



Friends at Hollis Adams enjoying a Second Helpings meal when Emily visited back in July.

Spotlight: Hollis Adams

By: Jen Tornatta, Special Events Manager

Hollis Adams operates out of Spirit of Joy Church on the north side of Indianapolis. They live out their mission to “open the world to adults with developmental disabilities” through offering a day program Monday-Friday, and special outings and activities for their guests. They have served our community for 50 years and their programs are designed to create meaningful opportunities for adults with disabilities to engage their community and nurture lifelong friendships.

Second Helpings provides 200 meals to Hollis Adams every week – and has delivered more than 35,000 meals and 900 pounds of additional food to them since we started working together in 2019.

Each holiday season Second Helpings gets into the giving spirit by “adopting” a partner agency to donate needed items. The Community Engagement Subcommittee is coordinating this project and this year we have selected Hollis Adams. *Participation is totally optional*, and we will be collecting items all December long. You can purchase items from their wish list or make a monetary donation and the Community Engagement Subcommittee will purchase items for you.

Hollis Adams' Wish List:

- Washable Acrylic Paint
- Washable Markers
- Printer Paper
- Napkins
- Individual Bottled Water
- 100-Piece Puzzles
- Decks of Cards
- UNO Card Game

You can **bring any physical or monetary donations to Emily and Keion's pod** (in the back corner of Podville) **by December 31**. Please reach out to Emily or Keion with any questions.

Observances & Celebrations

December Holiday Celebrations

December is a month with many holiday celebrations. They include:

- **December 7 to December 15 – Hanukkah** – An 8-day celebration in the Jewish faith that honors the victory of Jews over Syrian Greeks.
- **December 16 to December 24 – Las Posadas** – A religious festival celebrated in Mexico and parts of the U.S. during the Christmas season.
- **December 21 – Winter Solstice and Yule** – Festivals celebrated by Pagan and Wiccan faiths. Winter Solstice honors the shortest day of the year and marks the beginning of Yule celebrations.

- **December 25 – Christmas** – A Christian holiday marking the birth of Jesus Christ.
- **December 26 to January 1 – Kwanzaa** – A 7-day holiday often celebrated by Black Americans that was inspired by African harvest celebrations.

International Day of Persons with Disabilities – December 3

International Day of Persons with Disabilities is an international observance promoted by the United Nations since 1992. The observance of the Day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. It also seeks to increase awareness of gains to be derived from the integration of persons with disabilities in every aspect of political, social, economic and cultural life. It was originally called "International Day of Disabled Persons" until 2007. [Learn more from the United Nations](#) and their Disability Inclusion Strategy.



Subcommittee Updates

Education

We held a conversation centered on Native Americans in Indiana, watching and discussing excerpts from a profile of The Miami Nation and an investigation into Native American boarding schools in Indiana. We also promoted free Spirit & Place events as the November monthly conversation-on-the-road option, and are working on a lunch & learn conversation with partner agency Hollis Adams in January.

Community Engagement

Our team is coordinating the holiday drive to collect items for partner agency Hollis Adams, who works to "open the world to adults with developmental disabilities." Please bring any donations to Emily and Keion's pod. Stay tuned for their lunch and learn presentation in January!

Upcoming Events



Optional Lunch & Learn: Hollis Adams

**January 2024 | Lunch Time
Second Helpings Cafeteria**

A representative from Hollis Adams will share a bit about what their organization does to support adults with developmental disabilities, and what their partnership with Second Helpings makes possible.

At this Lunch & Learn, we will present Hollis Adams with the items we collect from their wish list. Stay tuned for more info!



Winter Holiday Celebrations Around Indy

December

The winter holidays are in full swing around town, giving Hoosiers of all backgrounds and belief systems opportunities to gather with their loved ones and observe meaningful traditions.

Use this helpful article for a few events that can help you get into the Hanukkah, Kwanzaa, or Yule spirit.



FROST: A Queer Winter Event Series

December 7 - 10

Indy Pride is proud to present FROST: A Queer Winter Event Series to build community and center queer joy one last time in 2023. Seasonal depression is real!

Join them for this pop-up event series the weekend of 12/7-12/10 across Indianapolis, aiming to build community.

Resources

Read:

[More States Now Require Financial Literacy Classes in High Schools](#) (socioeconomic status)

Watch:

TEDx Talks: [Neurodiversity: The Key that Unlocked My World](#) (ability)

Listen:

[Stuff You Missed in History: Redlining, Part 1](#) - How intentional bank investment and disinvestment in the 1930s created and reinforced segregated areas in cities, with impact still seen today. (race)

[Stuff You Missed in History: Redlining, Part 2](#) (race)

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

Did You Forget? Second Helpings Will Pay Up to \$50 Towards a DEI-Related Enrichment Experience. Here's What You Need to Know.

By: Keion Taylor, Visual Communication Specialist

Second Helpings will pay up to \$50 between now and June 30, 2024 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 Claire if you have any questions along the way!

A horizontal purple banner with the text "A.B.I.D.E. News" in white. The banner is decorated with faint, light purple handprints on either side of the text.

A.B.I.D.E. News

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