



You're Invited to Engage with Our Community This Spring!

By: Emily Martin, Marketing & Communications Manager

Our Community Engagement Subcommittee is excitedly planning two opportunities for everyone to participate in with our broader community.

First, we'll be hosting an open house on **Tuesday, May 21, 4:30 – 5:30 PM**, for our **business neighbors around Southeastern Ave**. This will be an opportunity to network with some of Second Helpings' closest neighbors and introduce them to what we do. Have you ever wondered what happens in a building you drive by every day on your way to work? This is your chance to learn about what goes on there! We're looking forward to expanding relationships with other businesses and organizations in our neighborhood. All staff are invited to attend, no RSVP needed.

Next, Second Helpings will participate in the **Indy Pride Parade and Festival on Saturday, June 8**. Last year was our first year participating in the parade, and it was a fun and meaningful

experience for those of us that braved the summer heat! We left with a lot of ideas to make it even better, and we're looking forward to participating again. *New this year*, we'll also have an informational table at the Pride Parade in Military Park that afternoon.

Watch for an official opportunity to sign up coming soon!

I can only speak for myself, but I want to share why I think participating in Indy Pride is important for Second Helpings.

First – an estimated 40,000 people attended the Pride Festival last year. The opportunity to share Second Helpings with an audience of that size – to recruit volunteers, students, donors, and more – is an incredible opportunity to support our mission and expand our impact.

Second, and more importantly, I believe that participating in these events is an important step we can take to **publicly say that Second Helpings is a welcoming, inclusive environment**. I hope everyone attending the Pride festivities, whether they're a member of the LGBTQIA+ community or not, sees our van in the parade or our table at the festival and knows that they are welcome here.

Moreover, there is a lot of data to show that members of the LGBTQIA+ community are disproportionately affected by food insecurity. In 2022, Feeding America found that this community is twice as likely as others to face hunger. If we're serious about fighting hunger from all angles, I believe that requires facing where that hunger exists.

The opportunity to participate in the Pride Parade and Festival is open to all staff, volunteers, graduates, and others. I hope you'll consider joining us!



Observances & Celebrations

Asian-American and Pacific Islander Heritage Month (May)

Asian American and Pacific Islander Heritage Month recognizes the contributions and influence of Asian Americans and Pacific Islander Americans to the history, culture, and achievements of the United States.

[8 Groundbreaking Contributions by Asian Americans Through History](#)

[PBS Collection](#) of Asian American, Native Hawaiian, and Pacific Islander's experiences and filmmakers.

Mental Health Awareness Month (May)

Mental Health Awareness Month was founded in 1949 by [Mental Health America](#) to promote awareness, offer vital resources and education, and advocate for the mental health and well-being of everyone. This year's theme is *Where to Start: Mental Health in a Changing World*.

[Be Well Indiana](#) – Mental Health & Wellness Resources

[BetterHelp Online Therapy](#) - As a Second Helping's employee, you and/or your household have access to our Magellan Employee Assistance Program (EAP) which includes BetterHelp online therapy. In fact, you get 3 free sessions for you or family members every year!

Other Observances & Celebrations

[National Speech-Language-Hearing Month](#) (May)

[International Day Against Homophobia, Transphobia, Biphobia](#) (May 17)

[World Day of Cultural Diversity for Dialogue and Development](#) (May 21)



Subcommittee Updates

Community Engagement

Our group is working towards an open house for neighborhood businesses on Tuesday, May 21, and participating in the Pride Parade and Festival on Saturday, June 8. **Our next meeting is Friday, May 17 at**

Education

We held a conversation on disability rights activism after watching Judy Heumann's TED Talk in March; scheduled a visit to Crispus Attucks Museum and a lunchtime conversation in early May. We submitted a proposal to Indiana Humanities to strengthen our library's racial equity content, are updating the library's signage

Workplace Culture

The Workplace Culture sub-committee is currently working on one area of interest: silo-busting! We will sort through ideas and opportunities and begin planning at our May 1 meeting. Stay tuned for news of future events and celebrations!

2pm in the board room - join us!

to emphasize its focus on DEI content, and updated our “optional conversation” schedule to be ~bimonthly, on the “off” months of the newsletter. **Join our next meeting at 9:30 on May 13.**

Upcoming Events



OPTIONAL: ABIDE/Education field trip to Crispus Attucks Museum

Friday, May 3 | 1:30–2:30 PM

Crispus Attucks Museum – 140 Dr Martin Luther King Jr St

Remember during the All-Star Weekend & Black History Month when Brie shared [this article](#) and a suggestion to visit Crispus Attucks Museum?

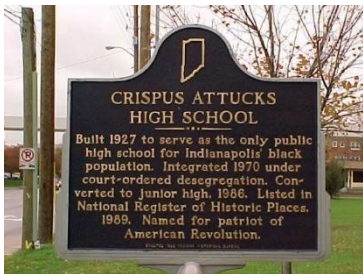
Although Oscar Robertson’s statue won’t be unveiled for another year, join the ABIDE Education subcommittee on a **visit to Crispus Attucks Museum on Friday, May 3 from 1:30-2:30 pm.**

While many Hoosiers have heard about Crispus Attucks and their history-making state championships in 1955 and 1956, there’s so much more to the school’s – and Indianapolis’ – story.

We’ll tour the museum with Mr. Robert Chester, the director, curator, and archivist, and we’ll also offer an optional lunchtime conversation the following week to discuss the tour and watch a brief video on Crispus Attucks High School.

If you’d like to attend, please check with your supervisor and accept the Outlook calendar invite.

Note: if this date/time doesn’t work well for you, feel free to schedule another time to visit (M-F, 10-6; Sat-Sun, 10-3), text or call 317-409-5281 to confirm your preferred date/time, and consider using [DEI Experience Funds](#) before 6/30 for the \$9 admission fee.



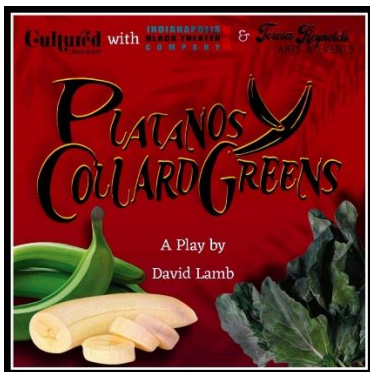
OPTIONAL: ABIDE/Education conversation about Crispus Attucks Museum

Tuesday, May 7 | 12:00-12:45 PM

Board Room

Join the ABIDE Education subcommittee for a bimonthly conversation, this time to discuss Crispus Attucks Museum. We'll watch a brief video about Crispus Attucks High School and Crispus Attucks Museum, as well as discuss any reflections from in-person visits to the museum.

Note: you do not need to have visited the museum to attend this conversation.



Platanos y Collard Greens by David Lamb

Thursday - Saturday, May 2 - 4 | Time Varies by Date

District Theatre - 627 Massachusetts Ave, Indianapolis, 46204

Adults - \$25 | Seniors/Students - \$18 (use your DEI Experience funds!)

This love story between a Black man, Freeman, and a Latina woman, Angelita, unfolds through hilarity, hip-hop, spoken word, and thought-provoking history to reveal the parallels and tensions between the two communities.

The play is presented by the newly-formed Indianapolis Black Theatre Company, Cultured Urban Winery, and Teresa Reynolds Arts & Events.

Recommended Age 16+



Monthly Yoga for Mental Health

Wednesday, May 15 | 6:30-7:30 PM

Tinker House Events – 1101 E 16th St, 2nd Floor
\$10/Person

Creative Nature and Tinker House Events present Monthly Yoga for Mental Health every 3rd Wednesday from Jan – Nov 2024. Proceeds benefit the American Foundation for Suicide Prevention.

Resources

Article:

[Parent Tips for Building Resilience in Children Despite Socioeconomic Barriers](#) (socioeconomic status)

Video:

[Cracking the Codes: Dr. Joy DeGruy “A Trip to the Grocery Store”](#) (race)
A four-minute video on how to leverage privilege to make something right.

Podcast:

The Diversity Pivot Podcast: Episode 245 – April is Autism Acceptance Month with Matt Lowry
[Spotify](#) | [Apple](#) (ability)

Matt Lowry, an Autistic adult and Licensed Psychological Practitioner, discusses why intersectionality is critical to the future of autism, false assumptions people make about autism, and how to make workplaces more inclusive to people with autism.

A.B.I.D.E. News

Have an idea for the newsletter? Let Heather know by [emailing](#) her or using this [form](#)