



YEAR-ROUND EMPLOYEE ENGAGEMENT CALENDAR

2021

JANUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1 <small>NEW YEAR'S DAY</small>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 	18 <small>MARTIN LUTHER KING JR. DAY</small>	19 <small>NATIONAL DRUGS AND ALCOHOL FACTS WEEK BEGINS</small>	20	21	22	23
24 <small>NATIONAL DRUGS AND ALCOHOL FACTS WEEK ENDS</small>	25	26	27	28	29	30
31						

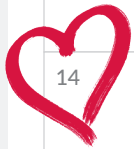
HIGHLIGHT & DATE	ENGAGEMENT IDEAS
New Year's Day FRIDAY, JANUARY 1	<ul style="list-style-type: none"> • Encourage employees to make healthy lifestyle resolutions: from eating healthy snacks and meals to walking meetings or fitness breaks to hosting an employee water drinking challenge to taking time for mental health. Utilize the Tools for Engagement Guide to encourage participation. • Start an employee sports team or team that participates in nonprofit fundraisers (virtual or in-person, walking, running, etc.) Check out chc.impact.org/volunteer.
Golden Globes/Critics Choice Awards/The Grammys	<ul style="list-style-type: none"> • Give employees appreciation awards and “roll out the red carpet” for employees, whether virtually or onsite. Host an employee awards ceremony complete with nominations, thank you speeches, and popcorn.
National Drugs and Alcohol Facts Week JANUARY 21-26	<ul style="list-style-type: none"> • Volunteer to support people hospitalized for addiction. • Include addiction resources in regular employee communications.

Other Awareness Notes

National Intravenous Nurse Day	January 23
Cervical Health Awareness.....	All Month
National Birth Defect Prevention	All Month
National Glaucoma Awareness.....	All Month
Thyroid Awareness.....	All Month
National Slavery and Human Trafficking Prevention.....	All Month
National Stalking Awareness.....	All Month
National Mentoring Month.....	All Month
National Volunteer Blood Donor Month	All Month

FEBRUARY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 <small>GROUNDHOG DAY</small>	3	4 <small>WORLD CANCER DAY</small>	5 <small>NATIONAL WEAR RED DAY</small>	6
7 <small>SUPER BOWL SUNDAY</small>	8	9 <small>LUNAR/CHINESE NEW YEAR</small>	10	11	12	13
14 <small>VALENTINE'S DAY</small>	15	16 <small>MARDI GRAS</small>	17	18	19	20
21	22 <small>PRESIDENT'S DAY</small>	23	24	25	26	27
28	29					



HIGHLIGHT & DATE	ENGAGEMENT IDEAS
National Wear Red Day FRIDAY, FEBRUARY 5	<ul style="list-style-type: none"> Ask employees to wear red and decorate their workstations to raise awareness about the number one health problem that affects American women - heart disease. Share tips for a healthy, active lifestyle.
Groundhog Day TUESDAY, FEBRUARY 2	<ul style="list-style-type: none"> Start good, healthy habits that can be done over and over again such as replacing one sugary drink a day with water, eating a salad for lunch, stretching or taking a walk, etc.
Super Bowl Sunday SUNDAY, FEBRUARY 7	<ul style="list-style-type: none"> Encourage employees to wear their team's favorite jerseys and make a healthy tailgate dish.
World Cancer Day THURSDAY, FEBRUARY 4	<ul style="list-style-type: none"> Include cancer health resources in regular employee communications. Host a speaker from a cancer-focused nonprofit, ask us for help or suggestions.

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
Valentine's Day SUNDAY, FEBRUARY 14	<ul style="list-style-type: none"> • Encourage employees to eat a heart healthy lunch. • Get heart rates up: walking, jogging, kickboxing, jumping jacks, jump rope, etc. • Review our Volunteer On The Spot guide and write Valentine's Day cards for kids in hospitals. • Let your employees know how much you value them with "We (heart) our employees" messages, treats, etc.
President's Day MONDAY, FEBRUARY 15	<ul style="list-style-type: none"> • Have your president lead a volunteer opportunity with employees or host a kahoot or history quiz on presidential trivia.
Black or African American History Month ALL MONTH	<ul style="list-style-type: none"> • Spotlight Black/African American leaders in regular employee communications. • Donate to Black nonprofits. • Share our healthy equity resources.
American Heart Month ALL MONTH	<ul style="list-style-type: none"> • Include heart health resources in regular employee communications. • Encourage employees to eat healthy and exercise, virtually or in the office. Hold a step contest with leader board.

Other Awareness Notes

Congenital Heart Defect Awareness Week.....	February 7-14
National Cardiac Rehabilitation Week.....	February 9-15
Alzheimer's and Dementia Staff Education Week	February 14-21
National Donor Day.....	February 14
World Day of Social Justice	February 20
National Heart Valve Disease Awareness Day	February 22
AMD/Low Vision Awareness Month	All Month

MARCH 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 <small>EMPLOYEE APPRECIATION DAY</small>	6
7	8 <small>INTERNATIONAL WOMEN'S DAY</small>	9	10	11 <small>#FORHEALTHEQUITY NATIONAL GIVING DAY</small>	12	13
14 <small>DAYLIGHT SAVINGS BEGINS MARCH MADNESS BEGINS</small>	15	16	17 <small>ST PATRICK'S DAY</small>	18	19	20 
21	22 <small>WORLD WATER DAY</small>	23	24	25	26	27 <small>PASSOVER BEGINS</small>
28	29	30	31			

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
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<p>International Women's Day MONDAY, MARCH 8</p>	<ul style="list-style-type: none"> • Include women's health resources in regular employee communications. • Raise awareness of organizations that support women and girls and profile prominent women (famous and employees) in your communications. • Have a "Push for Progress" push-up challenge, encouraging employees to complete push-ups daily throughout the month.
<p>#ForHealthEquity National Giving Day THURSDAY, MARCH 11</p>	<ul style="list-style-type: none"> • Use our campaign toolkit to launch a giving campaign. Let your stakeholders know how they can join you in raising funds. Spread the word through social media, targeted emails, and media outreach. • Start an employee giving campaign and provide a corporate match for your employees who donate to CHC Giving Day. • If your employees have unused PTO, offer the option to convert those hours into donations. • Activate your vendor network and encourage them to join you in raising funds. • Offer your customers the option to raise funds with you, either through point-of-purchase asks or targeted emails.
<p>March Madness Begins SUNDAY, MARCH 14</p>	<ul style="list-style-type: none"> • Lace up your sneakers and create a Team Bracket Challenge where teams compete based on total physical activity or raise money for good causes. • Share healthy recipes or host a healthy office tailgate potluck.

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
<p>World Water Day MONDAY, MARCH 22</p>	<ul style="list-style-type: none"> • Hold a lunchtime “Walk for Water” to remember those who have to walk and collect water each day and encourage employees to share ideas to conserve water.
<p>American Diabetes Alert Day TUESDAY, MARCH 23</p>	<ul style="list-style-type: none"> • Include diabetes health resources in regular employee communications. • Encourage employees to take the 60-Second Type 2 Diabetes Risk Test. • Share healthy breakfast recipes to raise awareness about the importance of a good breakfast to help manage blood sugar throughout the day.
<p>Women’s History Month ALL MONTH</p>	<ul style="list-style-type: none"> • Spotlight women’s leadership in your organization in your employee communications. • Share 18 Inventions By Women that Changed the World through your employee channels. Ask employees to share women who inspire them, especially those focused on social good (nonprofit and community leaders).
<p>National Kidney Month ALL MONTH</p>	<ul style="list-style-type: none"> • Include kidney health resources in regular employee communications.
<p>National Nutrition Month ALL MONTH</p>	<ul style="list-style-type: none"> • Invite the author of a nutrition or healthy cookbook to speak during a lunch and learn. • Plan a healthy cooking demo with a local dietitian, restaurant chef, or local culinary school. • Organize a food donation campaign for a local food pantry or shelter. Check out our Volunteer on the Spot guide for details.

Other Awareness Notes

Dr. Seuss Day and Read Across America Day	March 2
World Wildlife Day	March 3
National School Breakfast Week	March 8-12
National Women and Girls HIV/AIDS Awareness Day	March 9
World Kidney Day	March 11
Brain Awareness Week	March 11-17
PI Day	March 14
Red Nose Day	March 19
National Native American HIV/AIDS Awareness Day	March 20
World Down Syndrome Day	March 21
National Poison Prevention Week.....	March 21-27
World Tuberculosis Day	March 24
Bleeding Disorders Awareness.....	All Month
National Colorectal Cancer Awareness.....	All Month
National Endometriosis.....	All Month

APRIL 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 <small>EASTER</small>	5 <small>NATIONAL PUBLIC HEALTH WEEK BEGINS</small>	6	7	8	9	10
11 <small>NATIONAL PUBLIC HEALTH WEEK ENDS</small>	12	13	14	15 <small>TAX DAY</small>	16	17
18	19	20	21 <small>ADMINISTRATIVE PROFESSIONALS DAY</small>	22  <small>EARTH DAY</small>	23	24
25	26 <small>EVERY KID HEALTHY WEEK BEGINS</small>	27	28	29	30 <small>EVERY KID HEALTHY WEEK ENDS</small>	

HIGHLIGHT & DATE

ENGAGEMENT IDEAS

<p>National Public Health Week APRIL 5-11</p>	<ul style="list-style-type: none"> • Volunteer on the Spot during lunch to improve your community's health. • Learn more about community health by reading articles in our Community Health Center.
<p>Tax Day THURSDAY, APRIL 15</p>	<ul style="list-style-type: none"> • Remind employees in advance about the Earned Income Tax Credit (EITC) and other credits they may be eligible for as well as free tax preparation services at VITA sites and online. • Offer financial wellness webinars. • Remind employees to increase their contribution to 401K and savings. • Send a list of businesses providing free coffee, doughnuts, etc. on Tax Day.
<p>Earth Day THURSDAY, APRIL 22</p>	<ul style="list-style-type: none"> • Spend time outside walking, picnic, gardening. • Reward employees who walk, bike, or carpool to work, use reusable bags, or commit to take certain actions (planting trees, etc.) with water bottles, energy bars, seed packets, or grocery store gift cards for fruits and vegetables. • Volunteer as a staff to pick up trash or beautify neighborhoods. Visit chcimpact.org/volunteer. • Start a recycling program at the office or collect aluminum cans to sell; donate the money to a good cause.

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
Earth Day Continued THURSDAY, APRIL 22	<ul style="list-style-type: none"> Plant a company, community or individual garden. Bring a local farmer or representative from a farmer's market to share information on composting and gardening or host a virtual call, giving employees ways to get involved.
National Volunteer Week APRIL 18-24	<ul style="list-style-type: none"> Get your employees volunteering using chcimpact.org/volunteer to find opportunities virtually or by zip code or keyword. Or try our Volunteer on the Spot guide for opportunities you can do at home.
Every Kid Healthy Week APRIL 26-30	<ul style="list-style-type: none"> Volunteer to refurbish a playground at a local nonprofit or school. Encourage employees to share healthy kid-friendly recipes. Send healthy ideas on keeping kids active. See our list. Include Children's Health resources in regular employee communications. Send healthy ideas on keeping kids active. See our list.
National Minority Health Month ALL MONTH	<ul style="list-style-type: none"> Share nonprofit stories through company communication channels. Offer a lunch and learn webinar each week and invite employees to attend, featuring speakers focused on health and different areas.

Other Awareness Notes

World Autism Day	April 2
World Health Day.....	April 7
National Youth HIV and AIDS Awareness Day	April 10
World Immunization Week	April 20-25
Take Our Kids to Work Day	April 22
World Malaria Day	April 25
Alcohol Awareness.....	All Month
Autism Awareness Month.....	All Month
National Donate Life.....	All Month
Oral Cancer Awareness	All Month
Sexual Assault Awareness and Prevention	All Month
Stress Awareness Month.....	All Month

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
 9 <small>MOTHER'S DAY NATIONAL WOMEN'S HEALTH WEEK BEGINS</small>	10	11	12	13	14	15 <small>ARMED FORCES DAY NATIONAL WOMEN'S HEALTH WEEK ENDS</small>
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 <small>MEMORIAL DAY</small>					

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
Children's Mental Health Awareness Day FRIDAY, MAY 7	<ul style="list-style-type: none"> • Share mental health resources including Online Training modules for Children and Resilience Booster: Parent Tip Tool. • Host a virtual brown bag with a Child/Adolescent Therapist to discuss issues impacting children and how to cope with stress, remote learning, the pandemic and more - or post in a company blog.
Mother's Day SUNDAY, MAY 9	<ul style="list-style-type: none"> • Include women's health resources in regular employee communications and encourage women and their mother's to get health screenings and participate in preventative medicine.
National Women's Health Week MAY 9-15	<ul style="list-style-type: none"> • Invite a local fitness instructor to teach a free yoga or Zumba class, online works too. • Ask employees to share healthy recipes and fitness tips, especially focused on reducing salt, sugar and processed foods. • Provide a list of "Superfoods for Superwomen" with a list of health benefits. • Remind all women to schedule their wellness visits or preventative screenings.

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
<p>Memorial Day MONDAY, MAY 31</p>	<ul style="list-style-type: none"> • Assemble care packages for the troops. • Raise awareness of veteran health resources and write letters to veterans centers. Check out chcimpact.org/volunteer. • Encourage employees to bring paperback books to donate to Operation Paperback.
<p>Arthritis Awareness Month ALL MONTH</p>	<ul style="list-style-type: none"> • Include arthritis health resources in regular employee communications. • Encourage safer fitness option such as walking or yoga. Find a list of arthritis friendly exercises here.
<p>Global Employee Health and Fitness Month ALL MONTH</p>	<ul style="list-style-type: none"> • Encourage employees to share their health and fitness plans for the month—motivate and cheer each other on! • Offer healthy cooking demonstrations, create a virtual or in-office library of healthy recipes and cookbooks, and have employees share their hobbies or special skills to help all staff (leading yoga, etc.).
<p>National Physical Fitness and Sports Month ALL MONTH</p>	<ul style="list-style-type: none"> • Share a story about a senior leader or other employee’s path to living a healthier lifestyle or achieving a major physical fitness goal, such as marathon running, Triathletes, etc.
<p>Mental Health Month ALL MONTH</p>	<ul style="list-style-type: none"> • Include Mental Health resources in employee communications. Offer our PhilanthroBreak™ focused on mental health and wellbeing. • Hold a guided meditation, yoga or gentle stretching session once a week to reduce stress and emphasize the connection between physical and mental wellness. • “Share a smile” with a virtual or real wall of gratitude where employees can post notes congratulating and thanking their coworkers. • Provide “Gratitude journals” for employees to remember what they are thankful for each day.

Other Awareness Notes

National Teacher Appreciation Week.....	May 2-8
National Get Fit Don't Sit Day	May 5
National Nurses Week	May 6-12
HIV Vaccine Awareness Day	May 18
World No Tobacco Day.....	May 31
ALS Awareness.....	All Month
Better Hearing and Speech Month.....	All Month
Clean Air Month.....	All Month
Food Allergy Action	All Month
Melanoma/Skin Cancer Detection Prevention	All Month
Military Appreciation Month.....	All Month
National Osteoporosis Awareness and Prevention Month	All Month

JUNE 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
 20 SUMMER BEGINS FATHER'S DAY MEN'S HEALTH WEEK ENDS	21 FLAG DAY MEN'S HEALTH WEEK BEGINS	22	23	24	25	26
27	28	29	30			

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
National Cancer Survivors Day SUNDAY, JUNE 6	<ul style="list-style-type: none"> Reach out to employees who have survived cancer (or who have close family who have) to share their “stories of hope.” Hold a “Laughter is the Best Medicine” event and bring in a local improv troupe or a humorous speaker. Or host a “Laughter Yoga” event.
Father's Day SUNDAY, JUNE 20	<ul style="list-style-type: none"> Encourage all men to get a regular checkup. Have employees encourage their dads to do preventative screenings.
Alzheimer's and Brain Awareness Month ALL MONTH	<ul style="list-style-type: none"> Wear purple on Fridays to promote Alzheimer's Awareness. Include Alzheimer's health resources in regular communications. Provide brain stimulating activities: sudoku, crossword puzzles, learning a new language, brain teasers, exercise, etc. Set aside 67 seconds of silence once a week to remember that every 67 seconds someone is newly diagnosed with Alzheimer's. Celebrate “The Longest Day of the Year” on June 21 and host sunrise-to-sunset activities for employees to complete short tasks (67-second plank, 67 jumping jacks, 67 second meditation, etc.).

HIGHLIGHT & DATE

ENGAGEMENT IDEAS

<p>Men's Health Month ALL MONTH</p> <p>Men's Health Week JUNE 14-20</p>	<ul style="list-style-type: none"> • Include men's health resources in regular employee communications. • Provide a list of "Superfoods for Supermen".
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Other Awareness Notes

World Blood Donor Day.....	June 14
World Refugee Day.....	June 20
International Day of Yoga.....	June 21
United Nations Public Service Day.....	June 23
International Day Against Drug Abuse and Illicit Trafficking.....	June 26
National HIV Testing Day.....	June 27
Cataract Awareness Month.....	All Month
LGBTQ Pride Month.....	All Month
Migraine Awareness Month.....	All Month

JULY 2021


SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
 <small>INDEPENDENCE DAY</small>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
<p>Independence Day SUNDAY, JULY 4</p>	<ul style="list-style-type: none"> • Host an employee gathering, volunteer, or donate to veteran's groups. • Encourage employees to share festive or red, white and blue-themed healthy recipes.

Other Awareness Notes

- Clean Beaches Week [July 1-7](#)
- World Hepatitis Day [July 28](#)
- World Day Against Trafficking in Persons [July 30](#)
- Juvenile Arthritis Awareness Month.....[All Month](#)
- Cleft and Craniofacial Awareness Month[All Month](#)

SEPTEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5 <small>INTERNATIONAL DAY OF CHARITY</small>	6 <small>LABOR DAY</small>	7	8	9	10 <small>WORLD SUICIDE PREVENTION DAY</small>	11 <small>PATRIOT DAY</small>
12 <small>HISPANIC HERITAGE MONTH BEGINS</small>	13	14	15	16	17	18
19	20	21	22  <small>FIRST DAY OF FALL</small>	23	24	25
26	27	28	29	30		

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
Labor Day MONDAY, SEPTEMBER 6	<ul style="list-style-type: none"> • Use our volunteer tool at chcimpact.org/volunteer to find ways for employees to “labor” for a good cause by volunteering. Encourage them to post their pictures on social media and tag your organization. • Have employees share recipes for healthy BBQ items and non-alcoholic drinks, such as sparkling cucumber water.
International Day of Charity SUNDAY, SEPTEMBER 5	<ul style="list-style-type: none"> • Share stories of impact from our nonprofit partners. • Have employees share how they are supporting good causes on our internal channels, post some examples on social media.
National Suicide Prevention Week SEPTEMBER 5-11 World Suicide Prevention Day FRIDAY, SEPTEMBER 10	<ul style="list-style-type: none"> • Share mental health resources and promote the National Suicide Prevention Lifeline - Call 800-273-TALK (8255) and NAMI’s Crisis Text Line - Text NAMI to 741-741. Post it on your social media channels to raise awareness. • Have a speaker from NAMI, Mental Health America, or a local therapist or counselor share tips with employees.

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
<p>Patriot Day SATURDAY, SEPTEMBER 11</p>	<ul style="list-style-type: none"> • Use our Volunteer on the Spot guide to create care packages for our military and first responders. • Write thank you letters to service members and their families. • Help military members transition to civilian life by helping with interview skills, resumes, and training for civilian jobs.
<p>World Heart Day WEDNESDAY, SEPTEMBER 29</p>	<ul style="list-style-type: none"> • Include Heart Disease Resources in employee communications. • Organize a virtual or in-person CPR training. • Invite medical professional or nonprofit leader to give a lunch seminar on healthy habits to protect your heart.
<p>Get Ready Day THURSDAY, SEPTEMBER 17</p>	<ul style="list-style-type: none"> • Include disaster resources in regular employee communications.
<p>Childhood Cancer Awareness Month ALL MONTH</p>	<ul style="list-style-type: none"> • Use our Volunteer on the Spot guide or chcimpact.org/volunteer to provide toys, art kits, toiletry items and more to children and families facing cancer.
<p>Fruits and Veggies— More Matters Month ALL MONTH</p>	<ul style="list-style-type: none"> • Host “veggie breaks” with a vegetable tray and dressing in the office or have employees virtually share their best vegetable and fruit recipes or post pictures of healthy eating. • Schedule a video call and tour a local farm or have a speaker from a co-op, farm or local restaurant discuss eating and cooking with local fruits and vegetables or starting a garden. • Challenge employees to eat one more serving of fruits or veggies each day throughout the month.
<p>National Preparedness Month ALL MONTH</p>	<ul style="list-style-type: none"> • Share disaster and emergency preparedness resources (food list, nearby shelters, etc.), including our crisis and disaster resources: Crisis and Disaster Archives - CHC: Creating Healthier Communities (chcimpact.org). • Encourage employees to sign up for local alerts. • Participate in a preparedness training, shelter-in-place or fire drill. • Host an Emergency Kit Cook-Off where employees re-invent a healthy recipe in a nonperishable way.
<p>World Alzheimer’s Month ALL MONTH</p>	<ul style="list-style-type: none"> • Wear purple on Fridays to promote Alzheimer’s Awareness. • Include Alzheimer’s health resources in regular communications. • Provide brain stimulating activities: sudoku, crossword puzzles, learning a new language, brain teasers, exercise, etc. • Set aside 67 seconds of silence each day as a reminder that every 67 seconds someone is newly diagnosed with Alzheimer’s.

Other Awareness Notes

National Grandparents Day	September 12
National HIV/AIDS and Aging Awareness Day	September 18
National Women’s Health and Fitness Day.....	September 25
Healthy Aging	All Month
Hispanic Heritage Month	September 15 – October 15
Hunger Action Month	All Month
Leukemia, Lymphoma and Myeloma Awareness Month.....	All Month
National Childhood Obesity Awareness	All Month
National Endometriosis.....	All Month
National Sickle Cell Awareness Month.....	All Month
Newborn Screening Awareness	All Month
Ovarian Cancer Awareness Month	All Month
Prostate Cancer Awareness.....	All Month
Suicide Prevention Awareness.....	All Month
National Sickle Cell Awareness Month.....	All Month

OCTOBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10 <small>WORLD MENTAL HEALTH DAY</small>	11 <small>COLUMBUS DAY</small>	12	13	14	15 <small>HISPANIC HERITAGE MONTH ENDS</small>	16 <small>WORLD FOOD DAY</small>
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 						

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
<p>World Mental Health Day THURSDAY, OCTOBER 10</p>	<ul style="list-style-type: none"> • Include Mental Health resources in employee communications.
<p>National Disability Employment Awareness ALL MONTH</p>	<ul style="list-style-type: none"> • Offer job training, internship programs or an opportunity to visit your workplace for the day for people with disabilities. • Create a diverse employee committee or resource group to make recommendations to increase accessibility and inclusion in the workplace. • Highlight stories of people with disabilities who have made contributions to the world or your industry. • Encourage employees to share positive stories about their family members with disabilities.

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
Halloween SUNDAY, OCTOBER 31	<ul style="list-style-type: none"> • Host a Halloween Candy Give-Back Drive to send to deployed troops. • Have employees participate in a costume for a cause contest, decorate your workspace, pet costumes, team costume. Offer a half day PTO or a donation to a good cause for the winners.
National Breast Cancer Awareness Month ALL MONTH National Mammography Day FRIDAY, OCTOBER 15	<ul style="list-style-type: none"> • Include women's health resources in regular employee communications. • Remind employees to do self-checks and get their regular preventative screenings. • Spotlight employee survivors or share stories of impact from nonprofit partners. • Hold a clothing drive for blankets, hats, and scarves to donate to a chemo center.
National Bullying Prevention Month ALL MONTH	<ul style="list-style-type: none"> • Include anti-bullying resources in regular employee communications. • Have employees speak to children at their local schools to encourage teambuilding, being a buddy not a bully, and more.

Other Awareness Notes

International Day of Older Persons.....	October 1
World Animal Day	October 4
National Depression Screening Day.....	October 13
Metastatic Breast Cancer Awareness Day.....	October 15
World Food Day.....	October 16
World Pediatric Bone and Joint Day	October 19
Red Ribbon Week.....	October 23–31
Domestic Violence Awareness	All Month
National Cardiac Arrest Awareness	All Month
National Down Syndrome Awareness.....	All Month
Sudden Infant Death Syndrome Awareness	All Month

NOVEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
<small>DAYLIGHT SAVING TIME ENDS</small>				<small>VETERAN'S DAY</small>		
14	15	16	17	18	19	20
21	22	23	24	25  <small>THANKSGIVING</small>	26	27
28 <small>HANUKKAH BEGINS</small>	29	30 <small>GIVING TUESDAY</small>				


HIGHLIGHT & DATE	ENGAGEMENT IDEAS
Veteran's Day THURSDAY, NOVEMBER 11	<ul style="list-style-type: none"> • Use employee communication channels to highlight employees and their family members who are veterans and thank them for their services. • Encourage employees to bring paperback books to donate to Operation Paperback. • Assemble care packages for the troops, write thank you letters, host a donation drive, or check out chcimpact.org/volunteer for more ways to support military and veterans. • Share NPR's "Back at Base" series for stories from military members.
Universal Children's Day SATURDAY, NOVEMBER 20	<ul style="list-style-type: none"> • Spotlight children who are making a difference in their school or community with employees sharing stories about children, grandchildren and others. • Volunteer to help a children's nonprofit.

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
<p>Thanksgiving THURSDAY, NOVEMBER 25</p>	<ul style="list-style-type: none"> • Create a bulletin board with post-its, internal team chat or other way for employees to share what they are thankful for. • Collect food and other needed items and donate Thanksgiving-themed baskets to local hospitals, nursing homes, and homeless shelters. Visit chcimpact.org/volunteer. • Have employees share their “sneaky chef” healthy recipes for Thanksgiving (like cauliflower blended into mashed potatoes, etc.).
<p>Giving Tuesday TUESDAY, NOVEMBER 30</p>	<ul style="list-style-type: none"> • Promote #GivingTuesday to all stakeholders. Offer a company match on employee gifts, raise awareness of good causes, and encourage employees to give back. • If employees have unused PTO, offer them a PhilanthroCation™ and allow donated PTO to be turned into donations for a nonprofit. Contact us for details.
<p>American Diabetes Month ALL MONTH</p>	<ul style="list-style-type: none"> • Include diabetes health resources in regular employee communications. • Encourage employees to take the 60-Second Type 2 Diabetes Risk Test. • Host a healthy breakfast to help manage blood sugar and ask employees to share healthy recipes.
<p>National Alzheimer’s Disease Awareness Month ALL MONTH</p>	<ul style="list-style-type: none"> • Wear purple on Fridays to promote Alzheimer’s Awareness • Post your “purple pics” on social media and tag Alzheimer’s Association and CHC. • Include Alzheimer’s health resources in regular communications. • Provide brain stimulating activities: sudoku, crossword puzzles, learning a new language, brain teasers, exercise, etc. • Set aside 67 seconds of silence a day as a reminder that every 67 seconds someone is newly diagnosed with Alzheimer’s.
<p>National Native American Heritage Month ALL MONTH</p>	<ul style="list-style-type: none"> • Include Native American health resources in regular employee communications. • Suggest employees visit a reservation or museum, learn more about the history, or read books by Native American authors. • If you have Native American employees, consider creating an employee resource group.

Other Awareness Notes

World Diabetes Day.....	November 14
Great American Smokeout.....	November 18
International Survivors of Suicide Day	November 20
International Day for the Elimination of Violence Against Women.....	November 25
Bladder Health.....	All Month
COPD Awareness	All Month
Diabetic Disease	All Month
Lung Cancer Awareness	All Month
Movember.....	All Month
National Family Caregivers	All Month
National Hospice and Palliative Care	All Month

DECEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 <small>PEARL HARBOR DAY HANNUKAH ENDS</small>	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21  <small>FIRST DAY OF WINTER</small>	22	23	24	25 <small>CHRISTMAS DAY</small>
26 <small>KWANZAA BEGINS</small>	27	28	29	30	31 <small>NEW YEAR'S EVE</small>	

HIGHLIGHT & DATE	ENGAGEMENT IDEAS
Holiday Season/End of Year ALL MONTH	<ul style="list-style-type: none"> • Host a food/toy/clothing drives or fulfill nonprofit wishlists. • Review our Volunteer on the Spot guide or chcimpact.org/volunteer for ways to give back and help those in need. • Make a donation in lieu of a holiday party (have employees vote and designate the money to the top group(s)).
Christmas Day SATURDAY, DECEMBER 25	<ul style="list-style-type: none"> • Offer employees numerous ways to give back throughout December. • Have employees share ways to make holiday recipes healthier. • Collect stocking stuffers or cards to send to soldiers overseas.
New Year's Eve FRIDAY, DECEMBER 31	<ul style="list-style-type: none"> • Either virtually or in-office, have employees share their health and wellness resolutions for 2021.

Other Awareness Notes

- World AIDS Day [December 1](#)
- International Day of Persons with Disabilities [December 3](#)