



COMMUNICATIONS THEME, 2024: CALENDAR

JANUARY

Celebrate kick-off of Calendar

FEBRUARY

Black History Month: Highlight interview

Valentine's Day: Kick off **Love and Connection As We Age**

MARCH

Feature of **skilled nursing**, Badger Prairie Health Care Center

National Nutrition Month: learn about meal sites around Dane County

APRIL

Economic Support/Case Managers Month: feature Elderly, Blind, and Disabled services

National **Volunteer** Month interview

MAY

Older American's Month / ADRC Month

9 – Aging Advocacy Day

Mental Health Awareness Month: feature Dane County Services available

South Asian / Asian Pacific American Heritage Month interview

Jewish American Heritage Month interview

JUNE

Pride Month Interview

World Elder Abuse Awareness Day

Alzheimer's Longest Day

JULY

Benefit Specialist Week, ADRC

AUGUST

Join staff **book read**: *This Chair Rocks*

Overdose Awareness Day (prescription medication can cause overdoses too)

SEPTEMBER

Fall Prevention

Suicide Awareness and National Recovery Month

Hispanic Heritage Month

Kinship Care Month

OCTOBER

Domestic Violence Awareness Month

Ageism Awareness

Medicare Part D Enrollment

First Responders Day interview with Emergency Management about preparing for an aging community

NOVEMBER

Alzheimer's Awareness Month

Homeless Awareness Month

Hmong New year

Veterans Day

Other topics:

Planning: Importance of POA; Trusts vs. Wills; welcome to Medicare

Normalizing the need for assistance.

Broad scope of resources: recognize that not all persons in our community will qualify for long term care or will need it