

HOLIDAY NEWSLETTER //

From the Desk of Glenn Di Biasi, Fund Administrator

Dear Participants, Employers, Partners, Professional Teams and Union Officials,

As 2025 comes to a close, we want to extend our sincere thanks to our constituents, union officials, employer groups, professional teams, Board of Trustees, and advocates for your continued support. It is our privilege to serve our membership, and we remain committed to delivering cost-effective yet progressive healthcare solutions in an ever-challenging environment.

We strive to make the best use of every precious contribution dollar, ensuring it is applied in the most effective way possible. To learn more, please visit UFCWS.com. There, under the Wellness tab, you'll find an updated newsletter from our Chief Medical Officer, Dr. Anita Nischal, and under the Benefits tab, you can explore how we continue to expand our health ecosystem to meet the needs of today and tomorrow.

Happy Holidays to all, and our very best wishes for a healthy and happy 2026!

Best regards,

Hlenn L Di Biasi

Glenn L. Di Biasi

UFCW National Fund Administrator



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



UFCW NATIONAL HEALTH AND WELFARE FUND

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December Sun Mon Tue Wed Thu Fri Sat 30 1 2 3 4 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 1 2 3

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NATIONAL CBD MONTH

JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				New Year's Day		
4	5	6	7	8	9	10
National Spaghetti Day		Epiphany / Three Kings Day				
11	12	13	14	15	16	17
National Milk Day		National Gluten-Free Day				
18	19	20	21	22	23	24
	Martin Luther King Jr. Day					National Compliment Day
25	26	27	28	29	30	31
National Irish Coffee Day				National Puzzle Day		Inspire Your Heart with Art Day





Jar	nuar	y					Mai	rch					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30	31	1	2	3	4

BLACK HISTORY MONTH

FEBRUARY.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Groundhog Day			World Nutella Day		
8	9	10	11	12	13	14
Superbowl	National Fund Work from Home Day National Pizza Day		International Day of Women and Girls in Science	Lincoln's Birthday		Valentine's Day
15	16	Random Acts of Kindness Day	18 World Drink Wine Day	19	20 National Love Your Pet Day World Day of	21
	Presidents Day	Ramadan Starts	Ash Wednesday		Social Justice	
22	23	24	25	26	27	28
1			A			
	2	3	4	5	6	/





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Sun	Mon	Tue	Wed	Thu	Fri	Sat	Su	n	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	29		30	31	1	2	3	4
8	9	10	11	12	13	14	5		6	7	8	9	10	11
15	16	17	18	19	20	21	12	2	13	14	15	16	17	18
22	23	24	25	26	27	28	19		20	21	22	23	24	25
1	2	3	4	5	6	7	26	5	27	28	29	30	1	2

WOMEN'S HISTORY MONTH

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		World Wildlife Day	Holi		Employee Appreciation Day	
Daylight Saving Time Starts International	9	10	11	12	13	14
Women's Day	16	17	18	19	20	Pi Day 21
National Shoe the World Day		St. Patrick's Day	.0	Eid al-Fitr	International Day of Happiness First Day of Spring	World Poetry Day
22	23	24	25	26	27	28
					International Whiskey Day	
29	30	31	1	2	3	4
National Mom & Pop Business Owners Day	National Doctors Day					





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Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	26	27	28	29	30	1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31	1	2	3	4	24	25	26	27	28	29	30
							3 1	1	2	7	1	5	6

May

March

NATIONAL AUTISM AWARENESS MONTH

APRILC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
			April Fools' Day Passover Starts		Good Friday	
5	6	7	8	9	10	11
Easter Sunday		National Beer Day World Health Day		Passover Ends		National Pet Day
12	13	14	15	16	17	18
			Tax Day National Laundry Day			
19	20	21	22	23	24	25
	420 National Cannabis Day		Earth Day	Take Our Daughters and Sons to Work Day		
26	27	28	29	30	1	2
	World Design Day	Workers' Memorial Day		International Jazz Day		





Apı	ril						Jur	ne					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	S
29	30	31	1	2	3	4	31	1	2	3	4	5	(
5	6	7	8	9	10	11	7	8	9	10	11	12	1
12	13	14	15	16	17	18	14	15	16	17	18	19	2
19	20	21	22	23	24	25	21	22	23	24	25	26	2
26	27	28	29	30	1	2	28	29	30	1	2	3	2

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH

MAY	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	International Workers' Day May Day	2 World Tuna Day
3	4	5	6	7	8	9
National Textile Day	Star Wars Day	Cinco de Mayo	National Nurses Day			
10	11	12	13	14	15 International Day	16 National Restaurant Day
Mother's Day		Nurses Day			of Families	Armed Forces Day
17	18	19	20	21	22	23
			World Bee Day		National Craft Distillery Day	
24	25	26	27	28	29	30
	National Wine Day Memorial Day				National Biscuit Day	
31	1	2	3	4	5	6





Ma	y						Jul	y					
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2	28	29	30	1	2	3	4
3	4	5	6	7	8	9	5	6	7	8	9	10	11
10	11	12	13	14	15	16	12	13	14	15	16	17	18
17	18	19	20	21	22	23	19	20	21	22	23	24	25
24	25	26	27	28	29	30	26	27	28	29	30	31	1

NATIONAL SAFETY MONTH

JUNE

31 1 2 3 4 5	5 6					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	Global Day of Parents			National Cheese Day	National Donut Day	
7	8	9	10	11	12	13
World Food Safety Day Textile Workers Day	National Best Friends Day					National Rosé Day
14	15	16	17	18	19	20
Flag Day National Bourbon Day					Juneteenth	
21	22	23	24	25	26	27
Father's Day First Day of Summer		United Nations Public Service Day			National Take Your Dog to Work Day	
28	29	30	1	2	3	4







ne						Au	gust					
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	26	27	28	29	30	31	1
8	9	10	11	12	13	2	3	4	5	6	7	8
15	16	17	18	19	20	9	10	11	12	13	14	15
22	23	24	25	26	27	16	17	18	19	20	21	22
29	30	1	2	3	4	23	24	25	26	27	28	29
						30	31	1	2	3	4	5
	Mon 1 8 15 22	Mon Tue 1 2 8 9 15 16 22 23	Mon Tue Wed 1 2 3 8 9 10 15 16 17 22 23 24	Mon Tue Wed Thu 1 2 3 4 8 9 10 11 15 16 17 18 22 23 24 25	Mon Tue Wed Thu Fri 1 2 3 4 5 8 9 10 11 12 15 16 17 18 19 22 23 24 25 26	Mon Tue Wed Thu Fri Sat 1 2 3 4 5 6 8 9 10 11 12 13 15 16 17 18 19 20 22 23 24 25 26 27	Mon Tue Wed Thu Fri Sat Sun 1 2 3 4 5 6 26 8 9 10 11 12 13 2 15 16 17 18 19 20 9 22 23 24 25 26 27 16 29 30 1 2 3 4 23	Mon Tue Wed Thu Fri Sat Sun Mon 1 2 3 4 5 6 26 27 8 9 10 11 12 13 2 3 15 16 17 18 19 20 9 10 22 23 24 25 26 27 16 17 29 30 1 2 3 4 23 24	Mon Tue Wed Thu Fri Sat Sun Mon Tue 1 2 3 4 5 6 26 27 28 8 9 10 11 12 13 2 3 4 15 16 17 18 19 20 9 10 11 22 23 24 25 26 27 16 17 18 29 30 1 2 3 4 23 24 25	Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed 1 2 3 4 5 6 26 27 28 29 8 9 10 11 12 13 2 3 4 5 15 16 17 18 19 20 9 10 11 12 22 23 24 25 26 27 16 17 18 19 29 30 1 2 3 4 23 24 25 26	Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed Thu 1 2 3 4 5 6 26 27 28 29 30 8 9 10 11 12 13 2 3 4 5 6 15 16 17 18 19 20 9 10 11 12 13 22 23 24 25 26 27 16 17 18 19 20 29 30 1 2 3 4 23 24 25 26 27	Mon Tue Wed Thu Fri Sat Sun Mon Tue Wed Thu Fri 1 2 3 4 5 6 26 27 28 29 30 31 8 9 10 11 12 13 2 3 4 5 6 7 15 16 17 18 19 20 9 10 11 12 13 14 22 23 24 25 26 27 16 17 18 19 20 21 29 30 1 2 3 4 25 26 27 23 24 25 26 27

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	1 2 3		4
			International Joke Day			Independence Day
5	6	7	8	9	10	11
	(World Chocolate Day Global Forgiveness Day			710 Oil/ Concentrates Day	National Cheer Up the Lonely Day World Population Day
12	13	14	15	16	17	18
			National Give Something Away Day		World Emoji Day	
19	20	21	22	23	24	25
					National Cousins Day	National Wine & Cheese Day
26	27	28	29	30	31	1





Jul	y						Sep	otem	ber				
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sa
28	29	30	1	2	3	4	30	31	1	2	3	4	5
5	6	7	8	9	10	11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	13	14	15	16	17	18	19
19	20	21	22	23	24	25	20	21	22	23	24	25	2
26	27	28	29	30	31	1	27	28	29	30	1	2	3

WORLD CANCER SUPPORT MONTH

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2 National Farmers	3	4	5	6	7	8 National CBD Day
Market Week Starts					International Beer Day	International Cat Day
9	10	11	12	13	14	15
			International Youth Day			
16	17	18	19	20	21	22
			World Humanitarian Day			
23	24	25	26	27	28	29
30	31	1	2	3	4	5





26 27 28 29 30 3 2 3 4 5 6 9 10 11 12 13 1 16 17 18 19 20 2 23 24 25 26 27 2	7 8 4 5 6 14 15 11 12 13 1 21 22 18 19 20 2	Ved Thu Fri Sat 30 1 2 3 7 8 9 10 14 15 16 17 21 22 23 24 28 29 30 31	HEI	ANIC RITAGE ONTH	SEPTE	MBER
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
6	7 Labor Day	8 International Literacy Day	9	10	Patriot Day Rosh Hashanah Starts	12
National Grandparents Day Rosh Hashanah Ends	14	15	16	17	18	19 International Talk Like a Pirate Day
20 Yom Kippur Starts	International Day of Peace Yom Kippur Ends	First Day of Fall World Car-Free Day	23	24	25 World Pharmacists Day	26
27	28	29	30	1	2	3







Seb	otem	iber					INC	vem	ber				
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sa
30	31	1	2	3	4	5	1	2	3	4	5	6	7
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13	14	15	16	17	18	19	15	16	17	18	19	20	21
20	21	22	23	24	25	26	22	23	24	25	26	27	28
27	28	29	30	1	2	3	29	30	1	2	3	4	5

BREAST CANCER AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
					International Day of Non-Violence	
4	5	6	7	8	9	10
World Animal Day National Vodka Day	World Teachers' Day					World Mental Health Day
11	12	13	14	15	16	17
	Indigenous Peoples' Day Columbus Day				World Food Day	
18	19	20	21	22	23	24
National Chemistry and Pharmacy Week Starts						United Nations Day
25	26	27	28	29	30	31
						Halloween







Oc	tobe	r					December	
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun Mon Tue Wed Thu Fri	Sa
27	28	29	30	1	2	3	29 30 1 2 3 4	5
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11	12	13	14	15	16	17	13 14 15 16 17 18	19
18	19	20	21	22	23	24	20 21 22 23 24 25	2
25	26	27	28	29	30	31	27 28 29 30 31 1	2

NATIVE AMERICAN HERITAGE MONTH

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Daylight Saving Time Ends		Election Day				
8	9	10	11	12	13	14
STEM/STEAM Day						
Diwali			Veterans Day		World Kindness Day	World Diabetes Day
15	16	17	18	19	20	21
	International Day for Tolerance				Universal Children's Day	World Television Day
22	23	24	25	26	27	28
				Thanksgiving Day	Black Friday	
29	30	1	2	3	4	5
First Sunday of Advent						







No	November January												
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7	27	28	29	30	31	1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	1	2	3	4	5	24	25	26	27	28	29	30
							31	1	2	3	4	5	6

UNIVERSAL HUMAN RIGHTS MONTH

DECEMBER

Saturday	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday
5	4	3	2	1	30	29
World Soil Day	Hanukkah Starts	International Day of Persons with Disabilities		World AIDS Day		
12	11	10	9	8	7	6
Hanukkah Ends		Human Rights Day Nobel Prize Day			Pearl Harbor Remembrance Day	
19	18	17	16	15	14	13
	International Migrants Day					
26	25	24	23	22	21	20
Kwanzaa Starts	Christmas Day	Christmas Eve			First Day of Winter	
2	1	31	30	29	28	27
		New Year's Eve				





2027 CALENDAR

		Ja	nua	ary				February							March								April							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sur	Mor	Tue	Wed	Thu	Fri	Sat	S	un	Mon	Tue	Wed	Thu	Fri	Sat		
27	28	29	30	31	1	2	31	1	2	3	4	5	6	28	1	2	3	4	5	6	2	28	29	30	31	1	2	3		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13		4	5	6	7	8	9	10		
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17	18	19	20	21	22	23	21	22	23	24	25	26	27	21	22	23	24	25	26	27		8	19	20	21	22	23	24		
24	25	26	27	28	29	30	28	1	2	3	4	5	6	28	29	30	31	1	2	3	2	25	26	27	28	29	30	1		
31	1	2	3	4	5	6																								
May								June							July							August								
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	S	un	Mon	Tue	Wed	Thu	Fri	Sat		
25	26	27	28	29	30	1	30	31	1	2	3	4	5	27	28	29	30	1	2	3		1	2	3	4	5	6	7		
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10		3	9	10	11	12	13	14		
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	1	5	16	17	18	19	20	21		
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	2	2	23	24	25	26	27	28		
23	24	25	26	27	28	29	27	28	29	30	1	2	3	25	26	27	28	29	30	31	2	9	30	31	1	2	3	4		
30	31	1	2	3	4	5																								
September								October							November								December							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	S	un	Mon	Tue	Wed	Thu	Fri	Sat		
29	30	31	1	2	3	4	26	27	28	29	30	1	2	31	1	2	3	4	5	6	2	8	29	30	1	2	3	4		
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13		5	6	7	8	9	10	11		
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	1	2	13	14	15	16	17	18		
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	1	9	20	21	22	23	24	25		
26	27	28	29	30	1	2	24	25	26	27	29	30	30	28	29	30	1	2	3	4	2	6	27	28	29	30	31	1		



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