

2024 Year Calendar

UFCW NATIONAL FUND

small enough to care...BIG enough to make a difference!®



The UFCW National Health and Welfare **FUND**amentals: For Your Benefit, Newsletter

Happy Holidays & Happy 2024 to all constituents of The UFCW National Fund

We hope you enjoy this Premier Edition of our 2024 Holiday Calendar, celebrating Labor and our Employer Groups. I'm proud to be only the sixth Fund Administrator since our inception in 1940:

1940-1963	1963-1970	1970-1998	1998-2005	2005-2021	2021-Current
Mr. Melvin Dykes	Mr. Irving Sklansky	Mr. George Mayer	Ms. Geraldine Senack (current board member)	Dr. Maurice Hodos	Dr. Glenn L. Di Biasi

There is some interesting history on our website under the “About Us” tab that I invite you to read. There is also a vintage video showing the Fund Office in the 1960s. Please make sure to add our website as a favorite bookmark:

ufcwnationalfund.org

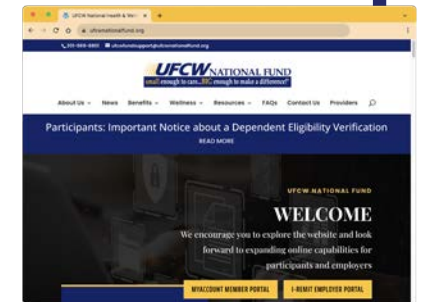
(you will find this newsletter there so you can just click on all the links below on the newsletter section of the website)

On the website you can read about the ways we have expanded the health ecosystem for membership such as unlimited utilization, no copays, no out-of-pocket for below services:

1. Launch of our new Telehealth Platform for routine office visits:
ufcwnationalfund.org/telehealth-services/
2. New Mental Health Services:
ufcwnationalfund.org/app/uploads/2023/05/ComingSoon-MentalHealthComplete.pdf
3. Virtual Physical Therapy Services (in 2024):
ufcwnationalfund.org/virtual-pt-2024/
4. Women's Health Services (in 2024):
ufcwnationalfund.org/womens-pelvic-health-2024/
5. Severe Disease Advocacy and Navigation services:
ufcwnationalfund.org/introducing-ufcw-nationals-cancernavigator-service/

Please make sure to visit our “Wellness” section on our website, authored by our CMO, Dr. Anita Nischal. We are so pleased to have someone so credentialed on our team with her board certifications, medical degree and Ph.D. drawing from traditional medicine and holistic approaches for optimal healthy outcomes. Please take the time to read her publications – “Our Core-4 Systems” and “Health is Personal.”

Hope you enjoy our 2024 **FUN**d Holiday Calendar (yes, the calendar is filled with “fun” days too)!



Dr. Anita Nischal
UFCW CMO

Thank you for your continued partnership and support,

Glenn L. Di Biasi

Glenn L. Di Biasi
UFCW National Fund Administrator

2024 CALENDAR

JANUARY

S	M	T	W	T	F	S
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FEBRUARY

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APRIL

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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Fun Fact:

Premiumization has defined the Distilleries industry's growth over the past five years, with consumers opting for higher-quality, higher-priced spirits even amid economic downturns. A shift in consumer preferences toward craft and artisanal spirits has fueled growth in new distilleries and encouraged merger and acquisition activity among major producers that seek to expand product portfolios.



01 2024 JANUARY

DECEMBER

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FEBRUARY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 New Year's Day National Hangover Day	2 World Introvert Day	3 International Mind-Body Wellness Day	4	5	6 Epiphany
7	8 Bubble Bath Day	9	10 National Houseplant Appreciation Day	11 National Hot Toddy Day	12	13
14 National Dress Up Your Pet Day 2024	15 Martin Luther King Day	16	17	18	19 National Popcorn Day	20 National Cheese Lovers Day
21 National Hug Day	22 Celebration of Life Day	23	24 National Beer Can Appreciation Day	25 National Irish Coffee Day	26 National Fun at Work Day	27
28 National Lego Day	29	30	31 National Backward Day	1	2	3

Fun Fact:

Wine gets stored sideways to keep air out. You'll rarely see wine stored upright, and it has nothing to do with saving space. When a bottle is on its side, the wine inside keeps the cork moist which prevents it from drying out, shrinking or letting in air, all of which would ruin the wine. If you know your bottle has a plastic cork or twist off, feel free to keep it upright.



02

2024

FEBRUARY

Black History Month

JANUARY

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MARCH

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 International Furmint Day	2 Groundhog Day	3
4	5	6	7 Send a Card to a Friend Day	8 Kite Flying Day	9 National Pizza Day	10 Chinese New Year
11 Make a Friend Day	12 Abraham Lincoln's Birthday	13 Mardi Gras	14 Valentine's Day	15	16	17
18 Global Drink Wine Day	19 Presidents' Day	20	21 Pancake Day	22	23 Tenth Day of Lent	24 World Bartender Day
25	26 Tell a Fairy Tale Day	27 National Strawberry Day	28 Public Sleeping Day	29	1	2



Fun Fact:

The average shopping trip takes 41 minutes. If you multiply that by the 1.5-trip per week average, that's over 53 hours per year you're spending in the grocery store. If you want to get in and out quickly, head to the grocery store on the weekdays. If you wait until Saturday or Sunday, you're going to spend an average of 7 minutes more in the store.

03

2024 MARCH

Women's History Month

FEBRUARY

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APRIL

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28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	1 Employee Appreciation Day	2
3	4	5 National Dentist's Day	6	7 International Women's Day	8 National Meatball Day	9
10 Mario Day	11 World Plumbing Day	12	13 National K9 Veterans Day	14 Pi Day	15 World Consumer Rights Day	16
17 St. Patrick's Day	18	19 National Let's Laugh Day	20 International Day of Happiness	21	22	23 National Puppy Day
24 Palm Sunday	25 Holi	26 National Spinach Day	27	28 Maundy Thursday	29 Good Friday	30 Take a Walk in the Park Day
31 Easter	1	2	3	4	5	6

Fun Fact:

The US marijuana industry is worth billions of dollars, and is showing no signs of slowing down. Ten US states have legalized recreational marijuana use, and thirty-three have legalized medicinal use.



04

2024

APRIL

Arab
American
Month

MARCH

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MAY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 April Fools' Day	2 Autism Awareness	3	4 National School Librarian Day	5	6 International Pillow Fight Day
7	8	9 International ASMR Day	10 Eid-al-Fitr	11	12 National Grilled Cheese Day	13
14 International Moment of Laughter Day	15 Tax Day	16 Everything You Do is Right Day	17	18 National High Five Day	19	20 420 Day
21	22 Earth Day Passover Starts	23	24 Administrative Professionals Day	25 Take Child to Work Day	26 Make Up Your Own Holiday Day	27 International Design Day
28 World Day for Safety and Health at Work	29	30 Passover Ends	1	2	3	4



Fun Fact:

The chemical industry supports a quarter of U.S. gross domestic product (GDP) and creates more than half a million skilled, good-paying American jobs. The chemical industry comprises the companies that produce industrial chemicals. It converts raw materials (oil, natural gas, air, water, metals, and minerals) into more than 70,000 different products. The US is among the largest producers of chemical products globally.

05

2024

MAY

Mental Health Awareness Month

APRIL

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JUNE

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2 World Password Day National Day of Prayer	3 Orthodox Good Friday	4 Star Wars Day International Firefighter Day
5 Cinco de Mayo	6 Holocaust Remembrance Day National Nurses Day	7	8	9 Ascension Day	10	11 Eat What You Want Day
12 Mother's Day	13	14	15 International Day of Families	16	17 Norwegian Constitution Day Bike to Work Day	18 Armed Forces Day
19	20 World Bee Day	21	22 Buy a Musical Instrument Day	23	24	25
26 Memorial Day	27	28	29	30	31	1



Fun Fact:

You probably associate cardboard boxes with moving day and online shopping, not the grocery store. But in the U.S., almost half of the corrugated boxes (the official term for what we think of as cardboard shipping boxes) made each year are used to get food from farms to your local grocery stores.

06

2024 JUNE LGBTQ+ Pride Month

MAY

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JULY

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28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 World Milk Day
2 National Egg Day	3	4	5 World Environment Day	6 D-Day	7 World Food Safety Day	8 Best Friends Day
9 Ball Point Pen Day	10	11	12 World Day Against Child Labour	13 Sewing Machine Day	14 Flag Day National Bourbon Day	15 International Surfing Day
16 Father's Day	17	18 Sustainable Gastronomy Day	19 Juneteenth	20 Start of Summer	21	22
23 Pink Day	24	25	26 Beautician's Day	27 PTSD Awareness Day	28	29 Waffle Iron Day
30	1	2	3	4	5	6



Fun Fact:

The global footwear market is a multi-billion U.S. dollar industry, comprised of sneakers, luxury footwear, athletic footwear, and sporting shoes, as well as other related goods. Footwear products are commonly made of leather, textile, and a range of synthetic materials. The United States has the largest footwear market in the world, generating over \$88.47 billion U.S. dollars in revenue in 2023.



07

2024

JULY

Disability
Pride
Month

JUNE

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AUGUST

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 International Joke Day	2 World UFO Day	3	4 Independence Day	5 National Workaholics Day	6 National Fried Chicken Day
7 World Chocolate Day	8	9	10 Piña Colada Day	11	12 Cow Appreciation Day	13
14 Non-binary People Day	15	16	17 World Emoji Day	18	19	20 National Moon Day
21	22 Hammock Day	23	24 International Self Care Day	25 International Intern Day	26	27 National Black Women's Equal Pay Day
28 National Parents' Day	29 Rain Day	30 International Day of Friendship	31	1	2	3

Fun Fact:

The United States has one of the strongest manufacturing industries in the world. It's responsible for producing billions of dollars in goods each year, while creating countless jobs for Americans. Most financial experts will also agree that U.S. manufacturing is directly tied to the economy. When the manufacturing industry grows, so does the economy.



08

2024 AUGUST

JULY

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SEPTEMBER

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29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				International Clown Week	International Beer Day	National Watermelon Day
4	5	6	7	8	9	10
National Sisters Day		National Root Beer Float Day	National Purple Heart Day		World Indigenous Peoples Day	
11	12	13	14	15	16	17
Play In The Sand Day		International Lefthanders Day		India Independence Day Korea Independence Day	Men's Grooming Day	National Nonprofit Day
18	19	20	21	22	23	24
	World Humanitarian Day				Internaut Day	
25	26	27	28	29	30	31
	Womens Equality Day			Individual Rights Day	National Beach Day	Franchise Appreciation Day



Fun Fact:

The U.S. pharmaceutical industry is the largest in the world, making up about 40% of the worldwide drug development, manufacturing, and revenue generation. Half of the world's top 10 pharmaceutical companies are in America.

09

2024 SEPTEMBER

Hispanic Heritage Month

AUGUST

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OCTOBER

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20	21	22	23	24	25	26
27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Labor Day</i>	3	4	5 <i>International Charity Day</i>	6 <i>Read a Book Day</i>	7 <i>Tailgating Day</i>
8 <i>Grandparents Day</i>	9	10	11 <i>9/11</i>	12	13 <i>Positive Thinking Day</i>	14
15 <i>Hispanic Heritage Begins</i>	16	17 <i>National HIV/AIDS and Aging Awareness Day</i>	18	19 <i>International Talk Like a Pirate Day</i>	20	21 <i>Oktoberfest Starts</i>
22 <i>Start of Fall</i>	23 <i>International Day of Sign Languages</i> <i>Ultra-Safe Day</i>	24 <i>National Punctuation Day</i>	25	26 <i>World Maritime Day</i>	27 <i>World Tourism Day</i>	28
29 <i>National Coffee Day</i>	30 <i>International Translation Day</i>	1	2	3	4	5



Fun Fact:

The average worker spends over 90,000 hours at work over their lifetime, so finding job and workplace satisfaction is important. Over three hundred forty-seven billion emails are sent each day across the globe – with more on the way. The average worker gets an average of 121 emails per day and sends nearly 40 on their own. We live in a time that can now measure, quantify, and build a powerful case for why workplace culture matters. It's so incredible how much we've evolved as a society and a human race—we now realize that we can and should do better for our people.

10

2024

OCTOBER

National Disability Awareness Month

SEPTEMBER

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NOVEMBER

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 World Vegetarian Day	2	3	4 National Taco Day	5 World Teachers Day
6 German-American Day	7 World Habitat Day	8 International Face Your Fears Day	9	10 World Mental Health Day	11	12 National Farmers Day
13	14 Columbus Day	15 Global Handwashing Day	16 National Boss Day	17 International Day for the Eradication of Poverty	18	19
20 World Statistics Day	21	22 National Nut Day	23	24 United Nations Day	25	26 National Pumpkin Day
27 World Day for Audiovisual Heritage	28	29 National Cat Day	30	31 Halloween	1	2

Fun Fact:

Telehealth will continue to evolve into something that's easier to use. Expect to see more effort and money put into the usability of telehealth solutions. Patients and physicians have had a taste of how technology can revolutionize health care, but the technology needs to continue to improve to expand the number of people who use telehealth on a regular basis.



11

2024

NOVEMBER

Native
American
Month

OCTOBER

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DECEMBER

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22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					World Vegan Day	National Deviled Egg Day
3	4	5	6	7	8	9
National Sandwich Day	National Candy Day	Election Day			National STEM Day	
10	11	12	13	14	15	16
International Accounting Day	Veterans Day Singles Day		World Kindness Day	World Diabetes Day	America Recycles Day	National Fast Food Day
17	18	19	20	21	22	23
World Prematurity Day		International Men's Day		National Stuffing Day		National Espresso Day
24	25	26	27	28	29	30
	National Entrepreneur Day	National Cake Day		Thanksgiving Day	Black Friday	Small Business Saturday

Fun Fact:

The hospitality sector is growing rapidly as people like spending some alone time with family and friends at resorts these days. The increasing income and rising demand for a comfortable lifestyle also contribute to the growth of the hospitality sector. This increases the demand for laundry facilities and dry cleaning services as people living in hotels and resorts need clean bedsheets and towels. Furthermore, the staff working in the hospitality sector are also required to wear clean and neat clothes, adding impetus to the market's growth.



12

2024 DECEMBER



NOVEMBER

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JANUARY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 World AIDS Day	2 Cyber Monday	3 International Day of Persons with Disabilities	4	5 International Volunteer Day	6	7 Pearl Harbor Remembrance Day
8	9 Green Monday	10 Human Rights Day	11	12 International Universal Health Coverage Day	13	14
15 National Lemon Cupcake Day	16	17 Wright Brothers Day	18 International Migrants Day	19	20 	21 Start of Winter
22	23	24 Christmas Eve	25 Christmas Day Hanukkah Starts	26	27 Kwanzaa Begins	28
29	30 New Year's Eve	31	1	2	3	4



Englewood, NJ team



Stockton, CA team

For specific information, drop us a line at:

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