



Monthly News



Summer Reading Program, Second Helpings-Style

By: Alison Schumacher, Donor Engagement Director

Do you participate in your local library's summer reading program? I always intend to but then the online logistics – having *yet another* login to *yet another* website that I need to spend *too much time* entering book info into – derail me each time.

Observances & Celebrations

Disability Pride Month (July)

Disability Pride Month is an opportunity to honor the history, achievements, experiences, and struggles of the disability community. Disability Pride Month happens every July to mark the ADA's anniversary, which was passed on July 26, 1990. The first celebration was a Disability Pride Day that took place in Boston in 1990. [The Arc](#), the largest national community-based organization advocating for and with people with intellectual and developmental disabilities, creates a theme each year with the 2024 theme being "We Want a Life Like Yours."

[Collection of PBS Documentaries](#) – History of the disability rights movement and activists within the movement.

[Here's What the Disability Pride Flag Represents](#)

[The Arc of Indiana](#)

[Americans with Disabilities Act Anniversary \(July 26\)](#)

National Minority Mental Health Awareness Month (July)

July is Bebe Moore Campbell National Minority Mental Health Awareness Month, also known as BIPOC Mental Health Awareness Month, bringing awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness.

[Bebe Moore Campbell](#) was an author, advocate, and co-founder of the NAMI (National Alliance of Mental Illness) Urban Los Angeles. In 2008, the National Minority Mental Health Awareness Month was declared in her honor.

[CDC Resources for Prioritizing Minority Mental Health](#)

[Mental Health America Resources](#)

[FDA Minority Women's Mental Health Resources](#)

Other Observances & Celebrations

[International Non-Binary People's Day \(July 14\)](#)

[International Day of the World's Indigenous People \(August 9\)](#)

[Women's Equality Day \(August 26\)](#)



Subcommittee Updates

Community Engagement

How should Second Helpings engage our community this year? We want to hear your ideas! Join us to brainstorm at our next meetings: Friday, July 19 and Friday August 16, both at 2:00pm in the Board Room.

Education

We've been focused on adding to our library's resources; see the main article above. Come to our next meetings to add your ideas and voice: Monday, July 15 and Monday, August 12, both at 11am in the Board Room.

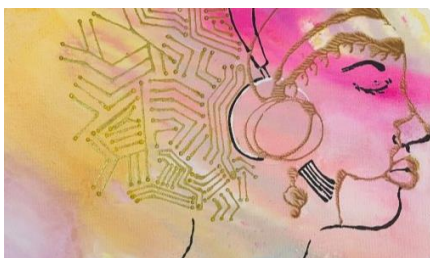
Upcoming Events



Financial Awareness Conversation, facilitated by Brie

**Wednesday, August 14, 2024 | 12-12:45 pm
Board Room**

August 14th is National Financial Awareness Day. According to the American Psychological Association, 8 out of 10 Americans are stressed because of money concerns. Come learn the benefits available to the employees of Second Helpings to help you reach financial goals and alleviate stress about money. If you feel financially secure, we will also discuss opportunities to pay forward your wealth of knowledge.



The Truth of Freedom: African Diaspora to Afrofuturism

**May 31 - July 14, 2024
Newfields | 4000 Michigan Road
General Admission - \$20**

The Truth of Freedom: African Diaspora to Afrofuturism is a visual journey that reflects on the history of the African Diaspora and its varied celebrations of liberation across the world while connecting them with visions of the future and the

continued advancements of liberty and freedom for African descendants around the globe. Continuing in the legacy of the ancestors who engaged in resistance by imagining worlds of equality and justice for Black people, local Black artists take as our point of departure, Afrofuturism, with its fusion of history, science fiction, and fantasy, to explore and expound new visions of the forthcoming of Black people.



Long Term Care Planning

Tuesday, July 9, 2024 | 6:30 – 7:30 PM
Indianapolis Public Library – Wayne Branch (198 S Girl School Road)
Free

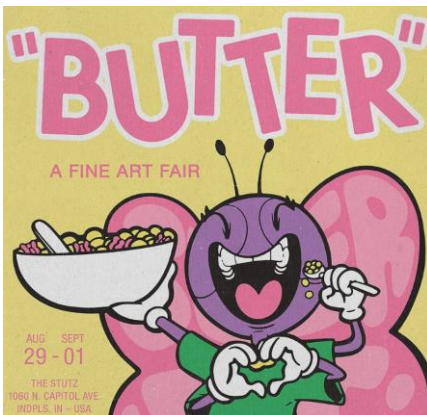
Financial Planning Workshops in 2024 presented by a Certified Financial Planner (CFP®) at the Indianapolis Public Library.



WE Brunch Happy Hour

Thursday, July 11, 2024 | 5:00 – 8:00 PM
Biltwell Event Center | 950 S White River Pkwy Dr W
General Admission - \$20

In partnership with the Indy Equity Collective, WE Happy Hour invites attendees to connect with women showcasing goods and services available right here in Central Indiana. Attendees will enjoy networking with other women, colorful photo opportunities, and light appetizers during the event.



Butter: A Fine Art Fair

Thursday, August 29 – Sunday, September 1
The Stutz | 1060 N Capitol Ave
Tickets starting at \$40

BUTTER is a multi-day fine art fair organized by GANGGANG that features artwork made by Black visual artists from Indiana and across the country. Anchored in Indianapolis over Labor Day weekend, BUTTER honors and amplifies the value and worth of Black artists, serving as a new model for economic justice in the arts and a catalyst for career transformation.



Long Term Care Planning

Tuesday, August 13, 2024 | 6:30 – 7:30 PM

Indianapolis Public Library – West Indianapolis Branch
(1216 S. Kappes Street)

Free

Financial Planning Workshops in 2024 presented by a Certified Financial Planner (CFP®) at the Indianapolis Public Library.



INDIANAPOLIS BLACK DOCUMENTARY FILM FESTIVAL

Indianapolis Black Documentary Film Festival

August 23 – August 25, 2024

The Indy Art Center and the Kan-Kan Cinema & Restaurant
Tickets – \$10 - \$30

Indianapolis Black Documentary Film Festival showcases documentaries about the African American experience that inspire socially conscious cultural discourse. Our dynamic group of collaborators is committed to fostering an appreciation for documentary films by maintaining a platform for filmmakers to share their work as catalysts for meaningful dialogue.

Resources

Online Guides:

[BIPOC Mental Health Resources](#) (ability)

[Guide to Being an Ally to Transgender and Nonbinary Young People](#)

Video:

[Netflix Series: Maid](#) (socioeconomic status)

Inspired by the New York Times Best-selling memoir about one woman's incredible story of hard work, low pay, and a mother's will to survive

Article:

[5 Work Habits That Are Secretly Depression in Disguise](#) (ability)



More A.B.I.D.E. News

Your DEI Experience Funds

By: Claire Bozzano, HR Manager

For a second year, Second Helpings will pay up to \$50 for each employee to choose a DEI-related enrichment experience that is consistent with the ABIDE values of diversity, equity, inclusion, access, and/or belonging.

How does it work?

1. Identify an experience that falls within ABIDE's values. (Tip: scroll back up to the "Upcoming Events" section in the ABIDE newsletters for inspiration.)
2. Fill out [the Prepayment/Reimbursement Form](#). This is a seven-question form that asks for basic information about the event you are attending and how you would like Second Helpings to pay.
 - a. If you want to request funds, fill out this form **before** you attend the event.
 - b. If you want to be reimbursed, you can wait to fill out this form **after** you attend the event.
3. Once you submit your form, Claire will reach out to you to fulfill your payment request.
4. Attend the event and be sure to collect your receipts.
5. Fill out [the Debrief Form](#) to share your insights from the event.

See me if you have any questions along the way!



A.B.I.D.E. News

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