

# JUNE 2022

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## AT-A-GLANCE

### Month Long Observances

- Alzheimer's & Brain Awareness Month
- Liver Health Matters Month
- Men's Health Month
- PTSD Awareness Month
- Scleroderma Awareness Month
- LGBTQA+ Pride Month

### Week Long Observances

- 5-11 Community Health Improvement Week
- 13-19 Men's Health Week
- 16-23 National Nursing Assistants Week

### Recognition Days

- Jun 5 National Cancer Survivors Day
- Jun 5 World Environment Day
- Jun 11 Family Health & Fitness Day®
- Jun 11 King Kamehameha I Day
- Jun 19 Juneteenth
- June 19 Father's Day (Men's Health Month)
- Jun 27 National HIV Testing Day
- June 20 World Refugee Day (eg. Syria; Ukraine, etc.)

### Just for fun

- Jun 8 National Best Friends Day

### NESHCo Reminders

- Jun 1-3, 2022 Annual Conference in Portland, Maine
- Jun 2, 2022 Lamplighter Gala

**1-30 LGBTQA+ Pride Month** Lesbian, Gay, Bisexual and Transgender Pride Month (LGBTQA+ Pride Month) is celebrated annually in June to honor the 1969 Stonewall riots, and works to achieve equal justice and equal opportunity for lesbian, gay, bisexual, transgender, and questioning (LGBTQA+) Americans.

**1-30 Men's Health Month** (June 19, Father's Day) The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

**1-30 Alzheimer's & Brain Awareness Month** Each June, the Alzheimer's Association® helps raise awareness about the disease and support the 50 million people worldwide living with Alzheimer's and other dementias.

**1-30 Scleroderma Awareness Month** Celebrated annually in June, this is a time to highlight the rare condition that affects one in every 4,000 adults in the U.S.

**June 11 King Kamehameha I Day** is a Hawaiian holiday to honor King Kamehameha the Great, the beloved monarch who became notorious for uniting the Kingdom of Hawaii. June 11 is a public holiday in Hawaii, businesses and schools are closed.

**June 19 Juneteenth** The holiday, long celebrated by African Americans in the U.S., recognizes June 19, 1865, when enslaved people in Texas learned they had been freed and the Emancipation was enforced.

# JULY 2022

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## AT-A-GLANCE

### Month Long Observances

- Cord Blood Awareness Month
- Minority Mental Health Awareness Month
- National Cleft and Craniofacial Awareness & Prevention Month
- UV Safety Month

### Recognition Days

- July 4 Independence Day
- Jul 18 Nelson Mandela International Day
- Jul 26 Americans with Disabilities Act (ADA) Anniversary
- July 29 Hijri New Year

### Just for fun

- Jul 17 National Ice Cream Day

### NESHCo Reminders

- 6-month check-in: The 2023 Lamplighter Awards will open in December. Don't forget to archive ideas for Lamp submissions!

**1-31 Minority Mental Health Awareness Month** Observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States.

**1-31 Cord Blood Awareness Month** Cord Blood Awareness month draws attention to the medical value of the stem cells in a baby's umbilical cord blood, umbilical cord tissue, and placenta.

**1-31 National Cleft and Craniofacial Awareness & Prevention Month** Cleft and craniofacial conditions affect thousands of infants, children, teens and adults in the United States each year. Some are born with congenital anomalies like cleft lip and palate, others with more complex, life-threatening craniofacial conditions. This month helps raise awareness and improve understanding of orofacial clefts and other conditions of the head and face.

**1-31 UV Safety Month During Ultraviolet Safety Month** the mission is to spread awareness about how important it is to protect our eyes and skin from the side effects of UV rays. This month continues to be a reminder on the connection between overexposure to UV light and cancers that occur in the eyes, lips, and skin.

**July 26 National Disability Independence Day** This day commemorates the 1990 signing of the Americans with Disabilities Act, which guarantees equal opportunity for people with disabilities.

**July 29 Hijri New Year** Hijri New Year marks the start of Muharram, which is known as the month of remembrance and is sacred to Muslims across the world.



# AUGUST 2022

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## AT-A-GLANCE

### Month Long Observances

- Black Business Month
- National Immunization Awareness Month
- Neurosurgical Awareness Month
- Gastroparesis Awareness Month
- Psoriasis Awareness Month

### Week Long Observances

- 1-7 World Breastfeeding Week
- 7-17 National Health Center Week

### Recognition Days

- Aug 1 World Lung Cancer Day
- Aug 9 International Day of the World's Indigenous Peoples
- Aug 21 World Senior Citizens Day
- Aug 26 Women's Equality Day
- Aug 30 National Grief Awareness Day

### Just for fun

- Aug 9 National Book Lovers Day

**1-31 National Immunization Awareness Month** National Immunization Awareness Month (NIAM) is an annual observance held in August to highlight the importance of vaccination for people of all ages and the importance of getting recommended vaccines throughout your life.

**1-31 Psoriasis Awareness Month** Affecting men and women, all races and all ages, the disease can display on a variety of body parts at any given time therefore it is important to understand what you can do about it as and when you are affected by it.

**1-7 World Breastfeeding Week** #WBW2022 will serve to protect, promote and support breastfeeding across all levels of society by encouraging support for breastfeeding from governments, health systems, workplaces and communities.

**August 21 World Senior Citizens' Day** This day provides an opportunity to show our appreciation for the dedication, accomplishments, and services that seniors give throughout their lives.

**August 26 Women's Equality Day** The observance of Women's Equality Day not only commemorates the passage of the 19th Amendment, granting women the right to vote, but also calls attention to women's continuing efforts toward full equality.

# SEPTEMBER

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## AT-A-GLANCE

### Month Long Observances

- National Hispanic Heritage Month (Sep 15-Oct 15)
- Childhood Cancer Awareness Month
- National Atrial Fibrillation Awareness Month
- National Childhood Obesity Awareness Month
- National Food Safety Education Month
- National Recovery Month
- National Suicide Prevention Month
- Pain Awareness Month
- National Recovery Month
- Healthy Aging Month
- National Traumatic Brain Injury Awareness Month
- Ovarian Cancer Awareness Month
- Newborn Screening Awareness Month
- Prostate Cancer Awareness Month

### Week Long Observances

- 4-10 National Suicide Prevention Week

### Recognition Days

- Sep 8 World Physical Therapy Day
- Sep 15 World Lymphoma Awareness Day
- Sep 15-16 Yom Kippur
- Sep 17 National Physician Suicide Awareness Day
- Sep 17 World Patient Safety Day
- Sep 25 Rosh Hashanah
- Sep 29 World Heart Day

### Just for fun

- Sep 4 National Wildlife Day

### Sep 15 – Oct 15 National Hispanic Heritage Month

This time is a celebration of the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America. The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.

### 1-30 Childhood Obesity Awareness Month

One in 5 children in the United States are obese. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. National Childhood Obesity Awareness Month provides a chance to learn more about this serious health condition, share messages to promote healthy growth, and prevent obesity in children.

### 1-30 National Recovery Month

Recovery Month is a national observance celebrating gains made by those in recovery and to acknowledge the dedication of providers and community members who make recovery possible. This month promotes education about treatment options for substance abuse and mental health services.

### 8-14 National Suicide Prevention Week

#BeThe1To is the National Suicide Prevention Lifeline's message related to changing the conversation from suicide to suicide prevention and about actions that can promote healing, help and give hope.

### September 17 National Physician Suicide Awareness Day

#NPSADay is a reminder and call to action to help everyone prevent physician suicide, including health organizations, health systems, hospitals, medical societies and practices. It's a time to talk — and to act — so physicians' struggles don't become mental health emergencies.



# OCTOBER 2022

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## AT-A-GLANCE

### Month Long Observances

- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- Health Literacy Month
- National Down Syndrome Awareness Month
- National Physical Therapy Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month

### Week Long Observances

- 2-8 National Primary Care Week
- 2-8 Mental Illness Awareness Week
- 9-15 Emergency Nurses Week
- 16-22 National Healthcare Quality Week
- 17-21 International Infection Prevention Week
- 17-21 National Health Education Week
- 23-29 Respiratory Care Week
- 23-31 Red Ribbon Week

### Recognition Days

- Oct 8 World Hospice and Palliative Care Day
- Oct 6 National Depression Screening Day®
- Oct 24 Diwali - Hindu New Year

### Just for fun

- Oct 1 International Coffee Day

### NESHCo Reminders

- The 2023 Lamplighter Awards season will open in December! Time to start thinking #Lamplighters

### 1-31 Health Literacy Month

Health Literacy Month is an international observance when hospitals, health centers, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, consumer alliances, and many other groups can work collaboratively to integrate and expand the mission of health literacy.

### 1-31 National Down Syndrome Awareness Month

The National Down Syndrome Society worked to have October proclaimed Down Syndrome Awareness Month. This is a time to raise awareness and celebrate the many abilities of those with Down Syndrome.

### 2-8 National Primary Care Week

During the first week of October, Primary Care Physicians around the country come together to focus on improving care for their patients. The week also offers an opportunity to showcase new approaches to healthcare, celebrate progress, network with colleagues and explore new avenues for underserved populations.

### 17-21 National Health Education Week

National Health Education Week (#NHEW) is a yearly event created by the Society for Public Health Education (SOPHE) to increase national awareness on major public health issues and promote a better understanding of the role of health education.

### 23-31 Red Ribbon Week

A time for youth and adults to increase their knowledge by learning more about the destructive effects of drug abuse, including prescription drug misuse, and renew their commitment to live a healthy, drug-free lifestyle. This is the largest drug-abuse prevention campaign in the United States.

### October 6 National Depression Screening Day

Major depression is one of the most common mental illnesses, affecting more than 16 million American adults each year. Like screenings for other illnesses, depression screenings should be a routine part of healthcare.

# NOVEMBER

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## AT-A-GLANCE

### Month-Long Observances

- National Native American Heritage Month
- American Diabetes Month
- COPD Awareness Month
- Lung Cancer Awareness Month
- National Family Caregivers Month
- National Healthy Skin Month
- National Hospice and Palliative Care Month
- Stomach Cancer Awareness Month

### Week-Long Observances

- 6-12 National Nurse Practitioner Week
- 20-26 Gastroesophageal Reflux Disease Awareness Week

### Recognition Days

- Nov 2 National Stress Awareness Day
- Nov 20 Transgender Day of Remembrance

### Just for fun

- Nov 13 World Kindness Day

**1-30 National Native American Heritage Month** This month celebrates rich and diverse cultures, traditions, and histories of Native Americans and acknowledges their important contributions. This is a time to educate each other about tribes, raise a general awareness about the unique challenges Native people have faced historically and today, and the ways in which tribal citizens have worked to conquer these challenges.

**1-30 COPD Awareness Month** More than 16.4 million people have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD), but millions more may have it and not know it. COPD is an umbrella term encompassing progressive lung diseases like emphysema, chronic bronchitis and irreversible asthma.

**1-30 National Family Caregivers Month** This is a time to recognize and honor family caregivers, and offers an opportunity to raise awareness around caregiving issues, educate communities and increase support for caregivers.

**November 2 National Stress Awareness Day** Organized by the International Stress Management Association, the mission of this day is to raise awareness of psychological distress in the workplace and strategies to address it.

**November 20 Transgender Day of Remembrance** This is an opportunity to come together and remember transgender and gender-variant individuals who were murdered due to hate or prejudice.



# DECEMBER

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## AT-A-GLANCE

### Week-Long Observances

- 4-10 National Handwashing Awareness Week
- 4-10 National Influenza Vaccination Week

### Recognition Days

- Dec 1 World AIDS Day

### Just for fun

- Dec 4 National Cookie Day

### NESCHo Reminders

- Dec 5 Lamplighter submissions for the 2023 season are open!

**4-10 National Influenza Vaccination Week** This is a call to all Americans aged 6 months and older to get their annual flu vaccine if they have not already. Flu remains a significant public health concern, and this serves to remind people there is still time to get a flu vaccine—the only vaccine protecting against flu—to prevent infection and its potentially serious complications.

**4-10 National Handwashing Awareness Week** As important as handwashing has always been, its value was highlighted during the COVID-19 pandemic. Washing your hands regularly - and correctly - can help prevent the spread of respiratory viruses, including the novel coronavirus.

**December 1 World AIDS Day** Each year this is an opportunity to unite in the fight against HIV, show support for the 38 million people living with the virus, and remember those who died from AIDS-related illness. Since being identified in 1984, more than 35 million people have died of HIV or AIDS-related illnesses, making it one of the most destructive pandemics in history.

**December 5 Lamplighter Awards Open** NESCHo opens the annual competition to all public relations and marketing professionals employed by New England healthcare institutions, health plans and agencies. Eligible entries must have been produced and/or completed – including measured results – between October 1, 2021 and January 31, 2023.

# JANUARY 2023

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## AT-A-GLANCE

### Month Long Observances

- Cervical Health Awareness Month
- National Glaucoma Awareness Month
- National Winter Sports TBI Awareness Month
- Thyroid Awareness Month

### Recognition Days

- Jan 12 National Pharmacist Day
- Jan 16 Martin Luther King Day
- Jan 25 IV Nurses Day

### Just for fun

- Jan 15 National Bagel Day

### NESHCo Reminders

- Mid-Late January: Register for the NESHCo webinar dedicated to helping you write your Lamplighter submissions!
- Jan 16 Early Bird Lamplighter Deadline

**National Winter Sports TBI Awareness Month** There are physical risks associated with our favorite winter activities, such as snowmobiling, skiing, and snowboarding. These high-velocity activities can cause serious injuries, especially concussions and other traumatic brain injuries (TBI). Sports and recreational activities contribute to about 21% of all traumatic brain injuries among American children and adolescents.

**Jan 12 National Pharmacist Day** Where would we be without our pharmacists? It's time to thank those who keep us healthy throughout the year. This day focuses on the importance of pharmacists, and it honors how much they impact our health and well-being.

**NESHCo Lamplighter Awards 2023** These awards recognize the outstanding achievements and campaigns produced in healthcare marketing and public relations. With more than 40 major awards and hundreds of entries each year, the Lamps honor the finest work produced across New England. The 2023 Season is accepting submissions! Submit your entries in January for the Early Bird rate! Eligible entries must have been produced and/or completed – including measured results – between October 1, 2021 and January 31, 2023.



# FEBRUARY

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## AT-A-GLANCE

### Month Long Observances

- Black History Month
- American Heart Month

### Week Long Observances

- Feb 1 – Feb 7 African Heritage & Health Week
- Feb 7 – Feb 14 Congenital Heart Defect Week
- 21-28 National Eating Disorders Awareness Week (Kim T added)

### Recognition Days

- Feb 4 World Cancer Day
- Feb 7 National Black HIV/AIDS Awareness Day
- Feb 14 National Donor Day

### Just for fun

- Feb 9 National Pizza Day

### NESHCo Reminders

- Feb 20, Final Deadline for Lamplighter Submissions
- Feb – March: Submit your nominations for the Evans F. Houghton Award!

### 1-28 American Heart Month

February is American Heart Month, a time when all people can focus on their cardiovascular health. Heart disease is the number one cause of deaths for most groups. Heart disease affects all ages, genders, and ethnicities.

### 1-7 African Heritage & Health Week

honors more than 400 years of African American history and heritage that has shaped the American culture as we know it today. This week celebrates the healthy foods, flavors, and cooking techniques of African and African American cuisine.

### 14 National Donor Day

is an observance dedicated to spreading awareness and education about organ, eye, and tissue donation. This is also a day to recognize those who have given and received the gift of life through organ, eye and tissue donation, are currently waiting for a lifesaving transplant, and those who died waiting because an organ was not donated in time.

### NESHCo Lamplighter Awards 2023

These awards recognize the outstanding achievements and campaigns produced in healthcare marketing and public relations. With more than 60 major awards and hundreds of entries each year, the Lamps honor the finest work produced across New England. The 2023 Season is accepting submissions! Submit your entries in January for the Early Bird rate! Eligible entries must have been produced and/or completed – including measured results – between October 1, 2021 and January 31, 2023.

### NESHCo Evans F. Houghton Award 2023

This award recognizes exemplary performance in, and significant contributions to, the field of healthcare public relations, marketing, and communications. Be on the lookout to submit your nominations!

# MARCH 2023

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## AT-A-GLANCE

### Month Long Observances

- Women's History Month
- National Kidney Month
- National Nutrition Month®
- Multiple Sclerosis Awareness Month

### Week Long Observances

- Mar 12-18 National Sleep Awareness Week
- Mar 13-19 Brain Awareness Week

### Recognition Days

- Mar 4 World Obesity Day
- Mar 8 International Women's Day
- Mar 10 National Women and Girls HIV/AIDS Awareness Day
- Mar 24 World Tuberculosis Day
- Mar 30 National Doctor's Day

### Just for fun

- Mar 13 National Napping Day

### NESHCo Reminders

- Submit your nominations for the Evans F. Houghton Award!
- Feb – Mar Submit your nominations for the Evans F. Houghton Award!

**1-31 National Nutrition Month®** is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

**Mar 12-18 National Sleep Awareness Week®** is hosted by the National Sleep Foundation and is an opportunity to reemphasize the important connection between your sleep and your health.

**Mar 13-19 Brain Awareness Week** Brain research allows us to understand our biology and body function better, which empowers medical professionals to find ways to prevent or treat brain, nervous system, and body problems.

**NESHCo Evans F. Houghton Award 2023** This award recognizes exemplary performance in, and significant contributions to, the field of healthcare public relations, marketing and communications. Submit your nominations soon!



# APRIL 2023

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## AT-A-GLANCE

### Month Long Observances

- Alcohol Awareness Month
- National Autism Awareness Month
- Occupational Therapy Month
- Testicular Cancer Month

### Week Long Observances

- Apr 23-29 National Infertility Awareness Week®

### Recognition Days

- Apr 2 World Autism Awareness Day
- Apr 7 World Health Day

### Just for fun

- Apr 11 National Pet Day

### NESHCo Reminders

- NESHCo Annual Conference Registration

**Alcohol Awareness Month** First started in 1987, National Alcohol Awareness Month was founded by the National Council on Alcoholism and Drug Dependence (NCADD). This day is meant to educate on the dangers of alcohol dependence. Claiming the lives of more than 90,000 people every year, this month focuses on raising awareness about alcohol abuse and dependency before it is fatal.

**Apr 2 National Autism Awareness Day** is a UN observance day that is meant to foster understanding of autism and fight the discrimination many face around the world.

**Apr 7 World Health Day** Since 1950, April 7th has been World Health Day, a UN and World Health Organization (WHO) observance meant to raise awareness of the need to improve global health.

# MAY 2023

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## AT-A-GLANCE

### Month Long Observances

- Arthritis Awareness Month
- Mental Health Month
- National Asthma and Allergy Awareness Month
- National Osteoporosis Month
- National Stroke Awareness Month

### Week Long Observances

- May 8-12 Children's Mental Health Awareness Week
- May 15-19 National Women's Health Week

### Recognition Days

- May 12 International Nurses Day
- May 31 National Senior Health and Fitness Day
- May 17 World Hypertension Day

### Just for fun

- May 20 National Learn to Swim Day

### NESHCo Reminders

- Be on the lookout for conference communications!

**May 1-31 National Asthma and Allergy Awareness Month** promotes understanding of asthma and allergies, something that affects more than 65 million Americans. It is a peak season for people with asthma and allergies, and a perfect time to educate patients, family, friends, co-workers, and others about these diseases.

**May 12 International Nurses Day** is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth.

**May 15-19 National Women's Health Week (NWHW)** is a weeklong health observance led by the U.S. Department of Health and Human Services' Office on Women's Health (OWH). This week serves as a reminder for women and girls, especially during the outbreak of COVID-19, to make their health a priority and take care of themselves.