



*So. Many. Events! There is a wide variety of events and observances these next two months, and we wanted to highlight as many as possible in this edition of the ABIDE newsletter. Consider going to something that piques your interest!*

## Observances & Celebrations

### National Suicide Prevention Awareness Month (September)

September is National Suicide Prevention Awareness Month – a month to raise awareness for suicide prevention and treatment, know the risks and warning signs for suicide, and what to do in a crisis.

World Suicide Prevention Day (September 10) A time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.

988 – Call or text Suicide & Crisis Hotline

[988Indiana.org](http://988Indiana.org) – Indiana Suicide & Crisis Lifeline

[988lifeline.org/chat](http://988lifeline.org/chat) – Online chat with a crisis counselor for emotional support

[Know the Warning Signs and Risk Factors of Suicide](#)

[What You Need to Know About Youth Suicide](#)

[It's Okay to Talk About Suicide Infographic](#)

## National Hispanic Heritage Month (Sept 15 – Oct 15)

[National Hispanic Heritage Month](#) is annually celebrated from September 15 to October 15 in the United States for recognizing the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.

[HispanicHeritageMonth.gov](http://HispanicHeritageMonth.gov) - This comprehensive website offers exhibits, collections, materials for educators, audio & video from the Library of Congress, National Park Service, National Gallery of Art and other public institutions.



### **La Plaza's FIESTA Indianapolis**

**Saturday, September 21, 2024 | 12:00-8:00 PM**  
**Military Park – 601 W New York St**

Since 1981, La Plaza's FIESTA Indianapolis has been the premier celebration on Latino culture in Indiana, bringing together a vibrant and diverse community and enhancing the cultural fabric of Indianapolis.

Thousands of Hoosiers join the FIESTA celebration every year, where they enjoy a full day of music, dancing, food, children's activities, a health and wellness fair, and community information booths.

## National Disability Employment Awareness Month (October)

During National Disability Employment Awareness Month, or NDEAM, we celebrate the value and talent workers with disabilities add to America's workplaces and economy. NDEAM takes place annually each October, but its purpose is to confirm our commitment to ensuring disabled workers have access to good jobs every month of every year.

[Working Together: Ensuring People with Disabilities Feel Welcome and Included in the Workplace](#)



## OPTIONAL Staff Conversation: Living with an Invisible Disability

Friday, October 25 | 12:00-12:45pm  
Board Room

Approximately 10% of Americans have an invisible disability and this number could be higher, since people with invisible disabilities often do not self-identify or disclose this information. While it may not be visible, for those who live with it every day, it is very much part of their lives.

Together we will watch a short video about living with an invisible disability followed by a discussion. Please feel free to bring your lunch and join the ABIDE Education subcommittee in the board room.

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## LGBT History Month (October)

[LGBT History Month](#) is an annual month-long observance of lesbian, gay, bisexual and transgender history, and the history of the gay rights and related civil rights movements. It was founded in 1994 by Missouri high-school history teacher Rodney Wilson. LGBT History Month provides role models, builds community, and represents a civil rights statement about the contributions of the LGBTQ+ community.

[5 essential places to understand LGBTQIA+ history in Indy](#) – Mirror Indy Article  
[Indianapolis: LGBT+ History](#) – Virtual Tour

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## Other Observances & Celebrations

[World Mental Health Day](#) (October 10): 'It is Time to Prioritize Mental Health in the Workplace'  
[National Coming Out Day](#) (October 11) – Coming Out Resources  
[International Pronouns Day](#) (October 16) – #PronounsDay



# Subcommittee Updates

## Community Engagement

We want to share a reminder about the "Compassionate Community Engagement: Homelessness in Indianapolis" session, led by Horizon House and CHIP. This event is on Wednesday, 9/11, from 2:00-3:00 PM in the cafeteria (all staff and volunteers have been invited). We look forward to learning more about how we can help our neighbors.

## Education

We recently held a discussion focused on free legal, financial, therapeutic resources (among many others) available to all Second Helpings employees through our Magellan Employee Assistance Program, and we're working on another discussion for October exploring invisible disabilities. And we're pulling together a resource of various groups that anyone can join at Second Helpings (like workplace culture, wellness group, safety committee) to be added to new employee onboarding info.

# Upcoming Events

## 'NAPTOWN NARRATIVES' : SEASON 4

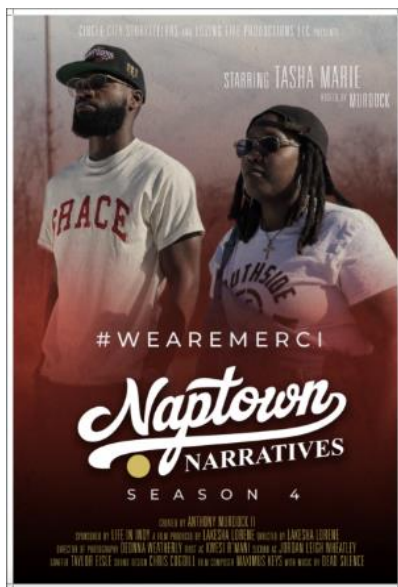
### PREMIERE

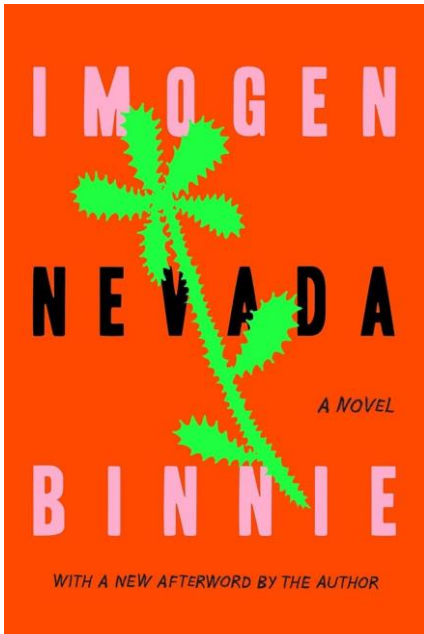
**Saturday, September 28 | 7:00pm**  
**Kan-Kan Cinema (1258 Windsor St. Indianapolis, IN 46201)**  
**Free (General Admission) / \$55 (VIP)**

Every story has a profound impact on the movement of a city. Tasha Marie's story is one to watch. From her work and advocacy for recovery and mental health to her journey to purpose in the world's largest small city.

Join us for the Season 4 premiere of *Naptown Narratives*, the groundbreaking docuseries celebrating the culture of Indianapolis by amplifying Black storytellers!

General admission is free!





## Riot Reads Book Club

**Sunday, September 15 | 12pm – 1pm**

**Indy Reads (1066 Virginia Ave, Indianapolis, IN 46203)**

For September, we'll read *Nevada* by Imogen Binnie! To get to the room pass the checkout counter, go down the hall, and take a left. Masks welcome but not mandatory.

One of the most beloved cult novels of our time and a landmark of trans literature, Imogen Binnie's *Nevada* is a blistering, heartfelt, and evergreen coming-of-age story, and a punk-smear excavation of marginalized life under capitalism. Guided by an instantly memorable, terminally self-aware protagonist—and back in print featuring a new afterword by the author—*Nevada* is the great American road novel flipped on its head for a new generation.

## Queer & Trans Life: Writing Today & Feeling Singular

**Friday, September 27 | 5pm – 6:30pm**

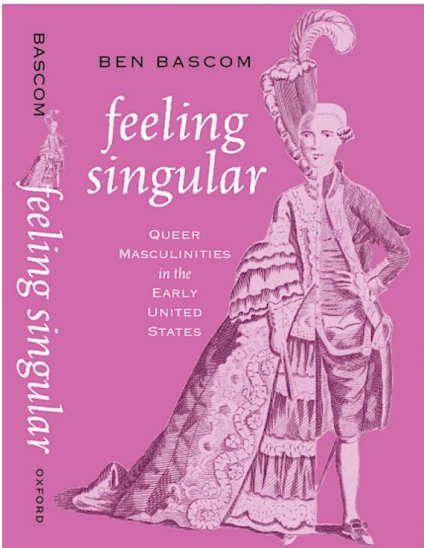
**Indy Reads (1066 Virginia Ave, Indianapolis, IN 46203)**

**Free / Pay-What-You-Can**

Join Ben Bascom, Imani Jones, Jay Kibble, Victoria Logan, & Scoot Swain for the launch of Ben's new book, *Feeling Singular: Queer Masculinities in the Early United States*, and a discussion on modern queer experiences.

Ben will open the event with a brief discussion on the history of queerness and transness. Then Imani Jones, Jay Kibble, Victoria Logan, & Scoot Swain will each share their philosophies, theories, and experiences of queerness along with a brief reading of their works.

(Tickets at bottom of linked webpage.)





## Meet Your Neighbor: Venezuela

**Thursday, September 5 | 11am – 12pm**

**Indianapolis Public Library – Irvington Branch (5625 East Washington Street, Indianapolis, IN, 46219)**

Join Ana Tovar from the Southeast Community Center to learn about the Indianapolis Venezuelan community. This program is for professionals and citizens of Indianapolis who would like to learn more about how Indianapolis became home, challenges for the Venezuelan community, and culture.

## Banned Books Read-In at West Perry

**Saturday, September 28 | 12pm – 3pm**

**Indianapolis Public Library – West Perry Branch (6650 S Harding St, Indianapolis, IN 46217)**

Celebrate the freedom to read! Make bookmarks, design buttons, and hang out with others to read or discuss your favorite banned books.



# Resources

## **Article:**

[They/Them Pronouns: All Your Questions About Gender Neutral Pronouns Answered](#)

## **Video:**

[Movies That Can Broaden Your Understanding of Diversity Issues in The Workplace](#)

# A.B.I.D.E. News

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