



Embrace. Educate. Empower.

2025 Goodwin Living DEIB Calendar

Empowering Voices

The DEIB (Diversity, Equity, Inclusion and Belonging) Committee is proud to present to you this calendar that we hope will empower you to let your voice be heard. The selected authors for this year's calendar used their voices to express views and opinions that we hope will empower you to use yours.

Throughout this calendar you will read inspiring and thoughtful quotes from thought leaders who used their voice to bring about change and educate others on the injustices going on in the world. They demonstrated that one voice can make a difference. As people heard their messages, their solo voice turned into the voices of many and brought about change.

As Dr. Martin Luther King, Jr. so wisely observed, "The ultimate tragedy is not the oppression and cruelty by the bad people but the silence over that by the good people."

As we seek to live in a world that is inclusive of all, let your voices be heard!

January

“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.” **Dr. Martin Luther King, Jr.**

During the less than 13 years of Dr. Martin Luther King, Jr.’s leadership of the modern American Civil Rights Movement, from December 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced. Dr. King is widely regarded as America’s pre-eminent advocate of nonviolence and one of the greatest nonviolent leaders in world history.

[Continue reading about Dr. King from TheKingCenter.org](#)

Bonus Featured Author and Quote

“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl

With a lifetime that spanned most of the 20th Century, Viktor Emil Frankl was witness to a transformative period in world history. He is most known for being a Holocaust survivor, but in reality, this represented a short period in his long life. By the time he entered the concentration camps at 37 years old, he had already spent much of his adult life as a psychiatrist and neurologist, specializing in the treatment of suicidal patients. He had also developed his own psychotherapy school called Logotherapy (Greek for “healing through meaning”). His lasting contribution has been to the field of psychology, with his recognition of *meaning* as a central factor in mental health and his advocacy that the psychologist’s role was to help their patients find meaning.

[Read more on Viktor Frankl here.](#)

- January 1 – [New Year’s Day / Kwanzaa](#) (ends)
- January 2 – Goodwin Home Health Started in 2020
- [January 7 – Orthodox Christmas Day](#)
- [January 13 – Korean American Day](#)
- [January 20 – Martin Luther King, Jr. Day](#)
- [January 27 – International Day in Memory of the Victims of the Holocaust](#)
- [January 29 – Lunar New Year](#)

February - Black History Month

"Memories of our lives, of our works and our deeds will continue in others." **Rosa Parks**

Growing up in the segregated South, Parks was frequently confronted with racial discrimination and violence. She became active in the **Civil Rights Movement** at a young age.

By the time Parks boarded the bus in 1955, she was an established organizer and leader in the Civil Rights Movement in Alabama. Parks not only showed active resistance by refusing to move, she also helped organize and plan the Montgomery Bus Boycott. Many have tried to diminish Parks' role in the boycott by depicting her as a seamstress who simply did not want to move because she was tired. Parks denied the claim and years later revealed her true motivation:

"People always say that I didn't give up my seat because I was tired, but that isn't true. I was not tired physically, or no more tired than I usually was at the end of a working day. I was not old, although some people have an image of me as being old then. I was forty-two. No, the only tired I was, was tired of giving in."

Read on to learn more about Rosa Parks in this article by [Arlisha Norwood](#)

- [Black History Month](#)
- [American Heart Month](#)
- [Low Vision Awareness Month](#)
- February 14 – Giving Day / [Valentine's Day](#) / [Frederick Douglass Birthday](#)
- [February 17 – Presidents' Day](#)
- [Evening of February 28 – Ramadan begins*](#)

March - Women's History Month, National Social Work Month

We are each gifted in a unique and important way. It is our privilege and our adventure to discover our own special light." **Evelyn Mary Dunbar**

Evelyn Mary Dunbar was a British artist, illustrator and teacher. She is notable for recording women's contributions to World War II on the United Kingdom home front, particularly the work of the Women's Land Army. She was the only woman working for the War Artists' Advisory Committee on a full-time salaried basis. Dunbar had a deep devotion to nature and a particular affection for the landscape of Kent.

[Read more about Evelyn Mary Dunbar in this Wikipedia article.](#)

- [Women's History Month](#)
- [National Social Workers Month](#)
- [National Music Therapy Month](#)
- [March 4 – Mardi Gras](#)
- [March 8 – International Women's Day](#)
- [Evening of March 13-March 14 – Purim](#)
- [March 14 – Holi](#)
- [March 17-23 – National Nutrition and Hydration Week](#)
- [March 17 – St. Patrick's Day](#)
- [March 19 – Certified Nurses Day](#)
- [March 20 – Nowruz](#)
- [March 26 – Laylat al-Qadr*](#)
- [March 29 – Ramadan ends*](#)
- [Evening of March 29-March 30 – Eid al-Fitr*](#)
- [March 30 – Doctor's Day](#)

April - National Minority Health Month, Parkinson's Awareness Month

We don't ask a flower any special reason for its existence. We just look at it and are able to accept it as being something different from ourselves. **Gwendolyn Brooks**

Gwendolyn Brooks is one of the most influential and widely read 20th-century American poets. The author of more than 20 books, she was highly regarded even during her lifetime and had the distinction of being the first Black poet to win the Pulitzer Prize. She was also the first Black woman to hold the role of Consultant in Poetry to the Library of Congress, a position now referred to as the Poet Laureate Consultant in Poetry, and served as the Illinois poet laureate for 32 years. Her body of work gave her, according to critic George E. Kent, "a unique position in American letters. Not only has she combined a strong commitment to racial identity and equality with a mastery of poetic techniques, but she has also managed to bridge the gap between the academic poets of her generation in the 1940s and the young Black militant writers of the 1960s."

[Continue reading here on the Poetry Foundation website.](#)

- [Parkinson's Awareness Month](#)
- [National Minority Health Month](#)
- [Occupational Therapy Month](#)
- [April 12 \(at sundown\) through April 20 – Passover](#)
- [April 16 – National Healthcare Decisions Day](#)
- [April 20 – Orthodox Easter](#)

May -Asian American Pacific Islanders Month, Nurses Week & Day Celebrations

"Confucius believed that through self-cultivation, one can mold one's character because it is plastic and malleable. Virtue does not come from one's natural ability or innate capacity, but from one's single-minded effort and disciplined practice. Work is therefore not an expression of an individual's own passions and values, but of one's persistent dedication to loving one's family and community." **Russell Jeung**

Russell Jeung is known for helping to launch **Stop AAPI Hate** in March 2020, in coalition with leaders Cynthia Choi of Chinese for Affirmative Action and Manjusha P. Kulkarni from AAPI Equity Alliance as a response to the increase of racism against Asian Americans during COVID-19. The project provides community resources to assist drafting policy to fight against racism and bullying. Time magazine has named Jeung, together with Kulkarni and Choi, among the 100 most influential people of 2021, for they "have locked arms with other BIPOC organizations to find restorative justice measures so that civil rights—for all vulnerable groups—receive the protection they deserve."

[Read more on Wikipedia about Russell Jeung](#)

Bonus quote and author:

"Hip-hop gives me a way to be able to document my existence and I think that's what a lot of us want to do: to feel like we exist, to show people that our stories matter." **Ruby Ibarra**

Ruby Anne Ibarra is a Filipino rapper. She raps in [Tagalog](#), [Waray](#), and English. Her raps concern her cultural heritage and her experiences as an immigrant to the United States from the Philippines. In 2023, Ibarra co-founded a record label, Bolo Music Group, which highlights Filipino American artists.

[Read more from Wikipedia about Ruby Ibarra.](#)

- [Asian American and Pacific Islander Heritage Month](#)
- [Older Americans Month](#)
- [Mental Health Awareness Month](#)
- [May 6-12 – Nurses Week](#)
- [May 11-17 – National Skilled Nursing Care Week](#)
- [May 11 – Mother's Day](#)
- [May 12 – International Nurses Day](#)
- [May 16 – Honor Our LGBTQ+ Elders Day](#)
- [May 26 – Memorial Day](#)

June - LGBTQ+ Pride Month & Juneteenth & Alzheimer's / Brain Awareness

"It's a tiny revolution to express yourself fully and be who you want to be, especially when systems tell you that you can't. I've realized how powerful it is for me to just discuss issues with young people and begin conversations." **Amandla Stenberg**

Amandla Stenberg is an American actress and is vocal in her activism for LGBT youth. She is outspoken about her political views in interviews and on social media and was named "Feminist of the Year" in 2015 by the Ms. Foundation for Women.

Read more here on Wikipedia.

- LGBTQ+ Pride Month
- Alzheimer's and Brain Awareness Month
- Evening of June 6 through June 7 – Eid al-Adha*
- June 14 – Flag Day
- June 15 – Father's Day
- June 19 – Juneteenth
- Evening of June 26 through June 27 – Islamic New Year
- June 28 – Goodwin Living Community Services launched in 2000

July

“By having a reverence for life, we enter into a spiritual relation with the world. By practicing reverence for life we become good, deep, and alive.” **Albert Schweitzer**

Musician, theologian and physician, Albert Schweitzer was above all, a true humanitarian. The overarching principle that guided him was 'reverence for life', a philosophy that took him to the jungles of Africa, where he healed many and touched the lives of millions worldwide.

[Read more about Albert Schweitzer in this article from the National Library of Medicine.](#)

- [July 30 – International Day of Friendship](#)
- [July 4 – Independence Day](#)
- [July 6 – Ashura](#)
- July 15 – DEIB Committee Formed 2020

August - Immunization Awareness, Indigenous Peoples Day and Slave Day Abolition

"I will not allow the fire of my passion to be extinguished by the cold winds of indifference and injustice." **Sojourner Truth**

Sojourner was born into slavery, sold from master to master during the course of her adolescence. She ended up becoming one of the greatest African American abolitionists and women's rights activists of the mid-1800s.

[Learn more about Sojourner Truth here.](#)

- National Immunization Awareness Month
- August 2 – Goodwin Living At Home Launched (2013)
- August 9 – International Day of the World's Indigenous Peoples
- August 20 – National Radio Day
- August 23 – International Day for the Remembrance of the Slave Trade
- August 25 – GHA Opened in 1967

September - Hispanic Awareness Month Starts

"The point is not to pay back kindness, but to pass it on." **Julia Alvarez**,

Julia Alvarez, a Dominican-American author and poet, signifying the idea that when someone does something kind for you, the best response is not to simply repay them directly, but to extend that kindness to someone else instead, creating a ripple effect of generosity.

Read on to learn more from the Chicago Public Library.

- September 5 – Mawlid (The Prophet's Birthday) *
- September 5 – GL Foundation started (1989)
- September 14-20 – International Hsk and E.S. Week
- September 15 – Hispanic Heritage Month starts
- September 16-22 – Falls Prevention Awareness Week
- September 17 – Constitution Day
- Evening of September 22-24 - Rosh Hashanah
- September 26 – GH Development Corporation started (2001)

October - Chaplaincy Month

“Differences are not intended to separate, to alienate. We are different precisely in order to realize our need of one another.”

Archbishop Desmond Tutu was a South African Anglican bishop and theologian, known for his work as an anti-apartheid and human rights activist. He was Bishop of Johannesburg from 1985 to 1986 and then Archbishop of Cape Town from 1986 to 1996, in both cases being the first Black African to hold the position. Theologically, he sought to fuse ideas from Black theology with African theology.

[Learn more about Desmond Tutu on Wikipedia](#)

- National Physical Therapy Month
- Clergy and Chaplains Appreciation Month
- October 1 – International Day of Older Persons
- October 1 – Goodwin Rehabilitation started (2020)
- Evening of October 1-2 – Yom Kippur
- October 5-11 – Healthcare Foodservice Workers Week + National Health Care Supply Chain Week
- October 6-12 – Active Aging Week
- October 13 – Indigenous Peoples’ Day
- October 24 – GHBC Opened in 1987
- October 19-25– National Healthcare Facilities and Engineering Week
- October 20 – Diwali
- October 29 – World Stroke Day
- October 31 – Halloween

November

“All acts of kindness are lights in the war for justice.” **Joy Harjo**

Joy Harjo is an American poet, musician, playwright, and author. She served as the 23rd United States Poet Laureate, the first Native American to hold that honor. She was also only the second Poet Laureate Consultant in Poetry to have served three terms (after Robert Pinsky). Harjo is a citizen of the Muscogee Nation (Este Mvskokvlke) and belongs to Oce Vpofv (Hickory Ground). She is an important figure in the second wave of the literary Native American Renaissance of the late 20th century.

[Read more on Wikipedia on Joy Harjo.](#)

- [Native American Heritage Month](#)
- [National Care at Home Month \(formerly known as National Hospice and Palliative Care Month\)](#)
- [November 11 – Veterans Day](#)
- [November 27 – Thanksgiving](#)

December

“Your trip in this life is very provisional, but the best thing you can do in your life to live in the right way is to take every day as a great opportunity to do what you can and when you're as lucky as I have been in life in getting so much attention and exposure, you learn that you can move mountains with a very small effort.” **Alex Zanardi**

Alex Zanardi is an Italian professional racing driver and paracyclist. He lost both legs in a racing accident. Dissatisfied with the limitations of legs available commercially, Zanardi designed and built his own custom legs, to allow him to compare the weight and stiffness of various feet to find the ones most suitable for racing.

[Read more about Alex Zanardi here on Wikipedia.](#)

- December 1-24 – Advent
- December 3 – International Day of Persons with Disabilities
- December 7 – Pearl Harbor Remembrance Day
- December 14 - 22 – Hanukkah (begins at sundown)
- December 24 – Christmas Eve
- December 25 – Christmas Day
- December 26 - Jan. 1 – Kwanzaa
- December 31 – New Year's Eve

Goodwin Living DEIB Committee: Statement of Purpose: Educate, Embrace and Empower team members, residents, members* and all served by Goodwin Living to support Diversity, Equity, Inclusion and Belonging.

Goodwin Living DEIB Committee Desired Outcome: The Diversity, Equity, Inclusion and Belonging Committee (DEIB) will seek open and honest communication and collaboration that will inform and celebrate the age, culture, ethnicity and sexual orientation of team members, residents, members* and all served by Goodwin Living without bias.

*Members include Priority Club members and Goodwin Living at Home.

Questions or comments? Please contact us DEIB@GoodwinLiving.org



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