

## **National Black Family Month**



It's Black Family Month! Established in 2006, Black Family Month celebrates families and their enrichment through education, health and self-improvement. Shaun McLaughlin founded this celebration after observing how families spent more time together in July attending family-related events.

We know it can be difficult to reconnect with the family sometimes, but studies show that spending time with family can improve communication, promote respect and mutual appreciation, and build confidence and self-esteem.

If you are looking for ideas on how to reconnect and reignite your connection with your immediate and extended family, here are a few activities that you can do together to celebrate Black Family Month:

- Cooking special family recipes together
- Have a family movie night
- Have a family game night
- Go on a family trip
- Start a family group chat

Celebrate your family, and create memories that last a lifetime!

# July 18th is Black Leaders Awareness Day

Black leaders are leading the way for a brighter day! Did you know that Black Leaders Awareness Day is recognized on July 18th? This is an opportunity to introduce black leaders to the world with guotes from upcoming and current leaders. Check out some of the quotes below from current leaders for a little inspo:

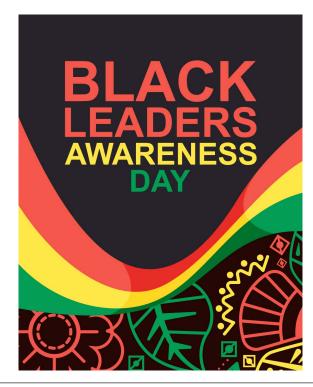
"Power is not given to you. You have to take it." - Beyonce

"Never be limited by other people's limited imaginations." - Dr. Mae Jamison

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek." - Barack Obama

"You never know how or when you'll have an impact, or how important your example can be to someone else." – Denzel Washington

These and so many other quotes can used to share the knowledge and experience of African American leaders, and to encourage others to follow in their footsteps and join them in leading the way for a brighter day. Happy Black Leaders Awareness Day!





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service center that delivers to the very core and as provides services to social service and and Creole. To find out more about Black PR grassroots organizations and influential leaders Wire, Inc., call us toll free at 1-877-BlackPR or



### **Power Profiler: Jennifer Hudson**



Jennifer Hudson is an incomparable actress and singer. Throughout her career, Hudson has received various accolades for both her music and acting, including an Academy Award, two Grammy Awards, a Daytime Emmy Award, a Tony Award, a Golden Globe Award, and a Screen Actors Guild Award. Her Emmy, Grammy, Oscar and Tony wins made her the second black woman to receive all four of the major American entertainment awards (EGOT). In 2020, Time named her one of the 100 most influential people in the world.

A native of Chicago, Jennifer Hudson grew up singing in the church choir and graduated from Dunbar Vocational Career Academy in 1999. She cites Whitney Houston, Aretha Franklin, and Patti LaBelle as her overall biggest influences and inspiration. She has also credited Mariah Carey as being one of her musical "heroes."

After singing for a year on a Disney cruise ship, Hudson auditioned for the third season of FOX's American Idol in 2004, where she rose to fame after earning a spot on the show, gaining exposure and a loyal fan base. In 2006, she played a Motown-era singer in the film Dreamgirls. Her scenestealing performance, including an unforgettable, rapturous rendition of "And I Am Telling You I'm Not Going," earned the young singer a Golden Globe and an Oscar in the Supporting Actress categories. In September of 2008, Hudson also released her selftitled debut album, which went on to win a Grammy for Best R&B Album.

Hudson's film and television career has been just as stellar. She appeared in the hit movies Sex in the City, The Secret Life of Bees, Fragments, Winnie Mandela, The Three Stooges, The Inevitable Defeat of Mister & Pete, Black Nativity, Sing, Cats, Sandy Wexler, and the Aretha Franklin Biopic, Respect. Hudson's television appearances have included Smash (2012), Empire (2015) and Confirmation (2016). Hudson also contributed as a coach

# **JULY 2022**

This section is designed to keep you in the know and on the go. Check out some of the latest happenings in Black communities throughout the country this month.

30-1 **ESSENCE** MUSIC FESTIVAL



PATTI LABELLE LIVE IN CONCERT!



17 2ND ANNUAL CARIBBEAN CARNIVAL FESTIVAL



DATE!



20-23

NATIONAL URBAN

LEAGUE CONFERENCE

21 - 23 CINCINNATI MUSIC FESTIVAL



23 **ART & SOUL FESTIVAL** 



23 NATURAL BEAUTY FEST JACKSONVILLE'S NEW SUMMER FEST!



26 - 31 NATIONAL BLACK NURSES CONVENTION



**30 - 3** NATIONAL MEDICAL ASSOCIATION ANNUAL



31 **5TH ANNUAL** INTERNATIONAL WOMEN OF **POWER AWARDS** 



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