderma.org | www.scleroderma.org**

June 1–30

Aphasia Awareness Month (National)

Aphasia is an acquired communication disorder that impairs a person's ability to process language but does not affect intelligence. Aphasia impairs the ability to speak and understand others, and most people with aphasia experience difficulty reading and writing. National Aphasia Awareness Month seeks to raise awareness of this common but little-known disorder. **For more information, contact: National Aphasia Association | 800.922.4622 | naa@aphasia.org | www.aphasia.org**

Cataract Awareness Month

Cataracts are the leading cause of blindness in the world. There are close to 22.3 million Americans age 40 and older with cataracts. More than half of all Americans will have cataracts by age 80. Prevent Blindness America will offer tips about prevention and information about surgery. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

Hernia Awareness Month

Each year, approximately 750,000 Americans seek treatment for a hernia, yet experts believe that hundreds of thousands more choose to suffer in silence primarily because they fear surgery. The Hernia Resource Center focuses on providing the public with information about the latest available hernia treatments. **For more information, contact: Hernia Resource Center | 800.HERNIAS (437.6427) | info@herniainfo.com | www.herniainfo.com**

Men's Health Month

Anchored by National Men's Health Week (June 15–21), a special awareness period passed by Congress and signed into law by President Bill Clinton on May 31, 1994, Men's Health Month is celebrated across the country with screenings, health fairs, media appearances, and other health education and outreach activities. **For more information, contact: Men's Health Network | 202.543.6461, ext. 101 | mhw@menshealthweek.org | www.menshealthmonth.org**

June 1–7

Sun Safety Week (National)

The Center for Skin Cancer Prevention is dedicated to reducing the incidence of skin cancer and creating national awareness of this important health issue in America. The Center believes that a concerted focus on skin cancer prevention, education, and awareness is the only way to change generations of behavior and lifestyles. **For more information, contact: Skylar Jackson | Entertainment Industries Council | 703.481.1414 | sjackson@eiconline.org | www.eicnetwork.tv**

June 2

Health Care Recruiter Recognition Day (National)

National Health Care Recruiter Recognition Day, which always falls on the first Tuesday in June, is a great way to promote the profession and contribution healthcare recruiters make to their organizations every day. **For more information, contact: National Association for Health Care Recruitment | nahcr@goamp.com | www.nahcr.com**

June



June 7

Cancer Survivors Day (National)

National Cancer Survivors Day (NCSD) is a treasured annual celebration of life that is held in hundreds of communities. Participants unite in a symbolic event to show the world that life after a cancer diagnosis can be meaningful and productive. In most areas, NCSD is traditionally observed on the first Sunday in June, although this is not always possible because of scheduling conflicts and time differences. In 2015, NCSD is celebrating its 28th year. **For more information, contact: Paula Chadwell | National Cancer Survivors Day Foundation | 615.794.3006 | info@ncsd.org | www.ncsd.org**

June 8–12

Vascular Nursing Week

The Society for Vascular Nursing (SVN) recognizes the second week in June as Vascular Nursing Week. Peripheral artery disease affects about eight million Americans. SVN would like to thank its members who are dedicated to promoting excellence in the compassionate and comprehensive management of persons with vascular disease. Join us at www.svnnet.org to become an essential part of our mission. **For more information, contact: SVN | 414.376.0001 | info@svnnet.org | www.svnnet.org**

June 11–18

Nursing Assistants Week (National)

National Career Nurse Assistants Week (NAW) begins on Career Nursing Assistants Day to recognize contributions of nursing assistants and other direct care workers who provide daily care in nursing homes, home care, and other long-term care settings. Projects developed for NAW are designed to continue throughout the year to address issues of care and caring. **For more information, contact: National Network of Career Nursing Assistants | cnajeni@aol.com | www.cna-network.org**

June 15–19

Healthcare Risk Management Week

Every year, the American Society for Healthcare Risk Management (ASHRM) celebrates their profession during the annual June event, Healthcare Risk Management (HRM) Week. This special time of year helps raise awareness about the value that risk managers bring to their organizations. ASHRM develops tools, materials, resources, and more to assist those organizations who wish to participate in HRM Week and celebrate within their own organizations. A special HRM Week webinar is also offered as a lunch-and-learn event. **For more information, contact: ASHRM | 312.422.3986 | ashrm@aha.org | www.ashrm.org**

June 15–21

Men's Health Week (National)

The purpose of National Men's Health Week is to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This week in Men's Health Month provides an opportunity for healthcare providers, public policymakers, the media, and individuals to encourage men and boys to seek regular medical advice and early treatment for disease and injury. This same week is now celebrated around the globe as International Men's Health Week. **For more information, contact: Men's Health Network | 202.543.6461, ext. 101 | mhw@menshealthweek.org | www.menshealthweek.org**



Aloe

There are as many benefits as there are medicinal uses of aloe vera. The gel that is found on the inside of this plant is cooling and soothing for burns, cuts, stings, bruises, and rashes to welts, itching, blisters, infections, and abrasions.

July

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July

At-a-Glance

Month-long observances

Cord Blood Awareness Month
Fireworks Safety Month
Juvenile Arthritis Awareness Month
Minority Mental Health Awareness Month (National)

Recognition days | events

28 Hepatitis Day (World)

July 1–31

Cord Blood Awareness Month

Cord Blood Awareness Month was created to raise public awareness and education about the opportunity at birth to save stem cells from the leftover blood in the baby's umbilical cord. Birth is a one-time opportunity to harvest one of the richest sources of stem cells in the human body. Parent's Guide to Cord Blood Foundation provides balanced educational materials about all options, for both parents and medical professionals. **For more information, contact: Parent's Guide to Cord Blood Foundation | info@parentsguidecordblood.org | <http://parentsguidecordblood.org>**

Fireworks Safety Month

Activities during this period will alert parents and children to the dangers of playing with fireworks. Prevent Blindness America will offer safer ways to celebrate the Fourth of July. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

Juvenile Arthritis Awareness Month

Juvenile arthritis affects nearly 300,000 children in the United States. Juvenile Arthritis Awareness Month spotlights juvenile arthritis to educate the public about the seriousness of arthritis in kids and its impact on the lives of children, teens, and families. **For more information, contact: Arthritis Foundation | 404.872.7100 | help@arthritis.org | www.arthritis.org**

Minority Mental Health Awareness Month (National)

This is a month dedicated to providing support and resources while raising awareness for minority groups living with mental illness. The US House of Representatives proclaimed July as Bebe Moore Campbell National Minority Mental Health Awareness Month in 2008, aiming to improve access to mental health treatment and services for multicultural communities through increased public awareness. **For more information, contact: Maria Jose Carrasco | National Alliance on Mental Illness | 703.312.7883 | majose@nami.org | www.nami.org**

July 28

Hepatitis Day (World)

World Hepatitis Day is observed on July 28 every year to raise awareness of viral hepatitis and to encourage prevention and treatment. **For more information, contact: Communications Department | American Liver Foundation | 212.668.1000 | pkuchaculla@liverfoundation.org | www.liverfoundation.org**



Thyme

Down through the centuries it has been used for various ailments, from depression to epileptic seizures. In recent years it has been prescribed by herbalists for intestinal worms, gastrointestinal ailments, bronchial problems, menstrual cramps, the common cold, and laryngitis.

Thyme has antiseptic qualities that make it useful as a mouthwash to help combat tooth decay.

August

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August

At-a-Glance

Month-long observances

Cataract Awareness Month
Children's Eye Health and Safety Month
Neurosurgery Outreach Month
Psoriasis Awareness Month
Spinal Muscular Atrophy Awareness Month

Week-long observances

9–15 Health Center Week (National)

Recognition days | events

4 KidsDay (National)
23 Health Unit Coordinator Day



August 1–31

Cataract Awareness Month

Cataracts are a common cause of vision loss, especially as we age, but they are treatable. The American Academy of Ophthalmology (AAO) now recommends that adults with no signs or risk factors for eye disease get a baseline eye disease screening at age 40, the time when early signs of disease and changes in vision may start to occur. **For more information, contact: Communications Division | American Academy of Ophthalmology | 415.447.0258 | eyemd@aao.org | www.geteyesmart.org**

Children's Eye Health and Safety Month

Featured this month will be information about amblyopia, a condition that can affect two to three percent of children and cause permanent vision loss. Also provided will be tips about preventing eye injuries in children, signs of possible eye problems, and general eye health. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

Neurosurgery Outreach Month

Neurosurgeons are medical specialists who diagnose and treat disorders of the entire nervous system. They operate on the brain but also spend a large part of their time helping patients with back and neck problems, providing surgical and nonsurgical care. Neurosurgeons are leaders in diagnosing and treating head and neck injuries, including traumatic brain injuries and concussions. The focus of this year's campaign is on patient safety and the vital role neurosurgical practitioners play in ensuring that safety. **For more information, contact: Department of Member and Public Outreach | American Association of Neurological Surgeons | 847.378.0500 | www.aans.org**

Psoriasis Awareness Month

Each August, the National Psoriasis Foundation sponsors Psoriasis Awareness Month, dedicated to raising awareness about psoriasis, educating the public, and dispelling myths about the disease. Psoriasis is the most common autoimmune disease in the country, affecting 7.5 million Americans. It appears on the skin, often as red, scaly patches that itch, crack, and bleed. Up to 30 percent of people with psoriasis develop psoriatic arthritis, an inflammatory joint and tendon disease. **For more information, contact: National Psoriasis Foundation | 800.723.9166 | getinfo@psoriasis.org | www.psoriasis.org**

Spinal Muscular Atrophy Awareness Month

Families of Spinal Muscular Atrophy (SMA) is dedicated to finding a treatment and cure by funding and advancing a comprehensive research program; supporting SMA families through networking, information, and services; improving care for all SMA patients; educating health professionals and the public about SMA; enlisting government support for SMA; and embracing all touched by SMA in a caring community. **For more information, contact: Colleen McCarthy O'Toole | Families of Spinal Muscular Atrophy | 800.886.1762 | info@fsma.org | www.curesma.org**

August 4

KidsDay (National)

National KidsDay was created in 1994 by KidsPeace to encourage adults to spend more meaningful time with their children. The mission is to encourage the nation's adults—parents, grandparents, relatives, neighbors, teachers, and other caregivers—to spend more meaningful time with America's children. In this way, we can build a nation of strong, resilient, happy children who know that they are loved by caring adults and can enjoy just being kids. **For more information, contact: Bevin Theodore | KidsPeace | 610.799.7797 | bevin.theodore@kidspeace.org | www.kidspeace.org**

August 9–15

Health Center Week (National)

The second full week of August each year is dedicated to recognizing the service and contributions of community, migrant, homeless, and public housing health centers in providing access to affordable, high-quality, cost-effective healthcare to medically vulnerable and underserved people. **For more information, contact: National Association of Community Health Centers | grassroots@nachc.com | www.healthcenterweek.org**

August 23

Health Unit Coordinator Day

Each year since 1980, August 23 has been declared Health Unit Coordinator Day by many mayors and governors nationwide. The National Association of Health Unit Coordinators (NAHUC), Inc., is dedicated to promoting health unit coordinating as a profession through education, certification, and compliance with the NAHUC standards of practice, standards of education, and code of ethics. **For more information, contact: NAHUC | 815.633.4351 | office@nahuc.org | www.nahuc.org**





Turmeric

Protects the liver and prostate from toxins. It aids in digestion protecting from gastric acid, indigestion, and candida albicans. Turmeric is also an antiinflammatory and is effective for treating arthritis and tendinitis. Turmeric is also highly effective in reducing excessive cholesterol.

September

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September

At-a-Glance

Month-long observances

Baby Safety Month
Blood Cancer Awareness Month
Cholesterol Education Month (National)
Craniofacial Acceptance Month
Gynecologic Cancer Awareness Month
Healthy Aging Month
Pain Awareness Month
Prostate Cancer Awareness Month
Prostate Health Awareness Month
Reye's Syndrome Awareness Month
Sports Eye Safety Month
Thyroid Cancer Awareness Month

Week-long observances

6–12 Suicide Prevention Week (National)
13–19 Child Passenger Safety Week
13–19 Environmental Services and Housekeeping Week
13–19 Hearing Aid Awareness Week
13–19 Nephrology Nurses Week
20–26 Farm Safety and Health Week (National)
20–26 Nursing Professional Development Week
20–26 Surgical Technologist Week (National)
27–10/3 Gerontological Nursing Week

Recognition days | events

10 Youth Suicide Prevention Day (National)
13 Grandparents Day (National)
15 Neonatal Nurses Day (National)
16 School Backpack Awareness Day (National)
19 Seat Check Saturday (National)
26 Family Health and Fitness Day—USA
30 Women's Health and Fitness Day (National)



Cholesterol Education Month (National)

All adults should have their cholesterol measured, learn their cholesterol numbers and their risk for heart disease, and follow a heart-healthy lifestyle to lower their risk for disease. **For more information, contact: Health Information Center | National Heart, Lung and Blood Institute | 301.592.8573 | nhlbiinfo@nhlbi.nih.gov | www.nhlbi.nih.gov**

Craniofacial Acceptance Month

Each year, Children's Craniofacial Association (CCA) families, friends, volunteers, and related support groups band together to widen the circle of acceptance. The goal is to get people to see that "beyond the face is a heart." **For more information, contact: Annie Reeves | CCA | 214.570.9099 | areeves@ccakids.com | www.ccakids.org**

Gynecologic Cancer Awareness Month

During Gynecologic Cancer Awareness Month, the Foundation for Women's Cancer promotes awareness about the risks, prevention, early detection, and optimal treatment of gynecologic cancers, including cervical cancer, endometrial or uterine cancer, and ovarian cancer. We urge women who suspect or have been diagnosed with a gynecologic cancer to seek care first from a gynecologic oncologist. **For more information, contact: Marsha Wilson | Foundation for Women's Cancer | 312.578.1439 | info@foundationforwomenscancer.org | www.foundationforwomenscancer.org**

Healthy Aging Month

Healthy Aging Month is an annual observance focusing national attention on the positive aspects of growing older. The main objective of the month is to encourage local wellness events that promote taking personal responsibility for one's health—physically, socially, mentally, and financially. **For more information, contact: Information Specialist | Healthy Aging | 610.793.0979 | info@healthyaging.net | www.healthyaging.net**

Pain Awareness Month

Pain Awareness Month is a time when various organizations work to raise public awareness of issues in the area of pain and pain management. The first Pain Awareness Month was in 2001, when the American Chronic Pain Association (ACPA) led a coalition of groups to establish September as Pain Awareness Month. ACPA established Partners for Understanding Pain, and 80 organizations—both healthcare professionals and consumer groups—support the effort. **For more information, contact: Penney Cowan | ACPA | 800.533.3231 | acpa@theacpa.org | http://theacpa.org/Pain-Awareness**

September 1–30

Baby Safety Month

September is Baby Safety Month, sponsored annually by the Juvenile Products Manufacturers Association (JPMA). JPMA helps educate parents and caregivers on the importance of safely using juvenile products such as car seats, cribs, and other baby gear. **For more information, contact: Juvenile Products Manufacturers Association | jpma@jpma.org | www.babysafetymonth.org**

Blood Cancer Awareness Month

The Leukemia & Lymphoma Society (LLS) is leading the way in funding research to advance breakthrough therapies and ensure access to treatments for blood cancers and improve the quality of life for patients and their families. Blood Cancer Awareness Month presents the opportunity to educate people about the need for finding cures and creating access to treatments for all types of blood cancers. **For more information, contact: Information Resource Center | LLS | 800.955.4572 | infocenter@lls.org | www.lls.org**



September

September 1–30

Prostate Cancer Awareness Month

The Prostate Conditions Education Council organizes hundreds of free or low-cost screening events across the nation and, now, worldwide. As a result of its efforts, nearly five million men have received early detection screenings for prostate cancer and other prostate conditions. Many of its screening sites offer screening not only for PSA and DRE, but other men's health issues. **For more information, contact: Prostate Conditions Education Council | 303.999.2574 | renee.savickas@prostateconditions.org | www.prostateconditions.org**

Prostate Health Awareness Month

Prostate Health Month seeks to increase public awareness of the importance of prostate health and encourage communities to provide easily accessible prostate health screenings. Educating about risk factors and symptoms of prostate-related diseases (enlarged prostate, cancer, and prostatitis) as well as advocating for further research on prostate health issues are also encouraged. **For more information, contact: Urology Care Foundation | 800.828.7866 | info@urologycafoundation.org | www.urologyhealth.org**

Reye's Syndrome Awareness Month

Reye's Syndrome awareness and education packages are available for free from www.reyessyndrome.org/schools.html. Reye's Syndrome, a deadly disease, strikes swiftly and can attack any child, teen, or adult without warning. While the cause and cure remain unknown, research has established a link between Reye's Syndrome and the use of aspirin and other salicylate containing medications and over the counter products. Remember: Kids and aspirin don't mix! **For more information, contact: National Reye's Syndrome Foundation | 800.233.7393 | nrsf@reyessyndrome.org | www.reyessyndrome.org**

Sports Eye Safety Month

There are thousands of eye injuries a year related to sports. Check out tips on how to protect yourself and your children. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

Thyroid Cancer Awareness Month

Thyroid Cancer Awareness Month is sponsored by ThyCa: Thyroid Cancer Survivors' Association to educate the public about thyroid cancer, a cancer that has increased in incidence. The event focuses on the importance of early detection, treatment, lifelong monitoring, and the resources available for people with thyroid cancer and their families. **For more information, contact: Publications Department | ThyCa: Thyroid Cancer Survivors' Association, Inc. | 877.588.7904 | thyca@thyca.org | www.thyca.org**

September 6–12

Suicide Prevention Week (National)

Suicide is a major public health concern. Suicide claims over 38,000 lives in the United States each year. Suicide and suicidal behavior affects individuals of all ages, genders, races, and religions. **For more information, contact: American Association of Suicidology | 202.237.2280 | info@suicidology.org | www.suicidology.org**

September 10

Youth Suicide Prevention Day (National)

Following the most recent data available (2010), suicide was the third leading cause of death for 15- to 24-year-olds. In 2010, 4,600 15- to 24-year-olds died by suicide. **For more information, contact: National Center for the Prevention of Youth Suicide | 202.237.2280 | ajkulp@suicidology.org | www.preventyouthsuicide.org**

September 13

Grandparents Day (National)

National Grandparents Day falls on the first Sunday after Labor Day every year. It was founded for the purpose of enhancing the bond of love between grandparents and grandchildren and heightening awareness of the needs of the elderly in nursing homes. The Forget-Me-Not program encourages classrooms to "adopt" residents of nursing homes and bring them entertainment on Grandparents Day. The motto of the holiday is "Make Every Day Grandparents Day!" **For more information, contact: National Grandparents Council | 619.585.8259 | djm@grandparents-day.com | www.grandparents-day.com**

September

September 13–19

Child Passenger Safety Week

Every year, thousands of children are tragically injured or killed in vehicle crashes. It is a leading cause of death for children ages 1 to 13. Child Passenger Safety Week focuses on keeping America's children safer on the road. September 19 marks National Seat Check Saturday, a day when communities nationwide offer free car seat checks by certified child passenger safety technicians. **For more information, contact: Elizabeth Graziosi | National Highway Traffic Safety Administration | 202.366.3587 | elizabeth.graziosi@dot.gov | www.trafficsafetymarketing.gov**

Environmental Services and Housekeeping Week

As consumers of healthcare, we all depend on the critical yet unsung role environmental services plays in the continuum of care. The Association for the Healthcare Environment (AHE) invites you to join environmental services professionals nationally and internationally September 13–19 to acknowledge and celebrate the remarkable environmental services teams in all healthcare facilities around the world. **For more information, contact: Patti Costello | AHE | 312.422.3860 | ahe@aha.org | www.ahe.org**

Hearing Aid Awareness Week

Insufficient consumer awareness of state-of-the-art hearing instrument technology and a general tendency to deny the presence of a hearing problem motivated the International Hearing Society (IHS) to dedicate an entire week to public education about the hearing help available to those in need. Hearing Aid Awareness week started in 1995 and is celebrated nationally. **For more information, contact: Kara Nacarato | IHS | 734.522.7200 | interact@ihinfo.org | www.ihinfo.org**

Nephrology Nurses Week

In honor of the dedicated nephrology nurses who care for patients with kidney disease, the American Nephrology Nurses' Association (ANNA) has designated the second full week in September each year as Nephrology Nurses Week. Employers and others are encouraged to take this opportunity to recognize and reward nephrology nurses for their work and dedication. **For more information, contact: ANNA | 888.600.2662 | anna@ajj.com | www.annanurse.org**

September 15

Neonatal Nurses Day (National)

National Neonatal Nurses Day is celebrated every September 15. The day was established in 2000 by the National Association of Neonatal Nurses (NANN). On this day, members of the neonatal community honor nurse colleagues and show their pride in being a neonatal nurse. NANN would like to recognize all neonatal nurses for the life-long impact they have on neonates and their families. **For more information, contact: Emily Petraglia | NANN | epetraglia@nann.org | www.nann.org**

September 16

School Backpack Awareness Day (National)

How much does your child's backpack weigh? Chances are, it's more than the recommended 10% of his or her body weight. Occupational therapists, occupational therapy assistants, and students teach others how to properly choose, pack, lift, and carry various types of bags—including backpacks, purses, briefcases, and suitcases—to prevent pain and injury. **For more information, contact: Katie Riley, Media Relations | American Occupational Therapy Association | 301.652.6611 | kriley@aota.org | www.aota.org**

September 19

Seat Check Saturday (National)

On Saturday, September 19, communities nationwide will offer free car seat checks. Stop by a local event to have a certified child passenger safety technician check your child's safety seat to ensure it's properly installed and get tips on how to secure your child in the seat for optimal protection. **For more information, contact: National Highway Traffic Safety Administration | 202.366.3587 | elizabeth.graziosi@dot.gov | www.trafficsafetymarketing.gov**

September



September 20–26

Farm Safety and Health Week (National)

Every sitting US president since Franklin D. Roosevelt has signed a proclamation recognizing the importance of keeping our nation's production agricultural workers safe and healthy. Agriculture consistently ranks in the top three industries for work-related injuries and death but employs about two percent of the nation's workforce. The third full week in September is National Farm Safety and Health Week and focuses on protecting farm workers and their families. **For more information, contact: Gloria Reiter | National Education Center for Agricultural Safety | 563.557.0354 | halvsc@nicc.edu | www.necasag.org**

Nursing Professional Development Week

This week advances the specialty practice of nursing staff development for the enhancement of high-quality healthcare outcomes. **For more information, contact: Association for Nursing Professional Development | 312.321.5135 | info@anpd.org | www.anpd.org**

Surgical Technologist Week (National)

National Surgical Technologist Week is an opportunity to promote the profession and educate the community about the vital role that surgical technologists serve in the operating room. **For more information, contact: AST Membership Services Department | Association of Surgical Technologists | 800.637.7433 | memserv@ast.org | www.ast.org**

September 26

Family Health and Fitness Day—USA

Family Health and Fitness Day—USA is the nation's largest family health promotion event. Now in its 19th year, the event is always held on the last Saturday in September. Thousands of families will participate in local health and wellness events hosted by more than 600 organizations across the country on the same day. Organizations interested in participating must register to legally use the event name and logo, which are federal trademarks. **For more information, contact: Gary Ford | Health Information Resource Center | 800.828.8225 | gford@fitnessday.com | www.fitnessday.com**

September 27–October 3

Gerontological Nursing Week

This week advances the specialty practice of gerontological nursing to improve the care and well-being of older adults. **For more information, contact: Brian Doty | National Gerontological Nursing Association | 800.723.0560 | info@ngna.org | www.ngna.org**

September 30

Women's Health and Fitness Day (National)

National Women's Health and Fitness Day is the nation's largest women's health and wellness event, always held the last Wednesday in September. More than 800 organizations will host local women's health events—with more than 80,000 women of all ages attending these events across the country on the same day. Organizations interested in participating must register to legally use the event name and logo, which are federal trademarks. **For more information, contact: Pat Henze | Health Information Resource Center | 800.828.8225 | phenze@fitnessday.com | www.fitnessday.com**



Evening Primrose

Also known as “king’s cure-all,” evening primrose has been used by Native Americans. Its uses range from aiding coughs and gastrointestinal complaints to wound healing. It also has shown promise in alleviating pain and as a sedative.

October

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October

At-a-Glance

Month-long observances

Breast Cancer Awareness Month (National)
Chiropractic Health Month (National)
Dental Hygiene Month (National)
Disability Employment Awareness Month (National)
Domestic Violence Awareness Month
Eye Injury Prevention Month
Health Literacy Month
Home Eye Safety Month
Medical Librarians Month (National)
Medical Ultrasound Awareness Month
Patient-Centered Care Awareness Month
Pharmacists Month (American)
Physical Therapy Month (National)
SIDS, Pregnancy and Infant Loss Awareness Month
Talk About Your Medicines Month

Week-long observances

4–10 Fire Prevention Week
4–10 Healthcare Supply Chain Week (National)
4–10 Mental Illness Awareness Week
4–10 Midwifery Week (National)
4–10 Nuclear Medicine and Molecular Imaging Week
5–11 Healthcare Foodservice Workers Week
6–12 Physician Assistants Week
11–17 Case Management Week (National)
11–17 Central Service Week
11–17 Emergency Nurses Week
12–17 Dialysis Technician Recognition Week (National)
18–24 Healthcare Quality Week (National)
18–24 Hospital and Health-System Pharmacy Week (National)
18–24 Infection Prevention Week (International)
19–23 Medical Assistants Recognition Week
19–23 Nuclear Science Week (National)
23–31 Red Ribbon Week (National)
25–31 Health Care Facilities and Engineering Week (National)
25–31 Pastoral Care Week
25–31 Respiratory Care Week (National)

Recognition days | events

9 Depression Screening Day (National)
11–14 SHSMD Connections Annual Conference
12 Arthritis Day (World)
14 Stop America's Violence Everywhere (SAVE) Today
22 Stuttering Awareness Day (International)
26 Lock Your Meds Day
28 Lung Health Day
29 Psoriasis Day (World)



October 1–31

Breast Cancer Awareness Month (National)

National Breast Cancer Awareness Month increases awareness of breast cancer issues, including early detection, and encourages women to take charge of their own breast health by practicing regular breast self-exams, scheduling annual mammograms, adhering to prescribed treatment, and knowing the facts about recurrence. **For more information, contact: National Breast Cancer Foundation, Inc. | www.nationalbreastcancer.org/breast-cancer-awareness-month**

Chiropractic Health Month (National)

National Chiropractic Health Month is a nationwide campaign held each October to educate consumers about the many benefits of chiropractic care and to position doctors of chiropractic as wellness experts. This year's theme is "Conservative Care First!" and doctors of chiropractic will share information with the public about chiropractic's conservative approach and why it is especially relevant in today's healthcare system. **For more information, contact: Communications Department | American Chiropractic Association | 703.276.8800 | communications@acatoday.org | www.acatoday.org**

Dental Hygiene Month (National)

The purpose of National Dental Hygiene Month is to increase public awareness about the importance of preventive services in maintaining good oral hygiene and to encourage others to develop and continue with a daily oral health routine. **For more information, contact: Communications Division | American Dental Hygienists' Association | 312.440.8900 | media@adha.net | www.adha.org**

Disability Employment Awareness Month (National)

National Disability Employment Awareness Month is an opportunity to highlight the skills and talents of workers with disabilities. Each year, the US Department of Labor announces a theme that communities across the nation adopt to issue proclamations, hold job fairs, and create public announcements. **For more information, contact: Policy Communication & Outreach | Office of Disability Employment Policy | 202.693.7880 | dunlap.carol@dol.gov | www.dol.gov/odep**

Domestic Violence Awareness Month

Domestic Violence Awareness Month (DVAM) evolved from the "Day of Unity" held in October 1981. The purpose of DVAM is threefold: mourning those who have died because of domestic violence, celebrating those who have survived, and connecting those who work to end violence. **For more information, contact: Domestic Violence Awareness Project | National Resource Center on Domestic Violence | 800.537.2238 | nrcdvt@nrcdv.org | www.nrcdv.org/dvam**



October



October 1–31

Eye Injury Prevention Month

Annually, 2.5 million Americans suffer eye injuries, and more than 52 percent of all injuries take place at home. Accidental eye injury is the leading cause of visual impairment, and 90 percent of these injuries could be prevented if individuals wore protective eyewear with “ANSI Z87.1” marked on the frame or lens. **For more information, contact: Communications Division | American Academy of Ophthalmology | 415.447.0258 | eyemd@aao.org | www.geteyesmart.org**

Health Literacy Month

Health Literacy Month is a time for organizations and individuals to promote the importance of understandable health information. This annual, worldwide, awareness-raising event has been going strong since 1999. The theme for Health Literacy Month 2015 is “Be a Health Literacy Hero.” It’s about taking action and finding ways to improve health communication. Learn more at www.healthliteracymonth.org. **For more information, contact: Helen Osborne | Health Literacy Consulting | helen@healthliteracy.com**

Home Eye Safety Month

Approximately half of all eye injuries occur in or around the home. Information will be provided on how to keep the eyes safe while at home. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

Medical Librarians Month (National)

The Medical Library Association (MLA) created the National Medical Librarians Month observance to raise awareness of the important role of the health sciences information professional. Patients and those in the healthcare community need the specialized services that medical librarians provide now more than ever before. **For more information, contact: Tomi Gunn | MLA | 312.419.9094 | info@mlahq.org | www.mlanet.org**

Medical Ultrasound Awareness Month

To increase the public’s knowledge about medical ultrasound and promote its value in healthcare, the Society of Diagnostic Medical Sonography (SDMS), with the American Institute of Ultrasound in Medicine, American Registry for Diagnostic Medical Sonography, American Society of Echocardiography, Cardiovascular Credentialing International, and Society for Vascular Ultrasound, are sponsoring Medical Ultrasound Awareness Month. The goal of Medical Ultrasound Awareness Month is to familiarize and educate the public about medical ultrasound through specially planned activities and educational materials. **For more information, contact: Communications Department | SDMS | 800.22.9506 | communications@sdms.org | www.sdms.org**

Patient-Centered Care Awareness Month

Patient-Centered Care Awareness Month is a global awareness-building campaign that occurs every October to commemorate the progress that has been made toward making patient-centered care a reality and to build momentum for further progress through education and collaboration. Hospitals and healthcare organizations around the world are encouraged to celebrate by making a commitment to develop more compassionate care practices and by publicly proclaiming to their patients and communities their commitment to patient-centered partnerships. **For more information, contact: Sara Guastello or Marie Sullivan | Planetree | 203.732.1365 | sguastello@planetree.org | www.planetree.org**

Pharmacists Month (American)

American Pharmacists Month is a time to recognize pharmacists for the vital contributions they make to healthcare in the United States as medication experts and as integral parts of the healthcare team. It also aims to educate the public, policymakers, and other healthcare professionals about the key role pharmacists play in the reduction of overall healthcare costs and the safe and effective management of medications. **For more information, contact: American Pharmacists Association | 202.628.4410 | aphm@aphanet.org | www.pharmacist.com/aphm**

Physical Therapy Month (National)

National Physical Therapy Month (NPTM) is hosted by the American Physical Therapy Association (APTA) each October to recognize how physical therapists and physical therapist assistants can help transform society by restoring and improving motion in people’s lives. **For more information, contact: Jennifer Rondon | APTA | 703.706.3216 | jenniferrondon@apta.org | www.moveforwardpt.com**

SIDS, Pregnancy and Infant Loss Awareness Month

During this month, take time to acknowledge the families that have been affected by SIDS, stillbirth, and sudden unexpected infant death (SUID). First Candle focuses on continuing our mission to provide education, research, advocacy, and training to ensure every baby survives and thrives to his / her first birthday and beyond. **For more information, contact: First Candle | 443.640.1049 | info@firstcandle.org | www.firstcandle.org**

Talk About Your Medicines Month

October 2015 will be the National Council on Patient Information and Education’s (NCPIE’s) 30th annual Talk About Your Medicines (previously Talk About Prescriptions) Month observance. Talk About Your Medicines Month highlights the important role that high quality communication between the healthcare provider and the patient can play in promoting safe and appropriate medicine use, improved medication adherence, and better health outcomes. **For more information, contact: Deborah Davidson | NCPIE | 301.340.3940 | ddavidson@ncpie.info | www.talkaboutrx.org**

October



October 4–10

Fire Prevention Week

The National Fire Protection Association (NFPA) has been the official sponsor of Fire Prevention Week since 1922. According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. The President of the United States has signed a proclamation proclaiming a national observance during that week every year since 1925. Visit www.firepreventionweek.org for more safety information. **For more information, contact: NFPA | 617.770.3000 or 800.344.3555 | custserv@nfpa.org**

Healthcare Supply Chain Week (National)

National Healthcare Supply Chain Week (SC Week) is an opportunity to recognize and honor supply chain professionals and departments for their exceptional contributions in delivering high-quality patient care throughout the healthcare industry. **For more information, contact: Association for Healthcare Resource & Materials Management (AHRMM) | 312.422.3840 | ahrmm@aha.org | www.ahrmm.org/scweek**

Mental Illness Awareness Week

Held each year during the first full week of October, Mental Illness Awareness Week consists of grassroots observances to promote broader public awareness and understanding of mental illness, eliminate stigma, and offer support for treatment and recovery. Local events are diverse, including NAMI Walks, candlelight vigils, presentations, and films. It is a good time for media to run stories about depression, bipolar disorder, schizophrenia, and other conditions as well as the experiences of individuals and families. **For more information, contact: Bob Carolla | National Alliance on Mental Illness (NAMI) | 703.524.7600 | bobc@nami.org | www.nami.org/miaw**

Midwifery Week (National)

National Midwifery Week is a time for midwives and the women they serve to celebrate midwives' contributions to women's healthcare, including pregnancy, childbirth, and gynecologic and reproductive health. **For more information, contact: American College of Nurse-Midwives | 240.485.1800 | info@acnm.org | www.ourmomentoftruth.com**

Nuclear Medicine and Molecular Imaging Week

Each year, the Society of Nuclear Medicine and Molecular Imaging (SNMMI) and SNMMI-TS join forces with the nuclear medicine and molecular imaging community to gain recognition and support for the field. Celebrated during

the first full week of October, Nuclear Medicine Week encourages community members to take pride in their profession—recognizing their colleagues for their hard work and promoting nuclear medicine to the entire medical community as well as to the public. **For more information, contact: Joanna Spahr | SNMMI | 703.652.6785 | jspahr@snmmi.org | www.snmmi.org/nmw**

October 5–11

Healthcare Foodservice Workers Week

In 1985, the US Congress declared the first week in October to be a national time to recognize the integral role of foodservice staff in helping the employees and patients of healthcare facilities stay well-nourished and healthy. The importance of excellent nutrition has been established and documented, but it is even more critical to individuals in healthcare facilities. This week is an excellent opportunity to recognize and thank the dedicated individuals who provide food and nutrition services in healthcare. **For more information, contact: Sarah Saar | Association for Healthcare Foodservice | 888.528.9552 | ssaar@healthcarefoodservice.org | www.healthcarefoodservice.org**

October 6–12

Physician Assistants Week

National Physician Assistants (PA) Week is intended to support, celebrate, highlight, and recognize PAs and the important roles they play to increase access to high-quality healthcare. PAs are nationally certified and state-licensed to practice medicine and are valuable members of the healthcare team. During PA Week, PAs, employers, and PA students can raise awareness of the PA profession and salute its outstanding growth and future. **For more information, contact: American Academy of Physician Assistants | 703.836.2272 | www.aapa.org/paweek**

October 9

Depression Screening Day (National)

National Depression Screening Day is the nation's oldest, voluntary, community-based screening program for depression and related mood and anxiety disorders. The event gives people access to a validated screening questionnaire and provides referral information for treatment. **For more information, contact: Sue Thorn | Screening for Mental Health, Inc. | 781.239.0071 | sthorn@mentalhealthscreening.org | www.mentalhealthscreening.org**



October



October 11-14

SHSMD Connections Annual Conference

Healthcare marketing, planning, and communications / public relations professionals will gather in Washington, DC, for SHSMD Connections 2015, the nation's biggest and best education and networking event for healthcare strategy professionals. Visit www.shsmd.org for details and to register. **For more information, contact: Society for Healthcare Strategy & Market Development (SHSMD) | 312.422.3888 | shsmd@aha.org**

October 11-17

Case Management Week (National)

National Case Management Week (NCMW), held annually during the second full week of October, is an opportunity to recognize the contributions and value of case management within the healthcare delivery system. This week is also an opportunity to honor your case management peers and coworkers. Each year, the American Case Management Association (ACMA) makes available for purchase NCMW-themed gift and recognition items. **For more information, contact: Communications | ACMA | 501.907.2262 | theacma@acmaweb.org | www.acmaweb.org**

Central Service Week

With the tireless dedication of each and every central service (CS) professional, healthcare customers can count on clean and sterile instruments being delivered consistently and on time. Central Service Week recognizes the committed specialists that fill CS departments and make a difference in patient care throughout the United States. International Association of Healthcare Central Service Materiel Management (IAHCSMM) recognizes CS professionals as "central" to healthcare and essential for quality "service." **For more information, contact: IAHCSMM | www.iahcsmm.org**

Emergency Nurses Week

Emergency Nurses Week is a national celebration of the hardworking nursing professionals who stand ready 24 hours a day to care for those people most in need. **For more information, contact: Emergency Nurses Association | www.ena.org**

October 12

Arthritis Day (World)

World Arthritis Day, established in 1996, is observed each year on October 12. Coordinated in the United States by the Arthritis Foundation, the event joins together people with rheumatic and musculoskeletal diseases from around the world to raise awareness and reduce the impact of arthritis.

For more information, contact: Arthritis Foundation | 404.872.7100 | help@arthritis.org | www.arthritis.org

October 12-17

Dialysis Technician Recognition Week (National)

This week-long event is celebrated to increase awareness of nephrology professionals involved in patient care, dialyzer reuse, equipment maintenance, kidney transplantation, and administrative areas. The celebration recognizes the contributions dialysis professionals make to the healthcare field and to their patients' quality of life. **For more information, contact: National Association of Dialysis Technicians/Technologists | 877.607.NANT (6268) | nant@meinet.com | www.dialysistech.net**

October 14

Stop America's Violence Everywhere (SAVE) Today

The AMA Alliance began SAVE (Stop America's Violence Everywhere) Today 20 years ago. The Alliance has been actively involved in projects that promote violence prevention and address issues of bullying and anger control. Millions of children throughout the country have benefitted from the elementary school activity booklets provided by Alliance members in their local communities. SAVE Today is an annual observance on the second Wednesday of October and coincides with Health Cares About Domestic Violence Day. **For more information, contact: Patricia Troy | American Medical Association Alliance | 800.549.4619 | admin@amaalliance.org | www.amaalliance.org**



October



October 18–24

Healthcare Quality Week (National)

Healthcare Quality Week highlights the work of healthcare quality and patient safety professionals and their influence on improved patient care outcomes and healthcare delivery systems. Alert administrators, allied health professionals, and the public about the impact of healthcare quality through special events during the week of October 18–24. **For more information, contact: Angelisa Belden | National Association for Healthcare Quality | 847.375.6384 | abelden@nahq.org | www.nahq.org**

Hospital and Health-System Pharmacy Week (National)

National Hospital and Health-System Pharmacy Week acknowledges the invaluable contributions that pharmacists and technicians make to patient care in our nation's healthcare institutions. It is an ideal time for pharmacy departments to acknowledge and celebrate their achievements in ensuring safe and effective medication use in their institutions and to share those accomplishments with patients, other health professionals, and the community. **For more information, contact: Aretha Hankinson | American Society of Health-System Pharmacists | 301.664.8799 | publicinfo@ashp.org | www.ashp.org/pharmacyweek**

Infection Prevention Week (International)

Join your friends, family members, and healthcare colleagues in celebrating International Infection Prevention Week (IIPW), October 18–24. IIPW, which takes place the third week of October each year, raises awareness of the role infection prevention plays to improve patient safety. Find out more at www.apic.org/iipw. The IIPW website has useful tools to advocate and promote IIPW. Explore these resources and incorporate them in your IIPW celebration and activities. **For more information, contact: Communications Department | APIC | 202.789.1890 | info@apic.org**

October 19–23

Medical Assistants Recognition Week

Registered medical assistants (RMA) and the American Medical Technologists (AMT) will be celebrating National Medical Assistants Recognition Week in October. Please join AMT in promoting this important event that recognizes medical assisting's vital role, contributions, and efforts in healthcare, and help us begin raising awareness of the profession today. **For more information, contact: Cathie Casey | AMT | 847.823.5169 | mail@americanmedtech.org | www.americanmedtech.org**

Nuclear Science Week (National)

National Nuclear Science Week is a national, broadly observed week-long celebration to focus local, regional, and national interest on all aspects of nuclear science. Each day will provide for learning about the contributions, innovations, and opportunities that can be found by exploring nuclear science. **For more information, contact: National Museum of Nuclear Science & History | 505.245.2137 | www.nuclearscienceweek.org**

October 22

Stuttering Awareness Day (International)

International Stuttering Awareness Day is a special time to educate both the public and professionals about stuttering and the many effective options available for those who stutter around the world. **For more information, contact: Joan Warner | The Stuttering Foundation | 800.992.9392 | info@stutteringhelp.org | www.stutteringhelp.org**

October 23–31

Red Ribbon Week (National)

National Red Ribbon Week, celebrated by an estimated 80 million people in the United States, is the oldest and largest drug prevention program in the nation. Sponsored by the National Family Partnership, Red Ribbon Week began in 1985 when people began wearing red ribbons symbolizing a drug-free lifestyle after the tragic and brutal death of DEA agent Kiki Camarena in Mexico. Red Ribbon Week is celebrated every October 23–31 in homes, schools, and communities across the country and beyond. **For more information, contact: The National Family Partnership | 305.856.4886 | redribbon@nfp.org | www.redribbon.org**



October



October 25–31

Health Care Facilities and Engineering Week (National)

This observance recognizes the important role that the healthcare facility team plays in ensuring safe and functional environments for all patients, visitors, and staff. The contributions made by these individuals are critical to the healthcare team and in optimizing the healthcare physical environment.

For more information, contact: Marketing and Communications | American Society for Healthcare Engineering (ASHE) | 312.422.3800 | ashe@aha.org | www.ashe.org/engineeringweek

Pastoral Care Week

Pastoral Care Week provides opportunities for diverse organizations and institutions to recognize the service of the spiritual caregivers in their midst, those they attend to, and those with whom they serve. **For more information, contact: The COMISS Network | info@comissnetwork.org | www.comissnetwork.org**

Respiratory Care Week (National)

During National Respiratory Care Week, respiratory therapists celebrate their fast-growing profession while raising awareness of lung health. Local events include lung health education programs aimed at encouraging early detection of lung disease, particularly asthma and chronic obstructive pulmonary disease (COPD). **For more information, contact: American Association for Respiratory Care | 972.243.2272 | info@aarc.org | www.aarc.org**

October 26

Lock Your Meds Day

Lock Your Meds Day is a day for parents to pledge to talk to their kids about the dangers of taking medications without a prescription. Parents should secure their medicines to prevent their kids from accessing them, regularly taking stock of their medicine cabinets. **For more information, contact: National Family Partnership | 800.705.8997 | tbyng@nfp.org | www.nfp.org**

October 28

Lung Health Day

Lung Health Day is celebrated on Wednesday of Respiratory Care Week to promote the importance of lung health and build awareness about diseases and conditions that adversely affect healthy lungs. Respiratory care professionals plan special events that reach out to neighbors, family, friends, businesses, and community leaders to teach them what it takes to maintain strong lung health.

For more information, contact: American Association for Respiratory Care | 972.243.2272 | info@aarc.org | www.aarc.org

October 29

Psoriasis Day (World)

Each year on October 29, we celebrate World Psoriasis Day, a global day of recognition for people with psoriasis and psoriatic arthritis. World Psoriasis Day is a global event that sets out to raise awareness and give voice to the 125 million people worldwide with psoriasis. Awareness activities occur all over the world to help increase understanding, improve access to treatments, and build unity among the psoriasis community. **For more information, contact: National Psoriasis Foundation | 800.723.9166 | getinfo@psoriasis.org | www.psoriasis.org**



Pacific Yew

Taxol was discovered in the bark of the Pacific yew tree in 1967. Taxol is used to treat several different cancers, including breast cancer, ovarian cancer, and one type of lung cancer (non-small cell lung cancer). It's also used to treat AIDS-related Kaposi's sarcoma.

November

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November

At-a-Glance

Month-long observances

Alzheimer's Disease Awareness Month (National)
Bladder Health Awareness Month
COPD Awareness Month
Diabetes Month (American)
Diabetic Eye Disease Month
Epilepsy Awareness Month (National)
Family Caregivers Month (National)
Healthy Skin Month (National)
Home Care and Hospice Month (National)
Hospice / Palliative Care Month (National)
Lung Cancer Awareness Month
Pancreatic Cancer Awareness Month (National)
Prematurity Awareness Month
Sexual Health Month (National)
Jingle Bell Run / Walk for Arthritis

Week-long observances

1-7 Allied Health Professions Week
1-7 Diabetes Education Week (National)
1-7 Emerging Nurse Leader Week
1-7 Medical Staff Services Awareness Week (National)
1-7 Medical-Surgical Nurses Week
1-7 Urology Nurses and Associates Week
2-6 Patient Blood Management Awareness Week
2-8 Healthcare Patient Transportation Week (National)
8-14 Home Care Aide Week
8-14 Radiologic Technology Week (National)
9-15 Mental Health Wellness Week

Recognition days | events

1 Lung Cancer Walk for Hope
19 Great American Smokeout

November 1-30

Alzheimer's Disease Awareness Month (National)

In 1983, nearly 20 years before he died of the disease, President Ronald Reagan helped to create greater awareness of Alzheimer's disease, declaring November National Alzheimer's Disease Awareness Month. The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support, and research. **For more information, contact: Alzheimer's Association | 800.272.3900 | www.alz.org**

Bladder Health Awareness Month

The Urology Care Foundation supports National Bladder Health Awareness Month to increase public awareness of the importance of bladder health, educate the public about common bladder conditions and diseases, and advocate for further research on bladder diseases. **For more information, contact: Urology Care Foundation | 800.828.7866 | info@urologycarefoundation.org | www.urologyhealth.org**

COPD Awareness Month

As the fourth leading cause of death in America, chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, affects more than 12 million Americans. Although there is no cure for COPD, there is much that can be done to treat and help manage the disease when detected and diagnosed early. The American Lung Association is working to save lives by improving lung health and preventing lung disease. **For more information, contact: Mike Townsend | American Lung Association | 202.715.3450 | www.lung.org**

Diabetes Month (American)

November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications. **For more information, contact: American Diabetes Association | 800.342.2383 | www.stopdiabetes.com**

Diabetic Eye Disease Month

Can people with diabetes prevent the onset of diabetic eye disease? During this observance, Prevent Blindness America will offer information to help 4.5 million Americans age 40 and older who suffer from diabetic eye disease. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

Epilepsy Awareness Month (National)

Epilepsy affects nearly three million Americans, and 200,000 are diagnosed with the condition each year. During November, the Epilepsy Foundation promotes epilepsy awareness to dispel common myths about seizure disorders. Epilepsy can be a debilitating condition not only from the seizures but too often because of the ignorance, fears, and prejudice of others. **For more information, contact: Epilepsy Foundation | 800.332.1000 | www.epilepsy.com**

Family Caregivers Month (National)

National Family Caregivers (NFC) Month is organized each year by the Caregiver Action Network (CAN) and is designated as a time to thank, support, educate, and empower family caregivers. During NFC Month, everyone should speak up and support family caregivers to become effective advocates for themselves and their loved ones as one of the first steps to making their lives more manageable. **For more information, contact: CAN (formerly the National Family Caregivers Association) | 202.772.5050 | info@caregiveraction.org | www.caregiveraction.org**



November

November 1–30

Healthy Skin Month (National)

National Healthy Skin Month was created to encourage people to protect and care for their skin, hair, and nails. **For more information, contact: American Academy of Dermatology | 866.503.SKIN (7546) | www.aad.org**

Home Care and Hospice Month (National)

November is National Home Care and Hospice Month. It is the time of year that we honor the nurses, therapists, social workers, and administrators who make such a difference in their patients' lives. **For more information, contact: Public Relations Department | National Association for Home Care & Hospice | 202.547.7424 | pr@nahc.org | www.nahc.org**

Hospice / Palliative Care Month (National)

November is National Hospice / Palliative Care Month, a time to raise awareness about care for people coping with life-limiting illness. Every year, more than 1.5 million patients receive care from hospices in the United States. Hospice and palliative care programs provide pain management, symptom control, psychosocial support, and spiritual care to patients and their families who are facing a serious or life-limiting illness. **For more information, contact: Communications Team | National Hospice and Palliative Care Organization | 703.837.1500 | communications@nhpco.org | www.caringinfo.org/hospicemonth**

Lung Cancer Awareness Month

Lung cancer is a tragic disease that takes a terrible toll on those with the disease, as well as their loved ones. It is the leading cancer killer in both women and men in the United States. The American Lung Association is working to save lives by improving lung health and preventing lung disease. **For more information, contact: Mike Townsend | American Lung Association | 202.715.3450 | www.lung.org**

Pancreatic Cancer Awareness Month (National)

This month-long observance encourages Americans to be heroes in the fight against pancreatic cancer and help increase awareness and visibility about pancreatic cancer in communities across the country. Go to www.pancan.org for information on how to get involved. **For more information, contact: Marketing Communications | Pancreatic Cancer Action Network | 877.272.6226 | lgilmour@pancan.org**

Prematurity Awareness Month

Prematurity Awareness Month raises public awareness of the seriousness of preterm birth; engages the public and builds a constituency of people concerned about the issue; and provides opportunities for people who care about the issue to volunteer, raise awareness, advocate, and donate to support research and programs. November 17 is World Prematurity Day. The March of Dimes partners with parent groups from around the world that are members of the World Prematurity Network. Visit www.facebook.com/worldprematurityday to learn more. **For more information, contact: March of Dimes | 914.428.7100 | alliances@marchofdimes.com | marchofdimes.com/prematurity or www.nacersano.org**

Sexual Health Month (National)

National Sexual Health Month is an awareness campaign that encompasses female and male sexual dysfunction and diseases. This national event aims to increase awareness of sexual dysfunction among both men and women, raise awareness of diseases that affect sexual health, and encourage those experiencing such problems to seek treatment. **For more information, contact: Urology Care Foundation | 800.828.7866 | info@urologycarefoundation.org | www.urologyhealth.org**

November 1–December 31

Jingle Bell Run / Walk for Arthritis

Each holiday season (November through December), thousands of runners and walkers of all ages come together at hundreds of sites nationwide to share their support for the Arthritis Foundation mission in the prevention, control, and cure of arthritis and related diseases. Participants wear holiday-themed costumes and tie jingle bells to their shoes to fight arthritis, the nation's most common cause of disability. **For more information, contact: Arthritis Foundation | 404.872.7100 | help@arthritis.org | www.arthritis.org**

November 1

Lung Cancer Walk for Hope

CancerCare provides free support services for anyone affected by cancer—people with cancer, their caregivers, friends, loved ones, and the bereaved. Our services, including counseling, support groups, financial help, education, and practical support, are provided by professional oncology social workers—completely free of charge. The Annual Lung Cancer Walk for Hope, held the first Sunday in November, raises awareness and funds for CancerCare's National Lung Program. **For more information, contact: CancerCare | 800.813.HOPE (4673) | info@cancercare.org | www.cancercare.org**



November

November 1-7

Allied Health Professions Week

Allied Health Professions Week honors the three million healthcare providers working in more than 80 allied health professions. Allied health practitioners greatly influence healthcare delivery by supporting, facilitating, and complementing the roles of physicians and other healthcare specialists. This collaboration, which emphasizes the strengths of all health professions, enhances the quality of healthcare. The focus of Allied Health Professions Week is to promote the celebration of allied health careers by providers, educators, and accrediting organizations. **For more information, contact: Program Director | Association of Schools of Allied Health Professions | 202.237.6481 | kyle@asahp.org | www.asahp.org**

Diabetes Education Week (National)

National Diabetes Education Week was created to encourage people with diabetes to work with a diabetes educator to learn how to self-manage their diabetes using the self-care behavior framework: healthy eating, being active, monitoring, taking medication, problem solving, reducing risks, and healthy coping. **For more information, contact: Communications Team | American Association of Diabetes Educators | 312.601.4864 | communications@aadenet.org | www.diabeteseducator.org**

Emerging Nurse Leader Week

The American Organization of Nurse Executives (AONE) organizes Emerging Nurse Leader Week as a time to recognize emerging nurse leaders in hospitals and healthcare facilities around the world. We celebrate the future of nursing leadership and encourage nurses to learn more about the exciting leadership career paths available to them. **For more information, contact: AONE | 312.422.2800 | aone@aha.org | www.aone.org**

Medical Staff Services Awareness Week (National)

In 1992, President George Bush signed Congressional House Joint Resolution #399 proclaiming the first week in November as National Medical Staff Services Awareness Week. Since then, the National Association Medical Staff Services (NAMSS) has partnered with hospitals, MCOs, doctor's offices, university health systems, and government agencies to promote awareness of the medical services professionals. **For more information, contact: Andrew Miller | NAMSS | 202.367.1196 | info@namss.org | www.namss.org**

Medical-Surgical Nurses Week

The medical-surgical nursing specialty encompasses a diverse spectrum of patient care, clinical knowledge, and work environments. The compassion and commitment to excellence that characterize med-surg nurses is recognized by their patients daily. Join the Academy of Medical-Surgical Nurses (AMSN) in honoring med-surg nurses everywhere. **For more information, contact: Sue Stott | AMSN | 866.877.2676 | amsn@ajj.com | www.amsn.org**

Urology Nurses and Associates Week

During Urology Nurses and Associates Week, employers, colleagues, and patients are encouraged to celebrate these caregivers and raise the visibility of the critical role that urologic healthcare providers play in hospitals, doctors' offices, and other settings. **For more information, contact: Society of Urologic Nurses and Associates | 888.TAP.SUNA (827.7862) | suna@ajj.com | www.suna.org**

November 2-6

Patient Blood Management Awareness Week

The Society for the Advancement of Blood Management (SABM) invites healthcare organizations worldwide to participate in this week dedicated to educating patients and healthcare professionals about patient blood management. SABM provides public education and advances best practices to thousands of healthcare providers through CME programs and development of learning tools and evidence-based clinical pathways. **For more information, contact: Carolyn Moffatt | SABM | 804.565.6327 | carolyn@societyhq.org or info@sabm.org | www.sabm.org**

November 2-8

Healthcare Patient Transportation Week (National)

The National Association of Healthcare Transportation Management (NAHTM) members recognize that the key to timely and caring patient transportation is the staff that provides patient transportation. NAHTM acknowledges that patient transport staff are the hard working "feet" of any healthcare organization and deserve a week of their own to celebrate their unique successes. **For more information, contact: Deborah Cox | NAHTM | 508.334.8054 | debbie.cox@umassmemorial.org | www.nahtm.org**

November

November 8–14

Home Care Aide Week

Home Care Aide Week honors heroes who make a remarkable difference in the lives of patients and the families they serve. **For more information, contact: Public Relations | National Association for Home Care & Hospice | 202.547.7424 | pr@nahc.org | www.nahc.org**

Radiologic Technology Week (National)

National Radiologic Technology Week is celebrated annually to recognize the vital work of radiation therapists across the nation. The celebration takes place each November to commemorate the anniversary of the x-ray's discovery by Wilhelm Conrad Roentgen on November 8, 1895. **For more information, contact: Marketing Department | American Society of Radiologic Technologists | 505-298-4500 | marketing@asrt.org | www.asrt.org/nrtw**

November 9–15

Mental Health Wellness Week

Mental health is how people think, act, and cope with life and the stressors and challenges that are part of the human experience. The state of people's mental health can influence the ways in which they look at themselves, their lives, and others around them, strongly influencing their potential for achieving goals and obtaining and maintaining a feeling of well-being. Mental Health Wellness Week brings awareness of and creates venues for public education about mental health wellness. **For more information, contact: Freedom From Fear | 718.351.1717, ext. 19 | help@freedomfromfear.org | www.freedomfromfear.org**

November 19

Great American Smokeout

The American Cancer Society created the trademarked concept for this event and held its first Great American Smokeout in 1976 as a way to inspire and encourage smokers to quit for a day. One million people quit smoking for a day at the 1976 event in California. The Great American Smokeout encourages smokers to commit to making a long-term plan to quit smoking for good. **For more information, contact: American Cancer Society | 800.227.2345 | claire.greenwell@cancer.org | www.cancer.org/smokeout**





Wintergreen

The oil of wintergreen is used topically by people suffering from rheumatism, arthritis, gout, and pain in their bones and joints.

The health benefits of wintergreen essential oil can be attributed to its properties as an analgesic, antirheumatic, antiarthritic, antiseptic, and aromatic.

December

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December

At-a-Glance

Month-long observances

Safe Toys and Celebrations Month
Safe Toys and Gifts Month

Week-long observances

7–11 Older Driver Safety Awareness Week (National)

Recognition days | events

1 AIDS Day (World)



December 1–31

Safe Toys and Celebrations Month

The holiday season is a time for family, fun, and festivity, but it can also be a time of danger. Each year, many people suffer from eye injuries caused by unsafe toys and celebrations. Watch those tree branches, cover the champagne cork while releasing it, and celebrate safely. If you experience an eye injury, seek medical attention immediately. **For more information, contact: Communications Division | American Academy of Ophthalmology | 415.447.0258 | eyemd@aao.org | www.geteyesmart.org**

Safe Toys and Gifts Month

What are the most dangerous toys to children's eyesight? Tips on how to choose age appropriate and safe toys will be distributed. **For more information, contact: Prevent Blindness America | 800.331.2020 | info@preventblindness.org | www.preventblindness.org**

December 1

AIDS Day (World)

In 1988, the World Health Organization established World AIDS Day. December 1 focuses global attention on the continuing impact of the epidemic and encourages each of us to take action to expand our collective response to the epidemic. **For more information, contact: Office of HIV / AIDS and Infectious Disease Policy | US Department of Health and Human Services | 202.690.5560 | contact@aids.gov | www.aids.gov**

December 7–11

Older Driver Safety Awareness Week (National)

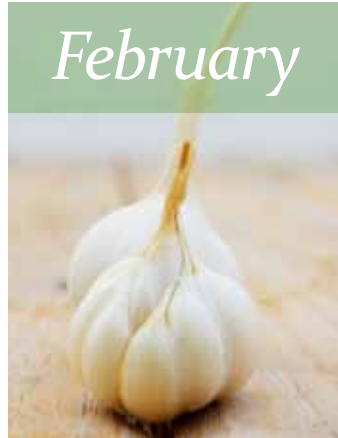
Through Older Driver Safety Awareness Week, the American Occupational Therapy Association aims to promote understanding of the importance of mobility and transportation to ensure older adults remain active in the community—shopping, working, or volunteering—with the confidence that transportation will not be the barrier to strand them at home. Each day provides a different focus, from tips to approaching family conversations to adaptations to ensure safety to other community mobility options. **For more information, contact: Katie Riley | American Occupational Therapy Association | 301.652.6611 | kriley@aota.org | www.aota.org**

12

medicinal plants and herbs

The use of plants as medicine predates written human history.

The plants featured below are used in medicines today, from antiseptics to chemotherapies.



SOCIETY FOR
Healthcare Strategy & Market DevelopmentSM
of the American Hospital Association

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2016

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