

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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November

Monthly Observances

National Gratitude Month

This is a time to reflect on what we're grateful for and to give thanks. Practicing gratitude can bring numerous benefits, such as improved mental health, helping us cultivate positive emotions, cope with adversity, and strengthen our relationships. Additionally, it can enhance our physical well-being by boosting the immune system, lowering blood pressure, and promoting restful sleep. Ultimately, embracing gratitude can increase happiness and greater satisfaction with our lives.

Native American Heritage Month

Dedicated to celebrating and recognizing the history, culture, and contributions of Native American and Alaska Native people.

Long-Term Care Month

Long-Term Care (LTC) Awareness Month, celebrated in November, serves as a vital opportunity to highlight the significance of LTC services and their impact on individuals and families. This month encourages meaningful conversations among loved ones about preparing for the possibility of extended care and exploring financial options to support it. It also prompts individuals to make proactive plans regarding dependency and to incorporate LTC considerations into their financial strategies.

Alzheimer's Awareness Month

Teal is the Alzheimer's Awareness color of the Alzheimer's Foundation of America (AFA). AFA uses teal because color psychology studies have shown it to be calming. This is helpful when designing and decorating spaces and events to be welcoming and comforting to those with Alzheimer's. So, next time you see someone dressed in teal, remember the more than 6 million people living with Alzheimer's and the help they need. (alzfdn.org).

National Hospice and Palliative Care Month

Since 1986, November has been recognized as National Hospice and Palliative Care Month, honoring the devoted professionals who work tirelessly to offer compassionate support to those in the final stages of life. Hospice care plays a crucial role in helping individuals maintain their dignity, autonomy, and comfort as they near the end of life. Caregivers are the unsung heroes, providing essential support to patients and their families during these difficult times.

November

First Sunday of November – *Transgender Parents' Day*

Established in 2009, this day honors both transgender parents and the parents of transgender children. The holiday celebrates the courage, resilience, and triumphs of transgender people living their authentic lives while also raising awareness and advocating for transgender rights.

First Sunday of November – *Daylight Savings Time Ends*

Fall Back! Gain an hour of extra sleep, but this means more light in the morning and darker sooner in evening.

First Sunday of November – *New York City Marathon*

It starts at 8 am EST and is 26.2 miles long. After long debates, the International Association of Athletics Federations (IAAF) decided to set an official distance for all marathons. Starting in 1921, the official marathon distance was established as 26.2 miles (42.195 km), likely in honor of the memorable 1908 London race.

First Wednesday of November – *National Stress Awareness Day*

This day is dedicated to raising awareness of stress's effects on mental and physical health and encouraging healthy ways to manage stress.

November 8th, annually – *Intersex Day of Solidarity*

This day highlights issues faced by intersex people and their continued fight for respect, bodily autonomy, and the right to self-determination. Intersexuality is a term used to describe people who are born with or develop sex characteristics that are not typically considered male or female.

November 9th, annually – *World Freedom Day*

World Freedom Day is a global observance commemorating the fall of the Berlin Wall and celebrating the principles of freedom, democracy, and human rights. This significant day reminds us of the importance of upholding and promoting freedom, both individually and collectively, and acknowledges the struggles and triumphs of those who have fought for liberty and justice.

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November 11th, annually – *Veteran's Day*

This holiday is reserved for honoring and sharing gratitude for those who have served in the United States Armed Forces. Did you know that recent surveys suggest that 17% of gay men and 8% of lesbians have served in the military?

November 13th-19th, annually – *Trans Awareness Week*

Help increase understanding about transgender people and the issues members of the community face. <https://glaad.org/reference/transgender>

Fourth Thursday of November – *Thanksgiving*

Established in 2009, this day honors both transgender parents and the parents of transgender children. The holiday celebrates the courage, resilience, and triumphs of transgender people living their authentic lives while also raising awareness and advocating for transgender rights.

Check Back Each Month for New Suggestions!

