

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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January

Monthly Observances

National Blood Donor Month

Did you know that over 30,000 gallons of blood are needed every day for life-saving treatment? This month-long observance highlights the need for and importance of blood donation. These donations help serve vulnerable populations such as the immunocompromised and disabled communities. In addition to raising awareness for continued donations, it's important to advocate for equitable access and to eliminate discriminatory practices that prevent health LGBTQ+ individuals from participating.

National Hobby Month

One of the best things we can do to help keep aging minds healthy is to provide enriching, socially active hobbies. To participate in this month-long event, we recommend hosting LGBTQ+ book clubs, queer art workshops, and connect like-minded peers through the power of fun, new hobbies!

National Sunday Supper Month

Promote family and community bonding with inclusive meals that invite chosen families to gather and enjoy each other's company. We recommend inviting local LGBTQ+ chefs to participate and share new cultural traditions that celebrate diversity.

January 2nd, annually – National Motivation and Inspiration Day

The day after New Year's is a time to celebrate our achievements, draw inspiration for new goals, and motivate each other for the coming year. We draw inspiration from the experiences of LGBTQ+ pioneers and share their stories of resilience to carry their mission forward into the new year!

January 11th, annually – Learn Your Name in Morse Code Day

A lesser-known holiday that provides a unique opportunity to learn about history and celebrate chosen names. Spend today sharing the history of Morse code, write your name in code, and practice affirming messages like, "You are loved."

January

Third Monday of January, annually – *Martin Luther King Jr. Day*

This day honors Martin Luther King Jr.'s legacy of pursuing justice and equality for all. Several prominent LGBTQ+ figures collaborated with King to advocate for equal rights. Some notable figures include Pauli Murray, Norris B. Henderson, Lorraine Hansberry, Bayard Rustin, and James Baldwin. To pay tribute, consider volunteering with organizations that advocate for both racial and LGBTQ+ equality and hosting discussions on intersectionality and civil rights, spotlighting the experiences of BIPOC LGBTQ+ individuals.

January 27th, annually – *International Holocaust Remembrance Day*

Today is a day meant to hold space for honoring the victims of the Holocaust, including the LGBTQ+ individuals who were imprisoned and killed. Promote advocacy against all forms of hate by sharing LGBTQ+ history during WW2, the reclamation of the Pink Triangle, and supporting organizations that fight against antisemitism and homophobia.

January 28th, annually – *Data Privacy Day*

The modern world exists equally in both the digital and physical spaces, which means it is crucial to equip everyone with the tools to protect their privacy. Today is an opportunity to educate senior residents on secure communication, best practices online, and reviewing privacy and security protocols within your organization. Empower your community to organize securely and protect sensitive information.



Check Back Each Month for Next Months Suggestions