

**American Health Care Association
 National Center for Assisted Living
 Health Care Observances Calendar**

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 17-23: National Activities Professionals Week

Purpose: To recognize the contribution of activity professionals to the well-being of long term care, adult day care, senior care center and retirement living clients Organized by: the National Association of Activity Professionals Address: P.O. Box 3216, Shawnee, KS 66203 Main Line: (913)-748-7288 Website: <http://naap.info/>

January 25: National Intravenous Nurse Day

Purpose: To honor the nation’s intravenous (IV) nurse professionals Organized by: the Infusion Nurses Society Address: 315 Norwood Park South, Norwood, MA 02062 Main Line: (781)-440-9408 Website: www.ins1.org

Month of January: National Glaucoma Awareness Month

Purpose: To raise awareness of glaucoma symptoms, treatment, and prevention Organized by: the Glaucoma Research Foundation Address: 251 Post St., Suite 600, San Francisco, CA 94108 Main Line: (415)-986-3162 Website: www.glaucoma.org

Month of January: National Volunteer Blood Donor Month

Purpose: Since 1970, the month of January has been marked as a tribute to regular blood donors, and a time to encourage others to donate Organized by: the American Red Cross Address: 2025 E St. NW, Washington, DC 20006 Main Line: (202)-303-8250. Website: www.redcross.org

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 National Center for Assisted Living
 Health Care Observances Calendar**

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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February 5: National Wear Red Day®

Purpose: Heart Disease is the #1 killer for women in the United States. Show your commitment and passion for ending heart disease by wearing red on Friday, February 7 Organized by: the American Heart Association Address: 7272 Greenville Ave., Dallas, TX 75231 Main Line: 1-800-AHA-USA-1 Website: www.goredforwomen.org

February 1-5: Pride in Food Service Week

Purpose: An annual event honoring dietary managers and their employees to celebrate the important role they play in institutional food service Organized by: the Association of Nutrition & Foodservice Professionals (ANFP) Address: 406 Surrey Woods Dr., St. Charles, IL 60174 Main Line: (800)-323-1908 Website: www.anfponline.org

February 14-20: National Cardiac Rehabilitation Week

Purpose: This week celebrates the contribution cardiovascular professionals make to health care and the role of reducing potentially devastating effects of heart disease. Organized by: the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) Address: 330 N. Wabash Ave., Suite 2000, Chicago, IL 60611 Main Line: (312)-321-5146 Website: www.aacvpr.org

February 14-21: Alzheimer’s and Dementia Staff Education Week

Purpose: This week brings awareness to the importance of both staff educators and their direct care staff being properly trained and certified in dementia care Organized by: the National Council of Certified Dementia Practitioners®, LLC, International Council of Certified Dementia Practitioners Address: 103 Valley View Trail, Sparta, NJ 07871 Main Line: 1-877-729-5191 Website: www.nccdp.org

Month of February: American Heart Month

Purpose: Heart disease is the leading cause of death for both men and women in the United States. This month, educate yourself on symptoms, treatment and prevention Organized by: the American Heart Association Address: 7272 Greenville Ave., Dallas, TX 75231 Main Line: 1-800-AHA-USA-1 Website: www.heart.org

Month of February: AMD/Low Vision Awareness Month

Purpose: Age-related macular degeneration is the leading cause of vision loss, affecting more than 2 million Americans age 50 and older. This month, learn about vision aids and other innovative tools that can help to combat vision loss Organized by: Prevent Blindness America Address: 211 West Wacker Drive, Suite 1700, Chicago, IL 60606 Main Line: (800)-331-2020 Website: www.preventblindness.org

Month of February: National Cancer Prevention Month

Purpose: This month, learn how to cut your cancer risk by choosing mostly plant foods and limiting red meat, being physically active every day for at least 30 minutes, and aiming to maintain a healthy weight

Organized by: American Institute for Cancer Research Address: 1759 R St. NW, Washington, DC 20009

Main Line: 1-800-843-8114 Website: www.aicr.org

Month of February: National Senior Independence Month

Purpose: This celebration was established to help seniors remain in control of their daily lives. This month encourages seniors to take the opportunity to evaluate their current living situation, and determine whether or not adjustments could be made to create a better lifestyle. This is the opportunity to notice strengths and weaknesses in daily routines and make minor adjustments with potentially huge improvements.

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March 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

March 13-19: Long Term Care Administrators Week

Purpose: Since 1994, the American College of Health Care Administrators (ACHCA) has sponsored this national observance each March. This week honors and celebrates the important role the administrator has in providing leadership for the delivery of quality, resident-centered care and a supportive work environment. Organized by: ACHCA Address: P.O. Box 75060, Baltimore, MD, 21275-5060 Main Line: (202)-536-5120 Website: www.achca.org

March 9: 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 RDNs for their commitment to helping people enjoy healthy lives. Registered Dietitian Nutritionist Day will be celebrated on Wednesday, March 11, 2015. Organized by: Academy of Nutrition and Dietetics Address: 120 south Riverside Plaza, Suite 2000, Chicago, IL 60606 Website: www.eatright.org

March 20: World Oral Health Day (WOHD)

Purpose: To highlight the benefits of a healthy mouth and promote worldwide awareness of issues around oral health and the importance of maintaining good oral health Organized by: the World Dental Federation (FDI) Website: www.fdiworldental.org

March 22: The American Diabetes Association Alert Day®

Purpose: This day is designed to educate the public on the symptoms, dangers and treatments of diabetes Organized by: the American Diabetes Association Address: 1701 North Beauregard St., Alexandria, VA 22311 Main Line: 1-800-DIABETES Website: www.diabetes.org

March 30: National Doctor's Day

Purpose: This day was established to recognize physicians, their work, and their contributions to their communities. The U.S. House of Representatives officially established a resolution commemorating doctors on March 30, 1958 Website: www.doctorsday.com

March 13-19: Patient Safety Awareness Week

Purpose: This week is designed to promote the importance of being involved one's own health care Organized by: the National Patient Safety Organization (NPSF) Address: 268 Summer St., 6th Floor, Boston, MA 02210 Main Line: (617)-391-9900 Website: www.npsf.org

March 13-19: National Pulmonary Rehabilitation Week

Purpose: This week highlights the role of pulmonary rehabilitation in enhancing the quality of life of individuals with lung disease Organized by: the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) Address: 330 N. Wabash Avenue, Suite 200, Chicago, IL 60611 Main Line: (312)-321-5146 Website: www.aacvpr.org

Month of March: National Colorectal Cancer Awareness Month

Purpose: Colorectal Cancer (cancer of the colon or rectum) is the second leading cause of cancer deaths in the United States among both men and women. Raise awareness by educating individuals on the benefits of screenings Organized by: the Colon Cancer Alliance (CCA) Address: 1025 Vermont Ave. NW, Suite 1066, Washington, DC 20005 Main Line: (202)-628-0123 Website: www.ccalliance.org

Month of March: Brain Injury Awareness Month

Purpose: 1.7 million American sustain a brain injury each year. This month, educate yourself, and learn how to promote brain injury awareness in your community Organized by: Brain Injury Association of America (BIAUSA) Address: 1608 Spring Hill Rd., Suite 110, Vienna, VA 22182 Main Line: (703)-761-0750 Website: www.biausa.org

Month of March: National Developmental Disabilities Awareness Month

Purpose: Since 1987, the month of March has brought awareness to Developmental Disabilities. This month, learn about programs that provide career planning and job to developmentally disabled individuals so that they may both participate and contribute within the larger society in greater numbers Organized by: the Special Needs Alliance (SNA) Address: 6341 E. Brian Kent Drive, Tucson, AZ 85710 Main Line: (520)-546-1005 Website: www.specialneedsalliance.org

Month of March: Save Your Vision Month

Purpose: To raise awareness of good eye care Organized by: American Optometric Association (AOA) Address: 243 N. Lindbergh Blvd., Flr. 1, St. Louis, MO 63141-7661 Main Line: (800)-365-22219 Website: www.aoa.org

Month of March: National Social Work Month

Purpose: To recognize social work professionals and their important contributions Organized by: National Association of Social Workers (NASW) Address: 750 First St. NE, Suite 700, Washington, DC 20002-4241 Website: www.naswdc.org

Month of March: National Women's History Month

2015 Theme: Weaving the Stories of Women's Lives Organized by: National Women's History Project Address: 730 Second Street #469, P.O. Box 469, Santa Rosa, CA 95402 Main Line: (707)-636-2888 Website: www.nwhp.org

Month of March: National Nutrition Month

2015 Theme: Bite into a Healthy Lifestyle Organized by: Academy of Nutrition and Dietetics. National Nutrition Month is a nutrition education and information campaign focusing on the importance of making informed food choices and developing sound eating and physical activity habits. The theme 2015 is "Bite into a Healthy Lifestyle," encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health. Website: www.eatright.org

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April 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 4-10: National Public Health Week (NPHW)

Purpose: Since 1995, the first week of April was declared NPHW, communities across the United States observed the week as a time to recognize the contributions of public health and highlight issues that are important to improving our nation Organized by: American Public Health Association (APHA) Address: 800 I St. NW, Washington, DC 20001 Main Line: (202)-777-APHA Website: www.apha.org

April 16: 7th Annual National Healthcare Decisions Day (NHDD)

Purpose: To take the time to consider your health care decisions and care planning in advance Organized by: NHDD Main Line: 650-273-6433 Website: www.nhdd.org Email: advocate@NHDD.org

April 22: Earth Day

Purpose: Since 1970, Earth Day Network (EDN) promotes environmental citizenship and year-round progressive action worldwide Organized by: EDN Address: 1616 P St. NW, Suite 340, Washington, DC 20036 Main Line: (202)-518-0044 Website: www.earthday.org

April 28: Take Our Daughters and Sons to Work Day

Purpose: To strengthen the connection between education and work and relationships between parents and their children Organized by: the Take Our Daughters and Sons to Work Foundation Address: 209 E. Fearing St., Suite 1, Elizabeth City, NC 27909 Main Line: 1-800-676-7780 Website: www.daughtersandsonstowork.org

April 3-9: National Minority Cancer Awareness Week

Purpose: To raise awareness about cancer among minorities Organized by: the American Cancer Society (ACS) Address: 250 Williams St. NW, Atlanta, GA 30303 Main Line: 1-800-227-2345 Website: www.cancer.org

April 10-16: National Volunteer Week

Purpose: To inspire, recognize and encourage people to seek out imaginative ways to engage in their communities Organized by: the Hands On Network Address: 600 Means St., Suite 210, Atlanta, GA 30318 Main Line: (404)-979-2900 Website: www.handsonnetwork.org

April 24-30: Administrative Professionals Week

Purpose: To show gratitude for administrative professionals Organized by: the International Association of Administrative Professionals (IAAP) Address: 10502 N. Ambassador Dr., Suite 100, Kansas City, MO 64153
Main Line: (816)-891-6600 Website: www.iaap-hq.com Administrative Day: April 22.

Month of April: National Occupational Therapy Month

Purpose: To promote occupational therapists, occupational therapy assistants, and students in practice, education, research, and science Organized by: The Fund to Promote Awareness of Occupational Therapy (AOTA) Address: 4720 Montgomery Lane, Bethesda, MD, 20814 Main Line: (301)-652-2682 Website: www.promoteot.org

Month of April: National Parkinson's Awareness Month

Purpose: To raise awareness of Parkinson's symptoms and treatments Organized by: Parkinson's Disease Foundation (PDF) Address: 1359 Broadway, Suite 1509, New York, NY 10018 Main Line: (212)-923-4700
Website: www.pdf.org

Month of April: National Cancer Control Month

Purpose: To remember those we have lost their lives to cancer, support Americans fighting the disease, and recommit to progress toward effective cancer control

Month of April: Stress Awareness Month

Purpose: To raise awareness of both the causes and cures for the modern stress epidemic Organized by: the Health Resource Network, Inc. (HRN) Website: <http://healthresourcenetwork.org> or www.foh.hhs.gov/calendar/april.html

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 National Center for Assisted Living
 Health Care Observances Calendar**

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Dates in Spring & early Summer: Arthritis Walk

Purpose: To change lives by raising money for arthritis research, education and life improvement programs. Different cities have different dates. Organized by: the Arthritis Foundation Address: 1330 W. Peachtree St., Suite 100, Atlanta, GA 30309 Main Line: (404)-872-7100 Website: www.arthritis.org

May 6-12: National Nurses Week

Purpose: To promote nursing professionals for their dedication and commitment to advancing the health care field Organized by: the American Nurses Association (ANA) Address: 8515 Georgia Avenue, Suite 400, Silver Spring, MD 20910-3492 Main Line: 1-800-274-4ANA Website: <http://nursingworld.org>

May 8-14: National Nursing Home Week (NNHW)

2015 Theme: Bring on the Fiesta Purpose: To reflect how the long term care profession and every skilled care center promotes quality for their residents, patients, families, and staff Organized by: The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) Address: 1201 L St. NW, Washington, DC 20005 Main Line: (202)-842-4444 Website: www.ahcancal.org

May 8-14: National Hospital Week

Purpose: Since 1921, National Hospital Week has celebrated the history, technology and dedicated professionals that make facilities beacons of confidence and care Organized by: the American Hospital Association (AHA) Address: 155 N. Wacker Dr., Chicago, IL, 60606 Main Line: (312)-422-3000 Website: www.aha.org

May 8-14: National Women’s Health Week

Purpose: A national effort by an alliance of government organizations to raise awareness about manageable steps women can take to improve their health Organized by: U.S. Department of Health and Human Services’ Office on Women’s Health Address: 200 Independence Avenue, SW Room 712E, Washington, DC 20201 Main Line: (202)-690-7650 Website: <http://womenshealth.gov>

May 25: 23rd Annual National Senior Health and Fitness Day®

Purpose: To help keep older Americans healthy and fit Organized by: National Senior Health & Fitness Day Address: 328 West Lincoln Avenue, Suite 10, Libertyville, IL 60048 Main Line: 1-847-816-8660 Website: www.fitnessday.com/senior/

Month of May: Better Hearing and Speech Month (BHSM)

Purpose: This annual event provides opportunities to raise awareness about communication disorders and to promote treatment that can improve the quality of life for those who experience problems with

speaking, understanding, or hearing Organized by: the American Speech-Language-Hearing Association (ASHA) Address: 2200 Research Boulevard, Rockville, MD 20850-3289 Main Line: (301)-296-5700 Website: www.asha.org

Month of May: Employee Health and Fitness Month (EHFM)

Purpose: To promote the benefits of a healthy lifestyle to employers and their employees through worksite health promotion activities and environments Organized by: the National Association for Health and Fitness Address: 10 Kings Mill Court, Albany, NY 12205-3632 Main Line: (518)-456-1058 Website: www.physicalfitness.org

Month of May: Healthy Vision Month (HVM)

Purpose: Designed to elevate vision as a health priority in the United States Organized by: National Eye Institute Address: 31 Center Drive MSC 2510, Bethesda, MD 20892-2510 Main Line: (301)-496-5248 Website: www.nei.nih.gov

Month of May: National American Stroke Month

Purpose: Since 1989, National Stroke Month has increased public awareness of stroke in an effort to conquer it Organized by: the National Stroke Association Address: 9707 E. Easter Lane, Suite B, Centennial, CO 80112 Main Line: 1-800-STROKES Website: www.stroke.org

Month of May: National Osteoporosis Awareness and Prevention Month

Purpose: To bring national awareness to osteoporosis, and encourage men and women to start conversations about bone health and family history Organized by: the National Osteoporosis Foundation Address: 1159 17th St., NW, Suite 850, Washington, DC, 20036 Main Line: 1-800-231-4222 Website: <http://nof.org>

Month of May: Older Americans Month

Purpose: Since 1963, this month has been set aside to appreciate and celebrate the vitality and aspirations of older adults and their contributions to our communities Organized by: the Administration on Aging (AoA) Address: 330 Independence Ave. SW, Washington, DC 20201 Main Line: (202)-401-4634 Website: www.aoa.gov

Month of May: National High Blood Pressure Education Month

Purpose: One in three adult Americans has high blood pressure, also called hypertension. This month, find out to how “make control of your goal” Organized by: the National Heart, Lung, and Blood Institute (NHLBI) Address: P.O. Box 30105, Bethesda, MD 20824-0105 Main Line: (301)-592-8573 Website: www.nhlbi.nih.gov

Month of May: National Melanoma/Skin Cancer Awareness Month

Purpose: More than 3.5 million skin cancers are diagnosed annually in more than 2 million people. This month, increase public awareness of the importance of prevention, early detection and treatment of skin cancer, including basal cell, squamous cell and melanoma Organized by: the Skin Cancer Foundation Address: 149 Madison Avenue, Suite 901, New York, NY 10016 Main Line: (212)-725-5176 Website: www.skincancer.org

Month of May: National Mental Health Month

Purpose: Educate yourself and others about mental health and wellness Organized by: Mental Health American (MHA) Address: 2000 N. Beauregard St., 6th Floor, Alexandria, VA 22311 Main Line: (703)-684-7722 Website: www.mentalhealthamerica.net

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 National Center for Assisted Living
 Health Care Observances Calendar**

June 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

June 5: Cancer Survivors Day

Purpose: A day for everyone, whether you're a cancer survivor, a family member, friend, or medical professional. This day provides an opportunity for all people living with a history of cancer—including America's nearly 14 million cancer survivors—to connect with each other, celebrate milestones, and recognize those who have supported them along the way Organized by: the National Cancer Survivors Day Foundation Address: P.O. Box 682285, Franklin, TN 37068-2285 Main Line: (615)-794-3006 Website: www.ncsd.org

June 15-21: National Men's Health Week

Purpose: To heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys Organized by: Men's Health Network Address: P.O. Box 75972, Washington, DC 20013 Main Line: (205)-543-MHN-1 x 101 Website: www.menshealthmonth.org

June 9-16: 39th Annual National Nursing Assistants Week

Purpose: An opportunity to honor nursing assistants' good work with their residents and patients Organized by: the National Network of Career Nursing Assistants Website: <http://cna-network.org>

June 19-25: Helen Keller Deaf-Blind Awareness Week

Purpose: This week promotes awareness and sensitivity to the needs of Americans who are deaf-blind, or vision and hearing impaired Organized by: the Helen Keller National Center for Deaf-Blind Youths and Adults Address: 141 Middle Neck Road, Sands Point, NY 11050 Main Line: (516)-944-8900 Website: www.hknc.org

June 27: National HIV Testing Day (NHTD)

Purpose: An annual observance to promote HIV testing Organized by: AIDS.gov Address: U.S. Department of Health and Human Services, Rm 443 H, 200 Independence Avenue SW, Washington, DC 20201 Main Line: (202)-690-5560 Website: <http://aids.gov>

Month of June: National Safety Month

Purpose: An annual observance to educate and influence behaviors around leading causes of preventable injuries and deaths Organized by: the National Safety Council Address: 1121 Spring Lake Dr., Itasca, IL 60143-3201 Main Line: (800)-621-7615 Website: www.nsc.org

Month of June: Cataract Awareness Month

Purpose: There are currently more than 24 million Americans age 40 or older who have cataract; it is the leading cause of blindness in the United States. This month, learn more about cataract treatment

Organized by: Prevent Blindness America Address: 211 West Wacker Drive, Suite 1700, Chicago, IL 60606

Main Line: 1-800-331-2020 Website: www.preventblindness.org

Month of June: Migraine & Headache Awareness Month

Purpose: Over 45 million Americans suffer from headache. This month, The goal is to build awareness, educate the public and reduce the profound stigma associated with Migraine, Cluster Headaches and other Headache Disorders. Organized by: American Headache & Migraine Association Address: 19 Mantua

Road, Mt. Royal, NJ 08061 Main Line: (856)-423-0043 Website: www.AHMAIsHope.org

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July 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July 24: National Parents' Day

Purpose: Since 1994, the fourth Sunday in July has honored parents' contributions to their children
Organized by: UPF USA Address: 481 8th Avenue, Suite 607, New York, NY 10001 Main Line: (212)-819-1999 Website: www.parentsday.com

July 10-16: National Therapeutic Recreation Week

Purpose: To enhance awareness of therapeutic recreation programs and services Organized by: National Recreation and Park Association Address: 22377 Belmont Ridge Rd., Ashburn, VA 20148 Main Line: (703)-858-2153 Website: www.nrpa.org

Month of July: Eye Injury Prevention Month

Purpose: Eye injuries of all types occur at a rate of more than 2,000 per day, and an estimated 1,000 eye injuries occur in American workplaces alone. This week, learn how to best protect yourself and others from eye injuries Organized by: the Federal Occupational Health (FOH) Main Line: (800)-457-9808 Website: www.foh.hhs.gov

Month of July: UV Safety Month

Purpose: To raise consciousness about UV rays and learn about how to best protect yourself and others Organized by: the Federal Occupational Health (FOH) Main Line: (800)-457-9808 Website: www.foh.hhs.gov

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Health Care Observances Calendar**

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	1	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 7-13: National Health Center Week (NHCW)

Purpose: To celebrate America's Health Centers Organized by: the National Association of Community Health Centers, Inc. (NACHC) Address: 7501 Wisconsin Ave., Suite 1100W, Bethesda, MD 20814 Main Line: (202)-296-3800 Website: www.healthcenterweek.org

August 2: National Night Out Against Crime

Purpose: Since 1984, this night has been dedicated to promoting involvement in crime prevention activities, police-community partnerships, neighborhood camaraderie and sending a message to criminals letting them know that neighborhoods are organized and fighting back Organized by: National Night Out (NNO) Address: 308 E. Lancaster Ave., Suite 115, Wynnewood, PA 19096 Main Line: 800-NITE-OUT Website: www.natw.org

Month of August: National Immunization Awareness Month (NIAM)

Purpose: Provides an opportunity to highlight the need for improving national immunization coverage levels. Activities focus on encouraging all people to protect their health by being immunized against infectious diseases Organized by: the National Public Health Information Coalition Address: 986 Hidden Hollow Drive, Marietta, GA 30068 Main Line: (770)-509-5555 Website: www.nphic.org

Month of August: Medic Alert Awareness Month

Purpose: To raise awareness about the benefits of medical identification tags Organized by: MedicAlert Foundation® Address: 2323 Colorado Avenue, Turlock, CA 95382 Main Line: 1-888-633-4298 Website: www.medicalert.org

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

September 11: National Grandparents Day

Purpose: Since 1978, this day has recognized and celebrated both paternal and maternal grandparents

Website: www.grandparents-day.com/

September 24: 20th Annual National Family Health & Fitness Day™

Purpose: A national health and fitness event for families that promotes family involvement in physical activities Organized by: the Health Information Resource Center (HIRC) Main Line: 1-800-828-8225

Website: www.fitnessday.com

TBD September: Environmental Services and Housekeeping Week

Purpose: To recognize environmental services teams as essential personnel in the execution of infection control cleaning protocols, patient safety goals, and customer satisfaction Organized by: the Association for the Healthcare Environment (AHE) Address: 155 N. Wacker Drive, Suite 400, Chicago, IL 60606 Main Line: (312)-422-3860 Website: www.ahe.org

September 11-17: National Assisted Living Week®

Purpose: Since 1995, this week has provided a unique opportunity for residents, families, staff, volunteers, and the surrounding community to come together to organize activities and events that honor assisted living residents Organized by: the National Center for Assisted Living (NCAL) Address: 1201 L St. NW, Washington, DC 20005 Main Line: (202)-842-4444 Website: www.ahcancal.org/ncal

TBD September- 11th Annual National Health Information and Technology Week

Purpose: Comprehensive health care reform is not possible without system-wide adoption of health information technology, which improves the quality of healthcare delivery, increases patient safety, decreases medical errors, and strengthens the interaction between patients and healthcare providers. This week, raise national awareness of the health IT community who makes this all possible Organized by: Multiple public and private organizations Website: www.healthitweek.org

September 18-24: National Rehabilitation Awareness Week

Purpose: To educate the masses about the benefits and impact of rehabilitation Organized by: the National Rehabilitation Awareness Foundation Address: 100 Abington Executive Park, Clarks Summit, PA 18411 Main Line: 800-943-NRAF Website: www.nraf-rehabnet.org

Month of September: Healthy Aging® Month

Purpose: To encourage local level Healthy Aging® events that promote taking personal responsibility for one's health, be it physically, socially, mentally or financially Organized by: Healthy Aging® Address: P.O. Box 442, Unionville, PA 19375 Main Line: (610)-793-0979 Website: www.healthyaging.net

Month of September: National Cholesterol Education Month

Purpose: Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke — two leading causes of death in the United States. This month, learn how to prevent these diseases by understanding how to control your cholesterol levels Organized by: the National Cholesterol Education Program Address: P.O. Box 30105, Bethesda, MD 20824-0105 Main Line: (301)-592-8573 Website: www.nhlbi.nih.gov

Month of September: National Sickle Cell Awareness Month

Purpose: Since 1975, the Sickle Cell Disease Association of America and its member associations have used this month to call attention to Sickle Cell Disease Organized by: the Sickle Cell Disease Association of America Address: 231 East Baltimore Street, Suite 800, Baltimore, MD 21202 Main Line: (410)-528-1555 Website: www.sicklecelldisease.org

Month of September: Leukemia, Lymphoma and Myeloma Awareness Month

Purpose: Since its founding in 1949, the Leukemia & Lymphoma Society (LLS) has used this month as an opportunity to increase the public's understanding of blood cancers and encourage people to support funding of research to find cures and education programs to help patients have the best possible outcomes throughout their cancer experience Organized by: LLS Address: 1311 Mamaroneck Avenue, Suite 310, White Plains, NY 10605 Main Line: (914)-949-5213 Website: www.lls.org

Month of September: National Alcohol & Drug Addiction Recovery Month

Purpose: To promote the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, and celebrate those in recovery Organized by: the Substance Abuse and Mental Health Services Administration (SAMHSA) Address: 1 Choke Cherry Road, Rockville, MD 29857 Main Line: 877-SAMHSA-7 Website: www.samhsa.gov

Month of September: National Ovarian Cancer Awareness Month

Purpose: Ovarian Cancer is one of the most deadly of women's cancers. This month, educate yourself and your loved ones on risk factors, symptoms, and treatment options for Ovarian Cancer Website: www.ovarian.org

Month of September: National Preparedness Month

Purpose: To educate the public about how to prepare for emergencies, including national disasters, mass casualties, biological and chemical threats, radiation emergencies, and terrorist attacks Organized by: the Federal Emergency Management Agency (FEMA) Main Line: (800)-621-FEMA Website: www.fema.gov

Month of September: National Prostate Cancer Awareness Month

Purpose: Among American men, prostate cancer is both the second most commonly diagnosed cancer and the second-leading cause of cancer deaths. This month, increase public awareness of the importance of prostate health, and advocate for easily accessible prostate health screenings Website: <http://zerocancer.org>

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 National Center for Assisted Living
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October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
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October 6: National Depression Screening Day (NDSD)

Purpose: Held annually during Mental Illness Awareness Week in October, National Depression Screening Day (NDSD) raises awareness and screens people for depression and related mood and anxiety disorders

Organized by: Screening for Mental Health (SMH) Address: One Washington Street, Suite 304, Wellesley Hills, MA 02481 Main Line: (781)-239-0071 Website: <http://mentalhealthscreening.org>

October 10: World Mental Health Day

Purpose: Every year on October 10, The World Health Organization (WHO) joins in celebrating the World Mental Health Day. The day is set aside to raise awareness of mental health issues Organized by: WHO

Website: www.who.int

October 2-8: National Fire Prevention Week

Purpose: To educate the masses on fire prevention Organized by: the National Fire Protection Association (NFPA) Address: 1 Batterymarch Park, Quincy, MA 02169-7471 Main Line: +1 (617)-770-3000 Website:

www.nfpa.org

October 24-28: National Health Education Week (NHEW)

Purpose: Since 1995, National Health Education Week (NHEW) has been celebrated during the third full week of October. This celebration focuses national attention on a major public health issue and promotes consumers' understanding of the role of health education in promoting the public's health Organized by:

the Society for Public Health Education (SOPHE) Address: 10 G Street NE, Suite 605, Washington, DC 20002 Main Line: (202)-408-9804 Website: www.sophe.org

October 23-29: National Respiratory Care Week

Purpose: To recognize the respiratory care profession and promote awareness of lung health issues and practices Organized by: the American Association for Respiratory Care (AARC) Address: 9425 N.

MacArthur Blvd., Suite 100, Irving, TX 75063-4706 Main Line: (972)-243-2272 Website: www.aarc.org

October National Hospital and Health-System Pharmacy Week

Purpose: To highlight the important contributions made every day by pharmacists and technicians in hospitals and health systems Organized by: the American Society of Health-System Pharmacists Address: 7272 Wisconsin Avenue, Bethesda, MD 20814 Main Line: (866)-279-0681 Website: www.ashp.org

October 22: Make A Difference Day

Purpose: On this day, millions of volunteers around the world unite in a common mission to improve the lives of others Organized by: USA WEEKEND Magazine and Points of Light Website: <http://makeadifferenceday.com>

October TBD: Healthcare Food Service Workers Week

Purpose: To honor healthcare food and nutrition professionals in self-operated facilities Organized by: the Association for Healthcare Foodservice Address: 8400 Westpark Drive, 2nd Floor, McLean, Virginia 22102 Main Line: (703)-662.0615 Website: www.healthcarefoodservice.org

October 3-7 Customer Service Week

Purpose: In 1992, the U.S. congress declared that this week will be set aside to boost morale, motivation, and teamwork, in addition to raising companywide awareness of the importance of customer service Website: www.csweek.com

October 2-8 National Mental Illness Awareness Week

Purpose: In 1990, the U.S. Congress declared that this week will be set aside to recognize efforts to raise mental illness awareness Organized by: the National Alliance on Mental Illness (NAMI) Address: 3803 N. Fairfax Dr., Suite 100, Arlington, VA 22203 Main Line: (703)-524-7600 Website: www.nami.org

October 9-15 Case Management Week

Purpose: To recognize the contributions and commitments case managers make and educating the public about the significant work they perform Organized by: the Case Management Society of America (CMSA) Address: 6301 Ranch Drive, Little Rock, AR 72223 Main Line: (800)-216-2672 Website: www.cmsa.org

October 23-29 National Healthcare Facilities and Engineering Week

Purpose: To recognize the significant role that engineers and facility management staff play Organized by: the American Society for Healthcare Engineering of the American Hospital Association (ASHE) Address: 155 N. Wacker Drive, Suite 400, Chicago, IL 60606 Main Line: (312)-422-3800 Website: www.ashe.org

Dates TBA: National Adult Immunization Awareness Week

Purpose: An annual celebration promoting the benefits of immunizations and highlighting the importance and immunizing adults against vaccine-preventable diseases Organized by: the Health Alliance Plan (HAP) Address: 2850 W. Grand Blvd., Detroit, MI 48202 Main Line: (313)-872-8100 Website: www.hap.org

October 17-22 National Healthcare Quality Week

Purpose: To celebrate the dedication of healthcare quality and patient safety professionals Organized by: the National Association for Healthcare Quality Address: 8735 W. Higgins Road, Suite 300, Chicago, IL 60631 Main Line: (847)-375-4720 Website: www.nahq.org

Month of October: Breast Cancer Awareness Month

Purpose: To increase awareness of the disease, the progress that has been made to find a cure, and to honor those that have or are currently suffering from Breast Cancer Organized by: the National Breast Cancer Foundation, Inc. Address: 2600 Network Blvd., Suite 300, Frisco, TX 75034 Website: www.nationalbreastcancer.org

Month of October: National Dental Hygiene Month

Purpose: To highlight the importance of proper oral hygiene Organized by: the American Dental Hygienists' Association (ADHA) Address: 444 North Michigan Avenue, Suite 3400, Chicago, IL 60611 Main Line: (312)-440-8900 Website: www.adha.org

Month of October: National Chiropractic Month (NCHM)

Purpose: To explain how to achieve optimal health, wellness and functioning Organized by: the American Chiropractic Association (ACA) Address: 1701 Clarendon Blvd., Arlington, VA 22209 Main Line: (703)-276-8800 Website: www.acatoday.org

Month of October: Residents' Rights Month

Purpose: To educate the masses on the history of Residents' Rights (that are guaranteed under the federal 1987 Nursing Home Reform Law) Organized by: The National Consumer Voice for Quality Long-Term Care Address: 1001 Connecticut Avenue, NW, Suite 425, Washington, DC 20036 Main Line: (202)-332-2275 Website: www.theconsumervoic.org

Month of October: National Physical Therapy Month

Purpose: To educate consumers about the unique benefits of physical therapy treatments Organized by: the American Physical Therapy Association (APTA) Address: 1111 North Fairfax St., Alexandria, VA 22314-1488 Main Line: (800)-999-2782 Website: www.apta.org

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

November **TBD National Commemorative Candle Lighting**

Purpose: To remember and honor Americans who have been or will be affected by Alzheimer’s disease or related illness Organized by: the Alzheimer’s Foundation of America (AFA) Address: 322 8th Ave., 7th Fl., New York, NY 10001 Main Line: 1-866-232-8484 Website: www.alzfdn.org

November **TBD: National Memory Screening Day**

Purpose: To promote early detection and intervention for those concerned about memory loss as well as to educate the public about successful aging Organized by: the Alzheimer’s Foundation of America (AFA) Address: 322 8th Ave., 7th Fl., New York, NY 10001 Main Line: 1-866-232-8484 Website: www.alzfdn.org

November 14: World Diabetes Day

Purpose: To increase policy, increase public awareness and encourage health improvement, promote the exchange of high-quality information about diabetes, and provide education for people with diabetes and their healthcare providers Organized by: the International Diabetes Foundation (IDF) Website: www.idf.org

November 17: The Great American Smokeout Day

Purpose: The third Thursday of each November is set aside to encourage smokers to use the date to make a plan to quite, or to plan in advance to quit smoking that day Organized by: the American Cancer Society (ACS) Address: 250 Williams St. NW, Atlanta, GA 30303 Main Line: 1-800-227-2345 Website: www.cancer.org

November **6-12 TBD: Home Care Aide Week**

Purpose: This day celebrates the dedicated staff that work in home health care settings Organized by: the National Association for Home Care & Hospice Address: 288 Seventh St., SE, Washington, DC 20003 Main Line: (202)-547-7424 Website: www.nahc.org

Month of November: National Family Caregivers Month

Purpose: Each year, more and more Americans are caring for a loved one with a chronic condition, disability, or the frailties of old age. This month, celebrate the approximately 90 million U.S. family caregivers Organized by: the Caregiver Action Network (CAN) Address: 2000 M St. NW, Suite 400, Washington, DC 20036 Main Line: (202)-772-5050 Website: <http://caregiveaction.org>

Month of November: National Home Health Care Month

Purpose: To honor the families, friends and professional caregivers dedicated to helping older adults and disabled individuals remain in their homes Organized by: the National Association for Home Care & Hospice Address: 288 Seventh St., SE, Washington, DC 20003 Main Line: (202)-547-7424 Website: www.nahc.org

Month of November: National Alzheimer's Disease Awareness Month

Purpose: In the United States, there are nearly 15 million Alzheimer's and dementia caregivers. This month, say "thank you" to these special people who take care of their family members and loved ones Organized by: the Alzheimer's Association (ALZ) Address: 225 N. Michigan Ave., Fl. 17, Chicago, IL 60601-7633 Main Line: (312)-335-8700 Website: www.alz.org

Month of November: National Hospice and Palliative Care Month

Purpose: Considered the model for quality compassionate care for people facing a life-limiting illness, hospice provides expert medical care, pain management, and emotional and spiritual support expressly tailored to the patient's needs and wishes. This month, help raise awareness of hospice care's benefits, and honor hospice and palliative care workers Organized by: the National Hospice and Palliative Care Organization Address: 1731 King Street, Alexandria, VA 22314 Main Line: (703)-837-1500 Website: www.nhpco.org

Month of November: American Diabetes Month (ADM)

Purpose: The vision of the American Diabetes Association is a life free of diabetes and all of its burdens. Raising awareness of this ever-growing disease is one of the many effort behind the mission of the Association. American Diabetes Month (ADM) is an important element in this effort, with programs designed to focus the nation's attention on the issues surrounding diabetes and the many people who are impacted by the disease Organized by: the American Diabetes Association Address: 1701 North Beauregard Street, Alexandria, VA 22311 Main Line: 1-800-DIABETES Website: www.diabetes.org

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

December 1: World AIDS Day

Purpose: World AIDS Day is held on December 1 every year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died. World AIDS Day was the first ever global health day and the first one was held in 1988
Organized by: the U.S. Department of Health and Human Services (HHS) Address: Rm 443 H, 200 Independence Avenue SW, Washington, DC 20201 Main Line: 1-800-HIV-0440 Website: <http://aids.gov>

December 4-10: National Influenza Vaccination Week (NIVW)

Purpose: National Influenza Vaccination Week (NIVW) is a national observance that was established to highlight the importance of continuing influenza vaccination Organized by: the Centers for Disease Control and Prevention (CDC) Address: 1600 Clifton Rd., Atlanta, GA 30333 Main Line: 800-CDC-INFO Website: www.cdc.gov

December 4-10 TBD: National Hand Washing Awareness Week

Purpose: According to the Centers for Disease (CDC), "the most important thing you can do to keep from getting sick is to wash your hands." Judicious hand washing can prevent not only common diseases like colds, but also more serious diseases like hepatitis A and meningitis Website: www.henrythehand.com

Month of December: Christmas Seals® Campaign

Purpose: For more than 90 years, donations to the American Lung Association's Christmas Seals Campaign have helped fund programs of education, advocacy and research for lung disease and its causes Organized by: the American Lung Association Address: 1301 Pennsylvania Ave. NW, Suite 800, Washington, DC 20004 Main Line: (202)-785-3355 Website: www.christmasseals.org

Month of December: Jingle Bell Run for Arthritis® Month

Purpose: Communities celebrate this event to help the Arthritis Foundation fund research and improve the quality of life for people affected by arthritis Organized by: the Arthritis Foundation Address: 1330 W. Peachtree St., Suite 100, Atlanta, GA 30309 Main Line: (404)-872-7100 Website: www.arthritis.org