



Senior Whole Health of New York 2024

Covering more of New York State

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Happy New Year 2024

New Year - New Start!!!

Meaning its time to schedule your Preventive Screening

Preventive Screening services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, counseling and education to help you take care of your own health.

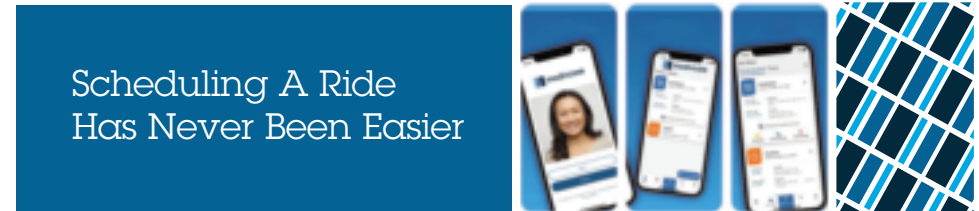
Seniors should visit their doctor at least once a year, even if they do not have any underlying concerns. A general checkup is a great way to catch issues early before they have a chance to get worse and cause more overt symptoms.

So do not ignore or leave it for a later date; book an annual check-up.

Your SWH benefits covers your Transportation to All Medical Appointments; this will help remove any Transportation hurdles, you can call ModivCare or download the Mobile App



Modivcare App



The Modivcare app gives you the flexibility to schedule a non-emergency medical ride whenever and wherever you like, directly from a smartphone or tablet.

All you need to do is search for **Modivcare App** on Google Play® or the Apple App Store® and download it to your smartphone or tablet. Have your valid email address handy.

Qualified members can book and manage trips as soon as the app is downloaded to their device.

The Modivcare App:

- Streamlines the trip booking experience
- Helps schedule multiple future trips
- Allows trip changes or cancellations

With the app you can:

- Book a trip
- Book mileage reimbursement trip
- Change a scheduled trip
- Cancel a trip
- See where your driver is

If any issues arise, you can contact one of our live, phone-based customer service agents from within the app.

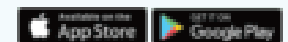
Scan the QR code to view training videos on how to use the app



How to download the app to your phone:

1. Check with your health plan to make sure the Modivcare app will work for you
2. Make sure you have a smart phone
3. Find the Modivcare app on Google Play® or the Apple App Store®
4. Tap install

Download the app today



January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Year's Day	2	3	4	5	6 Epiphany
7 Orthodox Christmas Day	8	9	10	11	12	13 Korean American Day
14 Orthodox New Year	15 Martin Luther King Jr. Day	16	17	18 Bodhi Day	19	20
21 World Religion Day	22	23	24	25 Tu Bishvat/ Tu B'Shevat	26	27 International Day of Commemoration in Memory of the Victims of the Holocaust
28	29	30	31			

Member Services: (877) 353-0185 (TTY: 711), Monday through Friday, 8 a.m. to 8 p.m.





5 Steps to Strengthen Your Heart and Avoid Heart Disease:

1. Adopt a heart healthy diet.

Diets that have been studied and promoted by the American Heart Association focus on a low-fat, low-carb plan, as well as avoidance of processed foods. Eat as many natural fruit and vegetables as possible, and avoid processed carbohydrates, sugars and fatty foods, especially those that contain highly processed saturated fats.

2. Incorporate exercise into your daily routine.

Focus on simple exercises that get you moving and increase your heart rate. Start slow, set a goal and work your way up to that goal. Begin by walking 10-15 minutes three times a week, then, increase walk time by 15 minutes, or increase distance or pace but listen to your body and don't overdo it. Do something that you enjoy so you're more likely to sustain the habit.

Taking charge of your health with these five healthy living tips is the best way to delay or avoid heart disease. You can also create a prevention plan with your healthcare providers (doctors, nurses, pharmacists, registered dietitians or other professionals).

3. Get regular heart screenings

The best thing to do is to talk to your doctor about your risk factors and any symptoms you may have. A family history, high cholesterol, diabetes or [high blood pressure](#) may make you a candidate for a stress test.

4. Reduce stress as much as possible.

Increased stress generally causes inflammation in the body, which is a risk factor for heart disease. It is very important to manage your stress, and although everyone has different stressors, there are always ways to reduce the impacts of stress.

5. Increase your sleep.

Sleep provides time for the body to restore and recharge. Getting seven to eight hours of sleep each night is very important for our overall health, including the heart. Insufficient or fragmented sleep can contribute to problems with blood pressure and heighten the risk of heart disease, heart attacks, diabetes and stroke.

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 First Day of Black History Month National Freedom Day	2 National Wear Red Day	3
4 World Cancer Day Rosa Parks Day	5	6	7 Isra and Mi'raj	8	9	10 Lunar New Year
11 Super Bowl	12 Lincoln's Birthday	13 Shrove Tuesday/ Mardi Gras	14 Valentine's Day Ash Wednesday	15 Susan B. Anthony's Birthday	16	17
18	19 Presidents' Day	20	21	22	23	24
25	26	27	28	29 Leap Day		

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Did you receive this card?

If yes, please let your Care Manager or Community Connector during your Monthly call

What are Social Determinants of Health?

Social determinants of health (SDOH) are the nonmedical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. These forces and systems include economic policies and systems, development agendas, social norms, social policies, racism, climate change, and political systems.

Your Senior Whole Health Care Manager or Community Connector will ask you questions in reference to the Social Determinants of Health during the Monthly call.

Questions will be asked about Housing, Food, Finances, Personal Safety and Social Isolation, as they are the five domains of the Social Determinants of Health being reviewed by the Plan.

In need of a little extra help?
Don't worry, we've got you.

Senior Whole Health is proud to introduce Molina Help Finder. Molina Help Finder is your one-stop shop for finding low- and no-cost resources in your community. Find services near you using our online search tool.

- Food Insecurity
- Social Isolation
- Housing
- Safety
- Financial Security

With Molina Help Finder, you can self-refer or apply for the services you need, right from your My Molina member portal. Your doctor might also refer you to resources and follow up to make sure you got the help you needed.

Molina Help Finder - the help you need, close to home. Available in more than 120 languages. Please contact your care manager for additional information regarding Molina Health Finder at (877) 353-0185

Senior Whole Health
BY MOLINA HEALTHCARE

Molina Help Finder

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Women's History Month Irish American Heritage Month	1 St. David's Day Read Across America Day	2
3	4	5	6	7	8 Maha Shivaratri	9
10 Ramadan Starts Daylight Saving Time starts	11	12	13	14	15 Long Covid Awareness Day	16
17 St. Patrick's Day	18	19 March Equinox	20	21 World Down Syndrome Day	22	23 Purim
24 Palm Sunday Purim	25 Holi	26	27	28 Maundy Thursday	29 Good Friday National Vietnam War Veterans Day	30 Holy Saturday
31 Easter Sunday						

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Advance Directives are a legal document by which you may make provisions for future health care decisions in the event that you are unable to make such decisions for yourself. In New York State there are three types: Health Care Proxy form, Living Will, and Do Not Resuscitate Order (DNR).

It is particularly important to consider or reconsider your health care choices if you:

- have been diagnosed with a terminal illness.
- have been diagnosed with an illness or condition that could lead to incapacity.
- are entering an assisted-living facility or nursing home have been admitted to the hospital and are over 65.

How to select the right type of advance directive

Here's a question and answer that may help: If you are in a coma or vegetative state or otherwise incapacitated, would you want someone you trust to make medical decisions for you?

If the answer is yes, consider a **health care proxy** by appointing someone you trust as your Health Care Agent to speak and decide for you when you are unable to do so.

If the answer is no because you have no one you trust to act as your Health Care Agent, consider a **living will** so that your medical instructions are clear and can be read by your care givers when you are unable to communicate your wishes.

Even though you want someone you trust to make medical decisions, do you still have strongly held views about specific situations?

If yes, you may consider combining a **health care proxy with a living will** so that the person you appoint to act on your behalf can also rely on your written instructions to make decisions for you.

If no, then maybe just a **health care proxy** will meet your needs.

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday	2 World Autism Awareness Day	3	4	5 Lailat al-Qadr	6 National Tartan Day
7	8	9 Eid al-Fitr	10	11	12	13
14	15 Tax Day	16	17	18	19	20
21	22 Passover Eve Earth Day	23 Passover (first day)	24	25	26	27
28	29	30 Last Day of Passover				

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Fall prevention: Simple tips to prevent falls

Falls put you at risk of serious injury. Prevent falls with these simple fall prevention measures—from reviewing your medications to hazard-proofing your home.

Fall prevention is an important topic to consider as you get older. Physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely as you age. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Instead, consider these six simple fall prevention strategies.

1. Make an appointment with your health care provider to discuss
 - **Your medications.**
 - **Any previous falls.**
 - **Your health conditions.**
2. Keep moving
3. Wear sensible shoes
4. Remove home hazards
5. Light up your living space
6. Use assistive devices

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Military Appreciation Month Asian Pacific American Heritage Month Jewish American Heritage Month	1	2	3 Orthodox Good Friday	4 Orthodox Holy Saturday
5 Orthodox Easter Cinco de Mayo	6 Yom HaShoah Orthodox Easter Monday	7	8	9 Ascension Day	10	11
12 Mother's Day	13	14 Yom Ha'atzmaut	15	16	17	18 Armed Forces Day
19 Pentecost	20 Whit Monday	21	22 National Maritime Day	23	24	25
26 Trinity Sunday Lag BaOmer	27 Memorial Day	28	29	30 Corpus Christi	31	

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What about the dentist?

Oral hygiene tips for seniors

Oral health, regardless of age, is integral to overall good health. Daily brushing and flossing of natural teeth is essential to keeping them in good oral health. Plaque can build up quickly on the teeth of seniors, especially if oral hygiene is neglected, and lead to tooth decay and gum disease.

To maintain good oral health, it's important for all individuals – regardless of age – to:

- Brush at least twice a day with a fluoride-containing [toothpaste](#)
- Floss at least once a day
- Rinse with an antiseptic mouthwash once or twice a day
- Visit your dentist on a regular schedule for cleaning and an oral exam.

If you wear dentures or other appliances, your dentist will ask a few questions about when you wear your dentures and when you take them out (if removable). They will also look for any irritation or problems in the areas of the mouth that the appliance touches and examine the denture or appliance itself (looking for any worn or broken areas).

Dental conditions associated with aging include dry mouth (xerostomia), root and coronal caries, and periodontitis. Patients may show increased sensitivity to drugs used in dentistry, including local anesthetics and analgesics.

Adoption of good oral hygiene, which includes use of rotating/oscillating toothbrushes, the use of topical fluoride (i.e., daily mouth rinses, high fluoride toothpaste, regular fluoride varnish application), as well as attention to dietary intake have been recommended.

June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Caribbean-American Heritage Month Pride Month	1
2	3	4	5	6	7	8
9	10	11	12 Shavuot	13	14 Army Birthday Flag Day	15
16 Father's Day	17 Eid al-Adha	18	19 Juneteenth	20 June Solstice	21	22
23	24	25	26	27	28	29
30						

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988
SUICIDE
& CRISIS
LIFELINE

Social isolation and loneliness among older people are growing health, social, and economic concerns.

Loneliness is the pain we feel when our social connections do not meet our needs.

Social isolation is the state of having a smaller number of social contacts, which may contribute to loneliness.



What can you do if you feel socially isolated or lonely?

- 1. Get in touch** with friends by meeting up or through phone or social media
- 2. Do the things you enjoy**, like a hobby or spending time outdoors
- 3. Reach out** to local services that can connect you with new people, communities, or professional help.



Loneliness and social isolation in older adults are serious public health risks affecting a significant number of people and putting them at risk for dementia and other serious medical conditions. Loneliness and social isolation are different but related.

Loneliness is the distressing feeling of being alone or separated. **Social isolation** is the lack of social contacts and having few people to interact with regularly. You can live alone and not feel lonely or socially isolated, and you can feel lonely while being with other people.

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

There are things you can do to help protect yourself or a loved one from the negative effects of loneliness and social isolation. First, take care of yourself. Try exercising, eating healthy, getting enough sleep (7 to 9 hours), and pursue activities you enjoy to help with stress. Also, stay as mentally and physically healthy as possible.

July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Independence Day	5	6
7	8 Muharram	9	10	11	12	13
14 Bastille Day	15	16	17 Ashura	18	19	20
21	22	23	24	25	26 Americans with Disabilities Act	27 National Korean War Veterans Armistice Day
28	29	30	31			

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Which vaccines do older adults need?

Make sure to protect yourself as much as possible by keeping your vaccinations up to date. A health care provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses. [Talk with a doctor or pharmacist](#) about which of the following vaccines you need.

- 1) The Centers for Disease Control and Prevention (CDC) recommends that older adults stay [up to date with COVID-19](#) vaccines, including [booster shots](#).
- 2) [Flu](#) — short for influenza — The vaccine is especially important if you have a chronic health condition such as heart disease or diabetes.
- 3) Pneumococcal disease is a serious infection that spreads from person to person by air. It often causes [pneumonia in the lungs](#) and it can affect other parts of the body. The CDC recommends that all adults age 65 and older get pneumococcal vaccination. This vaccine will help protect you from getting a serious infection
- 4) Tetanus, diphtheria, and pertussis are diseases caused by [bacteria](#) that can lead to serious illness and death.

The [CDC recommends](#) that adults get a Tdap (tetanus, diphtheria, and pertussis) or Td (tetanus, diphtheria) booster shot every 10 years. Ask a health care provider when you need your booster shot.

- 5) Shingles is caused by the same virus as chickenpox. If you had chickenpox, the virus is still in your body. As you get older, the virus could become active again and cause shingles. Shingles affects the nerves.



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Coast Guard Birthday	5	6	7 Purple Heart Day	8	9	10
11	12	13 Tisha B'Av	14	15 Assumption of Mary	16	17
18 National Senior Citizens Day	19 Raksha Bandhan National Aviation Day	20	21	22	23	24
25	26 Janmashtami	27	28	29	30	31

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Flu vaccine for older adults

[Flu](#) — short for influenza — is very serious when it gets in your lungs. Older adults are at a higher risk for developing serious complications from the flu, such as [pneumonia](#).

Ideally, you should get your vaccine by the end of October each year so you are protected when the [flu season](#) starts. It takes at least two weeks for the vaccine to be effective. However, if you have not received your flu vaccine by the end of October, it's not too late — flu season typically peaks in December or January. As long as the flu virus is spreading, getting vaccinated will help protect you.

Is it the flu, a cold, or COVID-19?

The common cold, flu, and COVID-19 are respiratory illnesses caused by different viruses. They can all cause similar symptoms. If you have symptoms, a health care provider can determine the cause of your illness and help you take steps to feel better.

A cold is often milder than the flu. The flu and COVID-19 have similar symptoms, but COVID-19 spreads more easily and symptoms tend to be more severe. It's also more common to have a change in your sense of smell or taste with COVID-19.

People with the flu can have fever, chills, dry cough, general aches and pains, and a headache. They feel [very tired](#). Sore throat, sneezing, stuffy nose, or stomach problems are less common. What some people call “stomach flu” is not influenza. Learn more about the differences between the [flu and a cold](#) and [flu and COVID-19](#).

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3	4	5	6 Ganesh Chaturthi	7
8 National Grandparents Day	9	10	11 Patriot Day	12	13	14
15 First Day of National Hispanic Heritage Month	16 The Prophet's Birthday	17 Constitution Day and Citizenship Day	18 Air Force Birthday	19	20 National POW/MIA Recognition Day	21 International Day of Peace
22 September Equinox	23	24	25	26	27	28
29	30					

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Breast cancer is the most common cancer among women in New York. It is also the second leading cause of cancer-related death in New York women. Men can also get breast cancer, although such cases are rare. Some people who have breast cancer have no signs or symptoms. Therefore, the best protection against breast cancer is early detection and diagnosis, which can also help prevent the cancer from spreading to other parts of your body.

New York state cancer services program

The Cancer Services Program (CSP) provides breast, cervical and colorectal cancer screenings and diagnostic services at NO COST to people who:

- Live in New York State
- Do not have health insurance.
- Have health insurance with a cost share that may prevent a person from obtaining screening and/or diagnostic services.
- Meet income eligibility requirements & Meet age requirements.

Who do I call to be connected to a CSP program in my area?

To find the CSP nearest you for breast (even for cervical and colorectal) cancer screening, diagnostic services and referral to treatment and support, call **1-866-442-CANCER (2262)** or text “Get Screened” to 81336.

The call is free, and operators take calls 24 hours a day, 7 days a week to connect you to a Cancer Services Program near you. Hablamos español. They also have translation services for other languages. You can also, **call 311** to find a screening site near you; if you do not have a provider or need to find a low- or no-cost mammogram site.



October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Rosh Hashana Navratri	4 Feast of St Francis of Assisi	5
6 German American Day	7	8	9 Leif Erikson Day	10 World Mental Health Day	11	12 Yom Kippur Dussehra
13 Navy Birthday	14 Columbus Day	15	16	17 First Day of Sukkot	18	19
20	21	22	23 Last Day of Sukkot	24 Shmini Atzeret	25 Simchat Torah	26
27	28	29	30	31 Diwali/Deepavali Halloween		

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Diabetes and the Thanksgiving Dinner

Diabetes is a serious disease, and it affects many older adults. People get diabetes when their blood glucose, also called blood sugar, is too high.

Diabetes can affect many parts of your body. It's important to manage diabetes because, over time, it can cause serious health problems like [heart disease](#), [stroke](#), [kidney disease](#), [eye problems](#), and [nerve damage](#) that may lead to amputation. Also, people with type 2 diabetes may be at greater risk for [cancer](#) and [Alzheimer's disease](#).

Living with diabetes doesn't mean you have to sacrifice your favorite holiday foods!

Nonetheless, having diabetes during Thanksgiving time may feel like a race to manage what you eat without spiking your blood sugar. The main challenge? Managing your blood sugar during a holiday traditional meal which is associated with high-carb foods. However, there are ways to enjoy the gift of the holiday without damaging on your body.

To build a healthier Thanksgiving plate, use the plate method:

1. Start with a reasonably sized plate (about 9 inches) to keep your portion sizes in check. Mentally divide the plate in half, and fill one half with non-starchy vegetables like green beans, salad, brussels sprouts, broccoli, cauliflower, etc.
2. Divide the other half into two quarters. Fill one quarter with lean protein foods such as turkey or ham (or beans, lentils, and meat substitutes if you're having a plant-based Thanksgiving).
3. The last quarter is for carbohydrate-rich foods. This includes stuffing, mashed potatoes, sweet potatoes, rolls, acorn or butternut squash, and sweets like pumpkin pie. Limiting your carb selections to this one section of your plate is an easy way to keep your total carbs for the meal in check.

November 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Native American Heritage Month	1 All Saints' Day	2 All Souls' Day
3 Daylight Saving Time ends	4 Diwali	5 Election Day (General Election)	6	7	8	9
10 Marine Corps Birthday	11 Veterans Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28 Thanksgiving Day	29 Black Friday Native American Heritage Day	30

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Wishing you the very best of the Holiday Season, and a prosperous New Year!

from

Senior Whole Health of New York

December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 First Sunday of Advent World AIDS Day	2 Cyber Monday	3 Giving Tuesday	4	5	6 St Nicholas Day	7 Pearl Harbor Remembrance Day
8	9 Feast of the Immaculate Conception	10 International Humans Rights Day	11	12 Feast of Our Lady of Guadalupe	13 National Guard Birthday	14
15 Bill of Rights Day	16	17 Pan American Aviation Day Wright Brothers Day	18	19	20	21 December Solstice
22	23	24 Christmas Eve	25 Christmas Day	26 Chanukah/Hanukkah Kwanzaa (first day)	27	28
29	30	31 New Year's Eve				

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Know where to go when you're sick or hurt.

You have many options for getting help.



Doctor's Office

Open business hours

- Go here for routine care like check-ups and shots, medication refills, minor injuries and joint pain, colds, cough, mild fever, or illness



Urgent care

Open nights and weekends

- Go here for minor injuries and joint pain, colds, cough, mild fever, or illness when your doctor's office is closed



Emergency rooms

Open 24/7 for emergencies

- Go here for chest pain, high fever, serious burns, deep cuts or heavy bleeding, bad head injuries, severe allergic reactions, or any other emergency

Calendar of year 2025 (United States)



January							February							March									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
1			1	2	3	4	5					1	9						1				
2	5	6	7	8	9	10	11	6	2	3	4	5	6	7	8	10	2	3	4	5	6	7	8
3	12	13	14	15	16	17	18	7	9	10	11	12	13	14	15	11	9	10	11	12	13	14	15
4	19	20	21	22	23	24	25	8	16	17	18	19	20	21	22	12	16	17	18	19	20	21	22
5	26	27	28	29	30	31		9	23	24	25	26	27	28		13	23	24	25	26	27	28	29
																14	30	31					

April							May							June									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
14			1	2	3	4	5	18				1	2	3	22	1	2	3	4	5	6	7	
15	6	7	8	9	10	11	12	19	4	5	6	7	8	9	10	23	8	9	10	11	12	13	14
16	13	14	15	16	17	18	19	20	11	12	13	14	15	16	17	24	15	16	17	18	19	20	21
17	20	21	22	23	24	25	26	21	18	19	20	21	22	23	24	25	22	23	24	25	26	27	28
18	27	28	29	30				22	25	26	27	28	29	30	31	26	29	30					

July							August							September									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
27			1	2	3	4	5	31					1	2	36		1	2	3	4	5	6	
28	6	7	8	9	10	11	12	32	3	4	5	6	7	8	9	37	7	8	9	10	11	12	13
29	13	14	15	16	17	18	19	33	10	11	12	13	14	15	16	38	14	15	16	17	18	19	20
30	20	21	22	23	24	25	26	34	17	18	19	20	21	22	23	39	21	22	23	24	25	26	27
31	27	28	29	30	31			35	24	25	26	27	28	29	30	40	28	29	30				
								36	31														

October							November							December									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S			
40			1	2	3	4	44						1	49		1	2	3	4	5	6		
41	5	6	7	8	9	10	11	45	2	3	4	5	6	7	8	50	7	8	9	10	11	12	13
42	12	13	14	15	16	17	18	46	9	10	11	12	13	14	15	51	14	15	16	17	18	19	20
43	19	20	21	22	23	24	25	47	16	17	18	19	20	21	22	52	21	22	23	24	25	26	27
44	26	27	28	29	30	31		48	23	24	25	26	27	28	29	53	28	29	30	31			
								49	30														

Jan 1	New Year's Day	Mar 17	St. Patrick's Day	May 1	Memorial Day	Jul 4	Independence Day	Nov 1	Thanksgiving
Jan 15	Martin Luther King Jr. Day	Mar 19	Good Friday	May 25	Mother's Day	Jul 27	Independence Day	Nov 11	Veterans Day
Jan 20	Robert F. Kennedy Jr. Day	Mar 20	Easter	May 31	Memorial Day	Aug 1	Labor Day	Nov 22	Thanksgiving
Jan 26	Dr. Martin Luther King Jr. Day	Mar 21	Good Friday	Jun 1	Juneteenth	Aug 15	Labor Day	Dec 1	Christmas Day
Jan 29	Dr. Martin Luther King Jr. Day	Mar 22	Good Friday	Jun 15	Juneteenth	Aug 22	Labor Day	Dec 25	Christmas Day
Feb 1	Washington's Birthday	Mar 23	Good Friday	Jun 22	Juneteenth	Aug 29	Labor Day		
Feb 14	Valentine's Day	Mar 24	Good Friday	Jun 29	Juneteenth	Aug 30	Labor Day		
Feb 18	Groundhog Day	Mar 25	Good Friday	Jul 4	Independence Day	Aug 31	Labor Day		
Feb 22	Groundhog Day	Mar 26	Good Friday	Jul 11	Independence Day				
Feb 25	Groundhog Day	Mar 27	Good Friday	Jul 18	Independence Day				
Feb 28	Groundhog Day	Mar 28	Good Friday	Jul 25	Independence Day				

