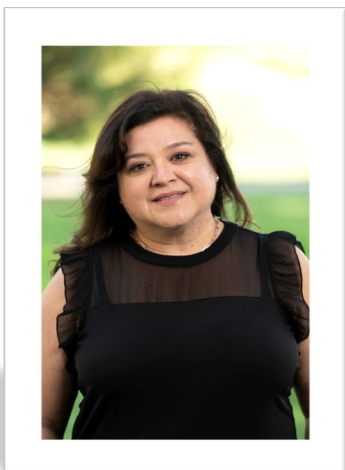


CHAPTER NEWS



Message from the President....

I can't believe the time has finally come for me to replace Shannon Temples as President of the ALA Indiana Chapter. I thought the time would never come, and here we are!

It is my intent to listen and support your ideas as we navigate to adapt to the "new" normal of our workplaces.

Our newsletters bring you the latest in Chapter and National news. I encourage you to visit our local website at <https://alaindiana.org/>.

Help make this year unforgettable!

Lisa G. Becker

Upcoming Event / Local Chapter News

All upcoming events are located on the Chapter's [calendar](#).

- April 12 Monthly Chapter Meeting
State of Chapter and Board Inductions
Regions—8:30 AM
- May 7-10 Annual Conference & Expo
Seattle, Washington
- June 8-9 Tri-State Retreat & Expo
Louisville, Kentucky
- June 14 Social Event
Hotel Tango—5:30 PM
- July 12 Monthly Chapter Meeting
Via Zoom—11:30 AM
- August 9 Monthly Chapter Meeting
Regions—8:30 AM
- September 21 Annual Partner Dinner

We are looking for non-Board volunteers who are interested in helping our Chapter? If that is you, please reach out to [Shannon](#).



DE&I Calendars: Check out the DE&I calendars for April, May and June 2023! Scan the QR code to learn more!



April is National Stress Awareness Month!

Check out the following Wellness Calendar, Newsletter and Recipe of the Month.



Diversity, Equity, Inclusion & Accessibility

Diversity Calendar 2023

April Events

April 2:

World Autism Awareness Day raises awareness for those with autism seeking to improve their lives and the acceptance of them in society.



April 5-13:

Passover is a major Jewish holiday that celebrates the Biblical story of Israelites escape from slavery in Egypt.



April 9:

Easter is the most important Christian holiday, which celebrates Jesus' resurrection.



April 22:

Earth Day applauds the planet we live on and all it does for us and demonstrate support for environmental protection.



April 1 – 30, 2023

April is **Celebrate Diversity Month**, a celebration that was initiated in 2004 to recognize and honor the diversity surrounding us all. By celebrating differences and similarities during this month, organizers hope that people will gain a deeper understanding of each other.

4 Ways to Celebrate Diversity Month:

1. **Host a multicultural movie night.** Invite friends, family, or colleagues over to watch some multicultural and foreign films.
2. **Attend a cultural art exhibit.** Visit a nearby museum for a weekend outing and learn more about other cultures through the lens of fine and contemporary art.
3. **Play music from around the world.** Throughout the month, play music from around the world in your office, classroom, car, or home.
4. **Support minority-owned businesses.** Visit a minority-owned business or utilize services from a minority vendor to show your support of their establishment.

INTERESTED
in learning more about
Diversity, Equity, Inclusion
and Accessibility?
Scan here



Source: DiversityResources.com



June 1 – 30, 2023



LGBT Pride Month is dedicated to the celebration and commemoration of lesbian, gay, bisexual and transgender pride. Pride Month began after the Stonewall riots, a series of gay liberation protests in 1969, had since spread outside of the United States.



Caribbean American Heritage Month is celebrated every June to honor and celebrate America's rich and diverse culture, which also includes the Caribbean-American population. This month aims to recognize the contributions of all Caribbean-American people and to teach people more about their culture and history.

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and Accessibility?
Scan here



Source: DiversityResources.com

Diversity, Equity, Inclusion & Accessibility

Diversity Calendar 2023

June Events

June 2:

Indian Citizenship Act of 1924
granted citizenship to any Native Americans born within the United States.



June 12:

“Loving” Day is named after Richard and Mildred Loving. This day celebrates the anniversary of the 1967 Supreme Court decision to legalize interracial marriage.



June 26-July 1:

The Hajj, one of the five pillars of Islam central to Muslim belief, is the most spiritual event that a Muslim experiences, observing rituals in the most sacred placed in the Islamic world.



June 11:

Puerto Rican Day Parade is a demonstration of cultural pride that seeks to raise awareness of issues in the Puerto Rican community.



June 19:

Juneteenth commemorates when the last African Americans learned of the Emancipation Proclamation (over two years after it was originally issued).



June 27:

Helen Keller's Birthday. Keller was born in 1880 and became blind and deaf at 19 months old. Keller overcame her physical disabilities as a child and learned to communicate.





Diversity, Equity, Inclusion & Accessibility

Diversity Calendar 2023

May Events

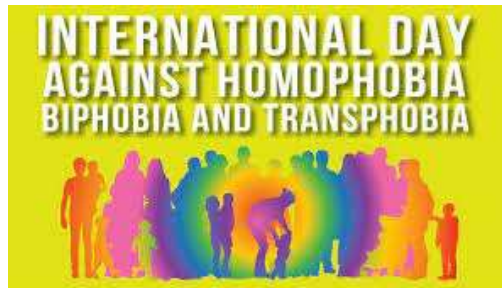
May 5:

Cinco de May celebrates the date of the date of the Mexican army's May 5, 1862, victory over France at the Battle of Puebla during the Franco-Mexican War.



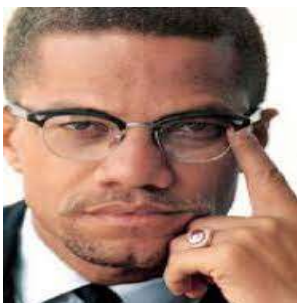
May 17:

International Day Against Homophobia, Biphobia and Transphobia seeks to raise awareness for the rights of LGBTQ+ individuals.



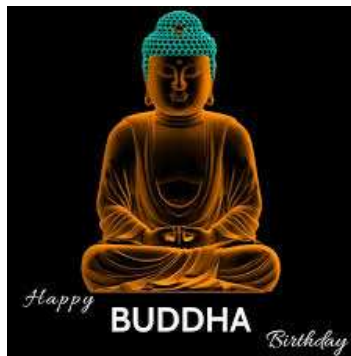
May 19:

Malcolm X's Birthday. Malik El-Shabazz rose from a background of poverty to become one of America's most dynamic Black leaders of the 1960. He was the founder of the Organization for Afro-American Unity.



May 26:

Buddha's Birthday celebrates the Buddha, who founded one of the world's most practiced faiths.



May 1 – 31, 2023



Mental Health Awareness Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.

OLDER AMERICANS MONTH

Engage at Every Age

Older Americans month offers an opportunity to explore diverse aging experiences & combating stereotypes.



Jewish American Heritage month offers an opportunity to explore diverse aging experiences and combating stereotypes.



Asian American & Pacific Islander Heritage Month celebrates the achievements and contributions of Asian Americans and Pacific Islanders in the United States.

Live Well. Work Well.



Managing Seasonal Allergies

According to the Asthma and Allergy Foundation of America (AAFA), allergies are the nation's sixth-leading cause of chronic illness. Seasonal allergies are an annual nuisance for many people and typically ramp up this time of year. It's no surprise that as plants bloom and neighbors cut their grass more frequently, people living with allergies across the nation start sniffing and sneezing. Further, as mold growth occurs both indoors and outdoors, it's almost impossible to escape these seasonal allergy triggers.



Some allergy symptoms may consist of sneezing a couple of times a year. Alternatively, seasonal allergies can cause congestion, a runny or itchy nose, watery eyes and headaches—among other symptoms—for weeks or months.

Nip Your Allergies in the Bud

Like other types of allergies, seasonal allergies develop when your body's immune system detects and then overreacts to a foreign substance it deems harmful. Spring, summer and fall are the most common times for seasonal allergy symptoms to arise. What may trigger your seasonal allergies depends on what you're allergic to and where you live.

- **Keep track of local allergen** (e.g., pollen and mold) counts to help you know when to avoid spending excessive time outside.
- **Wash your bedding** in hot water to help keep the spread of pollen under control in your home.
- **Utilize washable indoor rugs** to easily remove allergens.
- **Take a shower** after spending time outdoors, as pollen can stick to your hair, skin and clothing.
- **Clean your floors** often with a vacuum that has a high-efficiency particulate air (HEPA) filter.
- **Change your air conditioning filters** and heating HEPA filters often.

Treatment for most seasonal allergies is available both over the counter and by prescription. You may need a series of allergy shots if your symptoms are severe or chronic. Contact your doctor or allergist to determine which seasonal allergy treatment option is best for you.

The Mediterranean Diet is 2023's Best Diet

U.S. News & World Report released its annual diet ranking, and the Mediterranean diet topped the list for the sixth consecutive year. This meal plan was named best overall for 2023 as the publication's health experts also voted it the best diet for healthy eating, the best plant-based diet, the best family-friendly diet and the best diet for bone and joint health.

The Mediterranean diet is a meal plan that emulates how people in the Mediterranean region have traditionally eaten, focusing on consuming whole grains and heart-healthy fats. This diet may help support brain function, promote heart health and regulate blood sugar levels. Research further suggests that this well-balanced eating pattern can help prevent some chronic diseases and increase longevity.

A nonrestrictive, healthy meal plan such as the Mediterranean diet may be easier to follow and stay committed to. If you have any questions about your diet, talk to your doctor.

Foods of the Mediterranean Diet



Whole Grains

oats
barley
brown rice



Healthy Fats

nuts
seeds
avocados



Legumes

lentils
beans
chickpeas



Fruits

apples
oranges
bananas



Vegetables

kale
carrots
spinach



NATIONAL STRESS AWARENESS MONTH

According to a Gallup poll, **55% of Americans experience stress on a daily basis**—making the United States one of the most stressed-out nations in the world. Unfortunately, chronic and long-term stress can greatly increase your risk of developing a serious health condition. Prolonged stress that is not addressed can become a serious health concern and can lead to burnout. Examples of chronic and long-term stress include financial troubles and heavy workloads.

Stress that is left unchecked can contribute to health problems like heart disease, diabetes, high blood pressure, obesity, and other mental health conditions.

Stress affects your mental health, but it can show itself in other ways too. Back pain, poor focus and headaches can all be symptoms of stress. Additional stress signals include trouble sleeping, upset stomach, change in appetite, social withdrawal, and chest pain.

| SUN | MON | TUE | WED | THURS | FRI | SAT |
|---|-----|-----|-----|-------|-----------------------|-----------------|
| 2 TAKE ACTION <u>Managing Stress and Anxiety</u> | 3 | 4 | 5 | 6 | 7 World Health Day | 8 |
| 9 TAKE ACTION <u>Eat A Low Stress Diet</u> | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 TAKE ACTION <u>Managing Working Parent Stress</u> | 17 | 18 | 19 | 20 | 21 | 22 Earth Day |
| 23 TAKE ACTION <u>Stress and Your Skin</u> | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

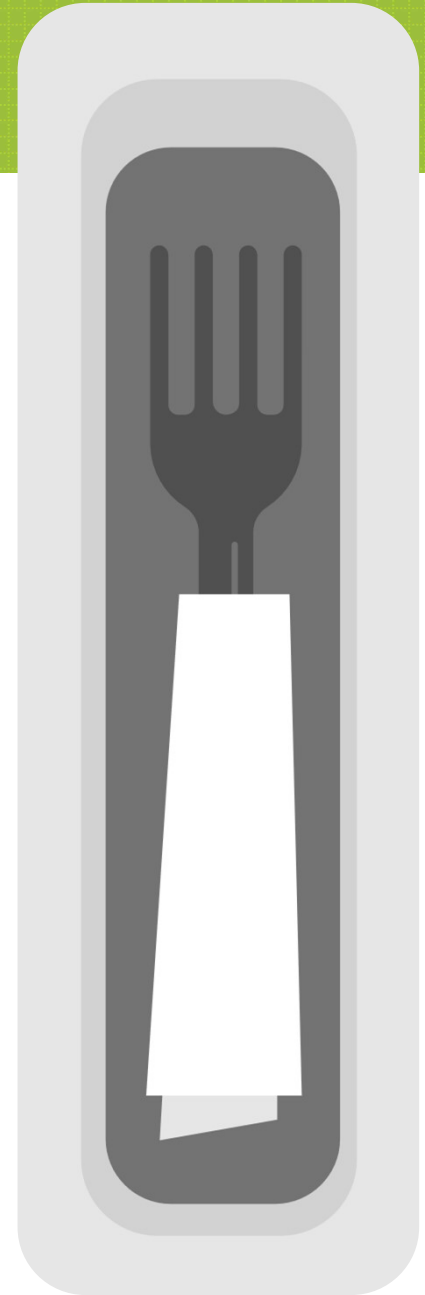
Spring Vegetable Sauté

INGREDIENTS

- 1 tsp. olive oil
- ½ cup sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 small new potatoes (quartered)
- ¾ cup carrot (sliced)
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas or green beans
- ½ cup radishes (quartered)
- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. dried dill

DIRECTIONS

1. Heat the oil in a skillet. Cook the onion for two minutes. Add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover and turn the heat to low. Cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add 1-2 Tbsp. of water.
4. Add the asparagus, peas, radishes, salt, black pepper and dill. Cook, stirring often, until just tender for about 4 minutes more.
5. Serve immediately.

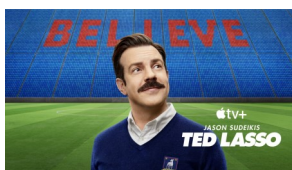


Makes: 4 Servings

NUTRITIONAL INFORMATION (1 Serving)

| | | | |
|---------------|--------|-----------------------|------|
| Calories | 138 | Carbohydrate | 29 g |
| Total fat | 1 g | Dietary Fiber | 5 g |
| Saturated Fat | 0 g | Total sugars | 4 g |
| Cholesterol | 0 mg | Added Sugars Included | 0 g |
| Sodium | 177 mg | Protein | 4 g |





Check out this [article](#) from SHRM—What Ted Lasso Can Teach Us About Mental Health in the Workplace. If you have Apple TV, I would recommend this show—season 3 just started!

"If you care about someone, and you got a little love in your heart, there ain't nothing you can't get through together." - Ted Lasso

"I believe in hope." - Ted Lasso

Get to Know Me

Member Spotlight—[Shalon Roberson](#), Krieg DeVault, LLC

Business Partner Spotlight—[Igor Fedosenko](#), ABA Retirement Funds Program

New Members: Please welcome our newest member(s):

Jeremy Barker, LAA Manager—Faegre Drinker

National News

2023 March [Legal Management Magazine](#)

Listen up! If your eyes need a break from the screen or you just prefer to listen on the go, you now have the option of having some *Legal Management* articles read to you. Look for the audio icon near the headline, click it and choose your playback speed. **Give it a listen.**

2023 Mental Health First Aid Certification Program

Back by popular demand, ALA is partnering with [National Council for Mental Wellbeing](#) to offer the Mental Health First Aid course. Multiple dates are available, but space is limited. [Reserve](#) your seat today!

CLM Program

The Association of Legal Administrators (ALA) is the credentialing body of the Certified Legal Manager (CLM)[®] Program. ALA is the premier professional association connecting leaders and managers within the legal industry. We provide extensive professional development, collaborative peer communities, strategic operational solutions, and business partner connections empowering our members to lead the business of law.

Persons passing the CLM examination should have the depth and breadth of knowledge and management skills that would enable them to visit any 30- to 50-attorney law office, review practices and procedures, and be conversant about, and offer advice in, each of the areas listed in the Body of Knowledge without relying on others.

Click [here](#) for more information.

ALA Online Community

Connect with other members, share ideas and build your network! The ALA Online Community is tailored to your interests and intuitive and user-friendly. Click [here](#) for more information.

Upcoming Events

2023 Annual Conference & Expo

May 7 –10, 2023