

LGBTQ+ EDUCATIONAL CONTENT

SOCIAL MEDIA & INTERNAL CONVERSATION
SUGGESTIONS TO INCREASE AWARENESS ON
LGBTQ+ TOPICS



Training • Credentialing • Consulting • Speaking



sagecare.org



info@sagecare.org

305 7th Ave. 15th Floor, New York, New York 10001
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March

Monthly Observances

National Social Worker Month

Social Work Month in March is a time to celebrate the great profession of social work! The theme for Social Work Month 2025 is Social Work: Compassion + Action. Social Work Month is a great time to learn and reflect on the profession's many positive contributions.

Women's History Month

"Moving Forward Together! Women Educating & Inspiring Generations." This theme celebrates the collective strength and influence of women dedicated to education, mentorship, and leadership. Through their efforts, they have served as an inspiration for all generations – both past and present.

March 1st, annually – *Zero Discrimination Day*

Zero Discrimination Day is celebrated on March 1st to promote equality and end discrimination. The day was first celebrated in 2014 by the United Nations (UN) and other international organizations

First Friday of March, annually – *Employee Appreciate Day*

Our aging loved ones need a variety of supports to age with dignity. For many, that would not be possible without the compassion and diligent service of care providers. Take today as an opportunity to share your gratitude and appreciation for the tireless efforts of skilled nurses, in-home care providers, assisted living coordinators, and countless others who show up for our community.

Second Sunday of March, annually – *Daylight Savings Day*

Losing an extra hour of sleep stings, but springing forward means longer days of sunshine are on the way!

March

Second Week of March, annually – *Long-Term Care Admin Week*

Celebrate the unsung heroes of our long-term care facilities! Nursing home administrators manage the day-to-day operations of nursing homes, long-term care facilities, and retirement homes. They manage the complex operations, navigate ever-changing healthcare policies, and foster a warm & positive atmosphere for both care providers and their residents.

March 17th, annually – *Saint Patrick's Day*

Initially a religious holiday, St. Patrick's Day has evolved into a cultural celebration in the United States, featuring parades and festive gatherings. Don't forget to wear green!

Third Week of March, annually – *Wellderly Week*

Championed by Dr. Dale Anderson, the original creator of Act Happy Day, Wellderly Week is a time to focus on promoting senior wellness, promoting community engagement, and nurturing all aspects of a senior's well-being, physical, mental, emotional, and social. Redefine "acting your age" during this year's Wellderly Week!

Third Week of March, annually – *National LGBT Health Awareness Week*

The goal of this observance is to raise awareness of the unique barriers LGBTQ+ individuals face when accessing health care, including stigma, fear of discrimination, and even refusal of care. During this LGBT Health Awareness Week, be part of the solution and share your organization's initiatives for championing more inclusive care!

<https://healthlgbtq.org/awareness-week/>

March 20th, annually – *First Day of Spring*

March 20th, also known as the vernal equinox, is the signal that warmer days and blooming flower buds are on the way! Enjoy the fresh air, smell the blooming roses, and celebrate the return of warmer days around the corner.

March

March 20th, annually – *National Native HIV/AIDS Awareness Day*

This observance serves as a time to acknowledge how HIV/AIDS disproportionately affects indigenous communities in America. The NNHAAD, the sponsor of the holiday, encourages using today as a time

March 20th, annually – *Two-Spirit Indigenous Awareness Celebration Day*

Sponsored by First Nations scholar Harlan Pruden, this holiday is celebrated on the first day of spring, a day for change and transformation. It celebrates Indigenous members of our community who identify with both masculine and feminine spirits and celebrates the exploration of gender, sexual, and spiritual identities.

Check Back
Each Month
for New
Suggestions!

