

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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September

Monthly Observances

Healthy Aging Month

Eating well and remaining physically active are crucial at all stages of life, especially for older adults!

Intergenerational Month

Intergenerational support and connection provide people with a broad network of care, understanding, and community—especially crucial for LGBTQ+ individuals! How are you honoring generations other than your own this month?

National PACE Month

Don't miss the opportunity to celebrate all the ways PACE (Programs of All-Inclusive Care for the Elderly) provides for our community's elders and protect their independence and access to care!

National Recovery Month

Established in 1989, National Recovery Month is an observance aimed to promote evidence-based research regarding treatment and recovery practices. National Recovery Month celebrates both courageous individuals in long-term recovery and the amazing care providers who support them through the process.

National Suicide Prevention Month

Commemorated every September by SAMHSA, serves as a reminder of all those who have struggled with suicidal ideation or been impacted by it. LGBTQ+ people across all age groups have higher rates of suicidal ideation and plans than their peers. If you or someone you know is having thoughts of suicide or self-harm, know that you are not alone. The world is better with you in it. Please call or text 9-8-8 to get help now.

Women in Medicine Month

This observance serves to honor women and their contributions in the field of medicine. To show your support, highlight the contributions of trailblazing women, spotlight leadership opportunities, and advocate for equal pay.

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Monthly Observances

September 1st, 1975 – *The Rocky Horror Picture Show* debuts!

Did you know that on this day in 1975, the cult classic "The Rocky Horror Picture Show" first premiered in London? This cultural phenomenon has provided countless LGBTQ+ people with a safe space for expression, generational bonding, and a sense of community.

First Monday of September – *Labor Day*

Labor Day underscores the importance of inclusive workplace policies for all individuals, regardless of age, sexual orientation, gender expression/identity, race, ethnicity, disability status, or membership in other historically marginalized groups. On Labor Day, and every day, we strive to increase recognition of these groups' contributions and advocate for fairer treatment for all.

First Tuesday of September – *Telephone Tuesday*

Happy Telephone Tuesday! Give a loved one a call today—a simple hello or a lengthy conversation about life can go a long way in building and maintaining social connectedness. Connection can be lacking for many older LGBTQ+ folks, so help fill that gap today!

September 4th, 1998 – *Google enters the world*

To "Google" something has become synonymous with searching the Internet. Sharing stories, educational content, supportive information, and more has been instrumental in the fight for equality for LGBTQ+ and other marginalized people worldwide. What are you Googling today?

September 6th, annually – *National Read a Book Day*

Happy National Read a Book Day! Reading is a great way to hear from perspectives outside of your own. From Virginia Woolf's *Orlando* to Ocean Vuong's *On Earth We're Briefly Gorgeous* and Oscar Wilde's *The Picture of Dorian Gray*, there are countless options for LGBTQ+ literature. In the comments, share some of your picks for books that amplify minority voices!

September

First Sunday After Labor Day – *Grandparents Day*

Happy Grandparents Day! Foster connection and social cohesion by visiting grandparents today, whether they are your biological grandparents or part of your chosen family.

September 9th, annually – *Sudoku Day*

Happy International Sudoku Day! Many older adults find that puzzles like sudoku help keep their minds sharp and active. Improving brain health can be especially important for LGBTQ+ individuals, who are at a higher risk for Alzheimer's disease and other dementias. Have a little fun and consider playing a game today, either on paper or online at www.sudoku.com.

Second Week of September, annually – *National Assisted Living Week*

According to the National Center for Assisted Living (NCAL), this week “provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America’s seniors and individuals with disabilities.”

September 11th, annually – *Patriot Day or Day of Remembrance*

Today, we pause to honor all the lives lost on September 11, 2001. One such life was that of Mychal Judge, a gay firefighter and Catholic priest. Judge was quoted as asking, "Is there so much love in the world that we can afford to discriminate against any kind of love?" We can all benefit from Judge’s notion of universal love, especially on days like today.

September 15th to October 15th, annually – *Hispanic Heritage Month*

Hispanic Heritage Month starts today! We celebrate and honor the significant contributions of many in the Hispanic and Latino communities. One such trailblazer is Sylvia Rivera, who dedicated her life to advocating for LGBTQ+ issues and unhoused people in New York. Which Hispanic changemakers are you celebrating this month?

September

September 18th, annually – *National HIV/AIDS and Aging Awareness Day*

Thanks to the tireless work of LGBTQ+ activists and scientists, more people are living long, fulfilling lives with HIV. Long-term survivors of HIV may face longstanding trauma, distrust in their healthcare team, and various healthcare concerns that affect successful aging. Educate yourself on their unique needs and experiences today at www.hiv.gov.

September 20th, 2011 – “*Don’t Ask, Don’t Tell*” Act is Repealed

This discriminatory law previously prohibited non-straight people from openly discussing their sexuality while serving in the United States military. We affirm and validate all service members forced to live and love in secret. We also encourage anyone who was discharged based on their sexual orientation at any time to submit a request for military record correction with the US Department of Defense.

September 21st, annually – *World Alzheimer’s Day*

A day to recognize the millions worldwide impacted by this disease. Although Alzheimer’s can affect anyone, members of the LGBTQ+ community face an increased risk of cognitive decline and other challenges that might impact their cognition later in life. For more information and ways to support Alzheimer’s research, please visit www.alz.org.

September 22nd, annually – *Honoring Tyler Clementi*

Today, we remember Tyler Clementi and so many others who have died by suicide due to bullying and discrimination associated with their sexual orientation or gender identity. If you or someone you know is having thoughts of suicide or self-harm, know that you are not alone. The world is better with you in it. Please call or text 9-8-8 to get help now.

September 23rd, annually – *Bisexual Visibility Day*

Want a simple way to fight bi erasure and increase bisexual visibility? Just don’t assume people are straight or gay based on the gender of the person they are currently dating!

September

September 27th, annually – National Gay Men’s HIV/AIDS Awareness Day

Today, we recognize the disproportionate impact of the HIV epidemic on gay men, especially gay men of color. Although HIV does not discriminate, the treatment of those living with HIV has historically been discriminatory. Let's fight stigma, homophobia, discrimination, and racism today (and every day!) by unequivocally correcting lies and misconceptions about HIV and gay men.

September 28th, annually – *National Good Neighbor Day*

Let's work to reverse the epidemic of loneliness in the United States by building community connections—especially for LGBTQ+ people, who have relied on good neighbors and community building for decades.

September 30th, 1928 – *Elie Wiesel’s Birthday*

Today we honor the birth of Holocaust survivor and Nobel Prize laureate Elie Wiesel. He said, “I swore never to be silent whenever and wherever human beings endure suffering and humiliation. We must always take sides.” Today, honor Wiesel’s memory by speaking up against suffering and humiliation wherever you see it.

Check Back Each Month for New Suggestions!

