

APIA Connection

APIA BRG Quarterly Newsletter



Asian-Pacific Islander
Alliance

BUSINESS RESOURCE GROUP

UTSouthwestern
Medical Center



Asian Pacific American Heritage Month

The month-long observance each year in May recognizes the influence and contributions of Asian Americans and Pacific Islander Americans to the achievements and culture of the United States.

UPCOMING EVENTS

May:

[5/7 - APIA BRG Members Meet & Greet](#)

[5/14 - Asian Pacific American Heritage Month Celebration](#)

[5/21 - APIA BRG Happy Hour & Mixer](#)

Click each event link above for more details.

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IN FOCUS



History of Asian and Pacific Islanders in America

For over 170 years, Asian Americans and Pacific Islanders have played a crucial role in forging American identity. Starting in the 1850s, Chinese contract laborers were instrumental in building up infrastructure and the economy while working in mines, railroads and factories, and as farmers and fishermen. In subsequent decades, waves of immigrants, including Japanese, Korean, South Asian and Filipino workers, replaced them as low-wage labor following legislation that excluded people from Asian countries from citizenship rights and more.

In the 1970s, a former congressional staffer, Jeanie Jew, proposed the idea of celebrating Asian Pacific Americans to Representative Frank Horton. In June 1977, a United States House of Representatives resolution was introduced by Horton and Norman Y. Mineta, proclaiming the first 10 days of May as Asian-Pacific Heritage Week. A month later, a similar bill was introduced in the Senate. The push for recognition and celebration of Asian Pacific American heritage was part of a broader civil rights movement striving for recognition and equality among marginalized communities.

President Jimmy Carter made the then-week-long celebration official when he signed a joint resolution on October 5, 1978. In 1990, Asian-Pacific Heritage Week was extended to a month when George H.W. Bush signed a bill passed by Congress, designating May as Asian-Pacific American Heritage Month.

Events in the DFW Community

ASIAFEST 2024

Saturday, May 4

11 AM

Haggard Park in Plano

ASIAN AMER. HERITAGE NIGHT: FC DALLAS

Saturday, May 11

7:30 PM

Toyota Stadium in Frisco

ASIAN HERITAGE FEST

May 17-19

(3 days)

Asia Times Square in Grand Prairie

AAPI FAMILY WEEKEND - ATPAC

Saturday, May 18

10 AM

Sammons Park in Dallas

ASIAN AMERICAN HERITAGE FESTIVAL

Saturday, May 18

2 PM - 10 PM

Winters Park Amphitheater in Garland

AAPI HERITAGE & DRAGON BOAT FESTIVAL

Sunday, May 19

10 AM - 4 PM

Bath House Cultural Center at White Rock Lake

MEMBER SPOTLIGHT

CHRISTINE DURIA

CHAIR, ASIAN-PACIFIC ISLANDER ALLIANCE BRG
SR. MANAGER, DIGITAL MARKETING



What do you love about working at UTSW Medical Center?

It's the people – being surrounded by highly driven and intelligent people who are not only supportive but also encouraging. AT UTSW, I feel respected and recognized for the contributions I bring, and the flexibility for work-life balance is something I appreciate.

Tell us how API Alliance BRG has impacted your life and made your employee experience richer.

API Alliance BRG has provided the opportunity to connect with so many people at UTSW. Celebrating the richness of Asian-Pacific Islander cultures together with others and exploring new cuisines during the cultural celebrations has been a rewarding experience. Participating in APIA BRG committees and taking on leadership roles has enriched my connection with colleagues who share a passion for diverse cultures, and at the same time, it has helped me foster cultural intelligence and develop leadership skills.

As the newly appointed Chair of API Alliance BRG, I encourage everyone to get involved and join us in learning, growing and becoming allies for each other.

What's the best career advice you've ever received?

The best advice I ever received was to be a lifelong learner – no matter what stage you are in your career or life phase.

What is your career path at UTSW? How many years have you been with UTSW?

I currently work as the Sr. Manager, Digital Marketing in the Office of Communications, Marketing and Public Affairs. I have worked at UT Southwestern for 8 years.

RECIPE CORNER



Thai Coconut Curry Chicken Soup

Ingredients

- 2 tablespoons olive oil
- 2 large chicken breasts , cut into bite sized pieces
- 2/3 cup finely chopped green onions
- 2- inch piece of fresh grated ginger
- 3 tablespoons Thai red curry paste
- 2 (15oz) cans unsweetened coconut milk
- 2 cups chicken broth (+ more as needed)
- 1 cup mushrooms , thinly sliced
- 2 cups lacinato/flat kale , sliced into thin strips
- 2 - 3 tablespoons fish sauce (depending on taste)
- 1/4 + teaspoon cayenne pepper
- Salt & pepper to taste
- Lime, cilantro & sliced red chili to garnish
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Instructions

- Heat the oil in a large pot. Add the chicken, green onions, ginger, and curry paste and sauté for 1 - 2 minutes until fragrant.
- Add the coconut milk and broth and bring the mixture to a boil.
- Turn down to a simmer and add the rest of your ingredients, except the kale (this goes in at the very end, just before serving). Cover and let this cook until the chicken is cooked through, about 20 minutes.
- Remove the lid and add your kale, letting it steam and get tender in the broth, for about 1 minute.
- If desired, shred some of the pieces of chicken with a fork, then remove from heat and serve. Top with your choice of garnish.

Nutrition based on full fat Coconut milk

Serving: 1cup | Calories: 527kcal | Carbohydrates: 11g | Protein: 21g | Fat: 46g | Saturated Fat: 33g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 8g | Trans Fat: 0.1g | Cholesterol: 50mg | Sodium: 1544mg | Potassium: 712mg | Fiber: 4g | Sugar: 7g | Vitamin A: 2057IU | Vitamin C: 14mg | Calcium: 78mg | Iron: 4mg

WELLNESS TIPS

Spring HEALTHY HABITS CHECKLIST






- | | |
|---|---|
| <input type="checkbox"/> Get Active Outdoors | <input type="checkbox"/> Boost Your Immune System |
| <input type="checkbox"/> Eat Fresh, Leafy Greens | <input type="checkbox"/> Take a Digital Detox |
| <input type="checkbox"/> Stay Hydrated | <input type="checkbox"/> Try Something New |
| <input type="checkbox"/> Protect Your Skin with SPF 30+ | <input type="checkbox"/> Practice Self-Care |
| <input type="checkbox"/> Spring Cleaning | <input type="checkbox"/> Manage Stress |
| <input type="checkbox"/> Practice Mindfulness | <input type="checkbox"/> Check in with Your Health |
| <input type="checkbox"/> Get Enough Sleep | <input type="checkbox"/> Surround Yourself with Positive Energy |

MEMBERSHIP UPDATE

We want our members to be able to network, collaborate and learn from each other. If you are already a member of API Alliance BRG, we thank you for your support and look forward to connecting with you.

We also extend a warm welcome to the newest members of the APIA BRG. We are currently 628 members strong!

CONNECT WITH US

-  [APIA BRG Facebook](#)
-  [APIA BRG LinkedIn](#)
-  [APIA BRG Teams](#)
-  AsianPacificIslanderAllianceBRG@utsouthwestern.edu
-  [API Alliance BRG Website](#)

Know anyone who would like to join the API Alliance BRG?

Scan the QR Code to access and share the New Member Form to join.

(NOTE: Existing members do not need to complete this form.)

