



APIA CONNECTION

APIA BRG Quarterly Newsletter



The Mid-Autumn or Harvest Moon Festival, 中秋节 (zhōng qiū jié in Chinese), is a widely-celebrated holiday in China, Taiwan, and throughout Asia. On this night, it is said that the moon is at its brightest and fullest size, coinciding with the autumn harvest. Celebrate this 3,000 year old festival with mooncakes, lantern-making, poetry, tai chi, fun activities for kids, and more!

UPCOMING EVENTS

Aug;

Monthly Mixer - 7th

Professional Development - TBD

Sep:

Monthly Mixer - TBD

In this issue

UPCOMING Events

In Focus

MEMBER SPOTLIGHT

RECIPE CORNER

WELLNESS TIPS

MEMBERSHIP UPDATES

DO'S AND DON'TS

MID AUTUMN FESTIVAL

Do's

- ✓ Enjoy mooncakes with friends & family.
- ✓ Admire the beauty of the full moon.
- ✓ Reunite with family for a special dinner.
- ✓ Light lanterns & enjoy outdoor activities.

Don'ts

- ✗ Don't waste mooncakes or food.
- ✗ Don't litter; keep the area clean.
- ✗ Don't disturb animals or wildlife.
- ✗ Don't forget to be respectful.

15 OCTOBER 2024



MEMBER SPOTLIGHT

Shashwata Roy, J.D.
Program Manager



What do you love about working at UTSW Medical Center?

I love that UTSWMC prioritizes making the environment feel more like a community rather than just a workplace!

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

APIA-BRG has allowed me to broaden my network of colleagues at UTSW and gives me event experiences and opportunities to look forward to all year long.

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

“Be patient and give yourself time to grow.”

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

I am currently a Program Manager in the Office for Access & Title IX. I have been with UTSW for 2 years and hope to be in executive leadership one day.

RECIPE CORNER



Asian Chicken Lettuce Wraps

Ingredients (Makes 4 servings)

- 3 tablespoons hoisin sauce
- 1 tablespoon rice vinegar
- 1 tablespoon low-sodium soy sauce
- 1 1/2 teaspoon dark brown sugar
- 1/4teaspoon hot chili sauce
- 1 3/4 teaspoons sesame oil, divided
- 1 tablespoon vegetable oil
- 3 green onions, chopped
- 1 teaspoon chopped garlic
- 1/2 teaspoon minced fresh ginger
- 1/2 red bell pepper, chopped
- 8 ounces mushrooms, chopped
- 1 pound grilled chicken breast, chopped
- 1/2 large head of iceberg lettuce, cored and quartered, leaves separated

Instructions

- In a small bowl, stir together hoisin sauce, vinegar, soy sauce, brown sugar, chili sauce, and 1/4 teaspoon of sesame oil. Set aside.
- Heat vegetable oil and 1 1/2 teaspoons sesame oil in a skillet over medium-high heat.
- Add green onions, garlic, and ginger; cook for 2 minutes, or until fragrant.
- Add bell pepper and mushrooms; cook for 2 minutes.
- Add chicken and heat thoroughly, about 2 minutes.
- Add the sauce mixture to the skillet, tossing to coat.
- Spoon the chicken mixture into the lettuce leaves.

WELLNESS TIPS FOR BETTER SLEEP

- Invest in a Better Mattress and Bedding.
- Block Out Light - Avoiding bright light can help you transition to bedtime.
- Set the Thermostat to 65 to 68 Degrees Fahrenheit.
- Get at Least Seven Hours of Sleep- Considering your fixed wake-up time, work backward and identify a target bedtime that allows for at least seven hours.
- Keep Naps Around 20 Minutes to sleep better at night.
- Relax for 30 Minutes Before Bed.
- Get 30 Minutes of Natural Light Exposure - Getting a dose of natural light early in the day can help normalize your circadian rhythm.
- Exercise for at Least 20 Minutes Each Day - it initiates in energy use and body temperature can promote solid sleep.
- Limit Caffeine After 2 p.m.- Keep an eye on your caffeine intake and avoid it later in the day when it can be a barrier to falling asleep.
- Be Mindful of Alcohol in the Hour Before Bedtime.
- Eat Dinner a Few Hours Before Bed- avoid late dinners and minimize especially fatty or spicy foods.

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 640 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.)