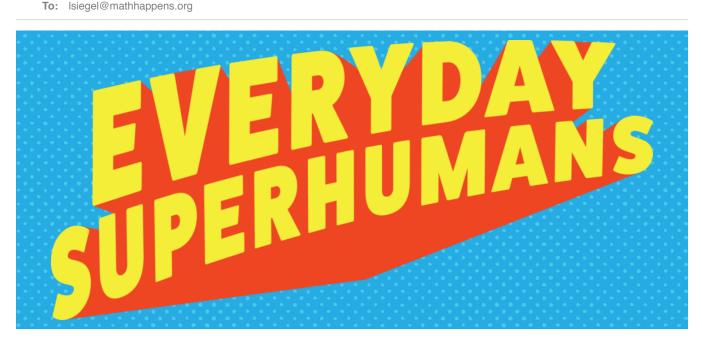
From: Everyday Superhumans superhumannewsletter@gmail.com Subject: June 2018 Newsletter Date: June 4, 2018 at 6:45 AM



# A Call for Platelet Donors

Happy Summer Superhumans!

Recently Charlie and I got together with our friend Joel from Recognize Good for another video shoot. Last month we gave you an insight on how the Sustainable Food Center is supporting local farmers and providing a healthy farm to plate diet for Austin. This month we're focusing on a different cause, one that you can directly save somebody's life with your time: platelet donation.

We got together and shot a video with Rob Hill, the Community Outreach Director of We Are Blood, Austin's largest blood bank, on platelet donations. When it comes to blood donation people tend to think of whole blood and plasma donations, not platelets. Platelets are very important in the process of healing wounds, and are the first responders in an injury. What makes platelet donation necessary is that they only have a lifespan of five days outside the body, making them always in demand. With no more than an hour of your time you can save somebody's life by providing centers like We Are Blood with a donation of platelets from you.

Check out the video below for more information on how you can save somebody's life today!

Happy donating,

Kyle Smith



Rob Hill explains the importance of platelet donating and how you can save somebody's life. <u>Click here to listen to our episode with We Are Blood.</u>

# **May's Episodes**





# **The Livestrong Foundation**

We were very fortunate this month to speak with cancer survivor Genny Dalton (center left) and LIVESTRONG's Mike Threadgould (center right). In our episode with them, Genny shared her story on how cancer affected her life and how with the help of LIVESTRONG, she battled through cancer. While Mike told us about LIVESTRONG programs that empower cancer patients to stay strong. From programs like LIVESTRONG Navigation, which guides patients through the complicated and stressful medical system, to LIVESTRONG at the YMCA, that aids patients in keeping their body and spirit strong, LIVESTRONG provides a wide variety of support.

If you or a loved one has been affected by cancer, or if you're looking for an inspiring story about staying strong during times of emotional turmoil we recommend you click on the link below.

### Listen Now





# MathHappens at The Austin Nature and Science Center

Inspiring a love of math with nature, Lauren Siegel, co-founder of MathHappens (right) and Josh Ransom, exhibit coordinator of the Austin Nature & Science Center (center right), are working together to show that math is used everywhere. From calibers demonstrating the importance and prevalence of proportions in nature, such as the famous golden ratio, to an interactive human sundial, the duo is taking math off the chalkboard and into the hands of students.

### Listen Now

# Upcoming Guests BOARD FELLOWS

#### AUSTIN

## **McCombs Board Fellows**

The McCombs Board Fellows is a University of Texas student ran program that connects MBA students with Austin based charities. The program works with local nonprofits seeking bright young leaders to serve on their board, in turn students are selected with a charity that best fits them. While serving on board the students are tasked with leading a new innovative project to help the nonprofit succeed.

Learn More

# **Superscripts**



Superscripts are super short transcripts from our previous episodes that keep you in know to everything superhuman. Catch up on this month's Superscript below.

The Austin Tech Alliance - At the corner of the Austin tech scene and government sits the Austin Tech Alliance. The Austin Tech Alliance, or ATA for short, is on a mission to get coders, designers, and entrepreneurs in the Austin tech scene politically aware of how the government affects their everyday life. With programs such as Tech Votes, encouraging people in the industry to votes on issues that matter to them. The ATA also works on the other side of the aisle by providing technological solutions to bureaucratic problems. Beginning with the Paper Census, the City of Austin and the Austin Tech Alliance are taking a deep look into the city's operations and providing digital solutions to paper problems.

Click here to listen to the full interview.

# **Events & Activities**



Here's how you can unleash your inner superhuman this month

#### Friday, June 8th

Recognize Good GOODTalks - Join our friends over at Recognize Good with other superhuman do-gooders like you! This month Recognize Good is featuring talks from Lisa Rodman & Joy Selak, two nonprofit advisers. The series will be covering how you can find a corporate partner for your charity. Tickets are free.

#### Monday, June 11th

Impact Austin's 2018 Grant Presentation Ceremony - Join Impact Austin this month as they present this year's grants to some of Austin's most promising charities. Tickets are free.

## Thursday, June 21st

<u>Twitter for Nonprofits: Social Media for Social Good</u> - Are you looking for better ways to use social media to promote your cause? Then this event is perfect for you! From hashtags to retweets, the class will help you navigate the world of social media and get your cause out there! Tickets are \$20.

## Wednesday, June 27th

Starting a Nonprofit in Texas - Do you have a cause you're passionate about

and want to do something about it? Are you eager to begin a charity but aren't sure where to even start? Look no further than this event. This two hour class will teach you everything you need to know on how to start a nonprofit in the Lone Star State. Tickets are \$10.

This is just a short list of the many charity events happening around Austin. Check out <u>Eventbrite</u> for a good list of many other charity opportunities in ATX.



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