

# APIA Connection

APIA BRG Quarterly Newsletter



Asian-Pacific Islander  
Alliance

BUSINESS RESOURCE GROUP

UTSouthwestern  
Medical Center



Fall is a season marked by a variety of vibrant festivals celebrated across the globe. These festivals often center around themes of harvest, gratitude, and the changing of the seasons. Communities come together to enjoy traditional foods, music, and dances, creating a sense of unity and joy. Many of these celebrations feature colorful decorations, such as lanterns, candles, and intricate designs, which symbolize light and hope. The crisp autumn air and the beauty of falling leaves provide a picturesque backdrop for these festivities, making them a cherished time for reflection and togetherness. Whether through parades, feasts, or cultural rituals, fall festivals highlight the rich diversity and shared humanity of people worldwide. 🍁🌟

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### UPCOMING EVENTS

### IN FOCUS

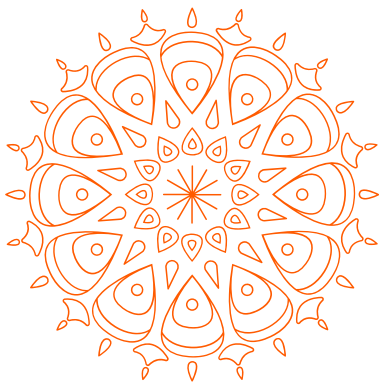
### MEMBER SPOTLIGHT

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### WELLNESS TIPS

### MEMBERSHIP UPDATES



## UPCOMING EVENTS

- |       |                                     |
|-------|-------------------------------------|
| 10/23 | October Monthly Mixer               |
| 10/30 | Festival of Lights Luncheon         |
| 11/19 | Virtual Lunch and Learn: Mentorship |
| 11/21 | November Monthly Mixer              |
| TBD   | APIA BRG Holiday Bash               |

# IN FOCUS

## Festival of Lights

The Festival of Lights, Diwali, or Deepawali, originating in the South Asian sub-continent of India, symbolizes the victory of light over darkness, good over evil, and knowledge over ignorance. It is one of the biggest and most important holidays of the year for the region. The festival gets its name from the row (avali) of clay lamps (deeps) that Indians light outside their homes to symbolize the inner light that protects from spiritual darkness. It's a five-day celebration that includes fireworks, colored sand, and good food.

Date: Thursday, October 31, 2024 – Friday, November 1, 2024

Common Observances: Diya and lighting, home decoration, shopping, fireworks, prayers, gifts, feasts, sweets, and family get-togethers

## Thanksgiving

Thanksgiving, which occurs on the fourth Thursday in November, is based on the colonial Pilgrims' 1621 harvest meal. The holiday continues to be a day for Americans to gather for a day of feasting, football and family. Thanksgiving dinner is made from ingredients native to the Americas, including turkey, potato, sweet potato, corn (maize), squash (including pumpkin), green bean, and cranberry.

Date: Thursday, November 28, 2024

Celebrations: Giving thanks, prayer, feasting, spending time with family, religious services, football games, parades

## Events in the DFW Community

### DALLAS - FESTIVAL OF LIGHTS

Sunday, October 13th  
12:00 PM - 10:00 PM

*Southfork Ranch*

### 2024 STATE FAIR OF TEXAS

Friday, September 27, – Sun, Oct 20, 2024

*Fair Park*

### 42ND ANNUAL GM FINANCIAL PARADE OF LIGHTS

Sunday, November 24th  
6:00 PM – 8:00 PM

*Downtown, Fort Worth*

### DALLAS HOLIDAY PARADE

Saturday, December 7th  
9 AM

*Downtown, Dallas*



# Festival of Lights Luncheon

When- October 30, 2024  
Starts at 11am  
until Sold Out

[click here for menu and pricing](#)

On behalf of APIA-BRG, we are delighted to invite you to our Festival of Lights Luncheon. Menu details and pricing will be shared soon. Please mark your calendars—we hope to see you there!



## MEMBER SPOTLIGHT

**Ila Yella**  
**Sr. Business Analyst**



**What do you love about working at UTSW Medical Center?**

I joined Health System Information resources 13 years ago. Coming from a non- healthcare background, UTSW gave me a perfect opportunity to learn alongside a variety of healthcare workers and understand their roles and terminology. It was a place where I learned that what I program mattered because it had a direct impact on users. It also showed me ways to volunteer and participate in community-oriented programs and take care of my physical and mental health. My daily role at UTSW made me realize that I play an important role in patient care and my community. That alone gives me a great sense of satisfaction. Each day I come to work with pride that I am part of a meaningful organization.

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

It helped me meet a diverse set of people within the API community and form a more nuanced perspective. Most importantly, it gave me a deeper understanding of how I work for an organization that has a bigger purpose and entails different roles. I can learn and diverge into another role if I want to and there are resources that will help me do so. Through API Alliance BRG, I have had countless opportunities to meet other teams outside my own and discover ways to move and grow.

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

The best career advice I ever received was when one of my mentors at UTSW told me two things, which I practice in all my professional communications, oral or written. The first is to not let the behavior of others disturb my inner peace. The second is that 'little is more' in terms of written communications; if you write too much without understanding the audience, then it may spiral into unnecessary questions and concerns. That, in turn, will lead to waste of time, resources, and money.

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

I have always worked on Information Technology ranging from requirements analysis, software development, and software maintenance. Eventually, this led to my current career where I work in Information Technology department at UTSW. I was hired as a senior business analyst and worked with the Health System Information Resource- Epic Revenue Cycle Application Team and then with the Quality and Testing Team for the past 13 years now. I plan to continue my journey at UTSW and eventually grow into a leadership role within healthcare and information technology



# Learning & Development

## APIA – BRG Lunch & Learn Session

Interviewing Skills and LinkedIn for Professionals

August 29, 2024

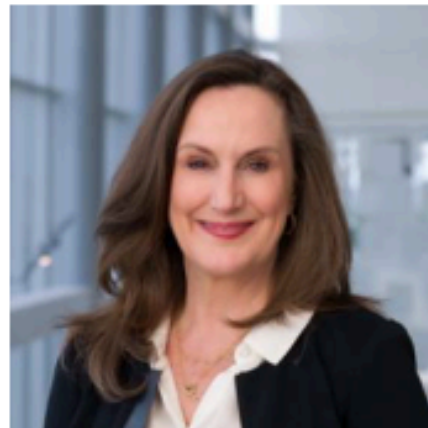
[CLICK HERE TO LISTEN TO AUGUST 29TH LUNCH AND LEARN SESSION](#)



### Guest Speaker



Talent Acquisition's mission is to provide proactive, creative staffing solutions and concierge customer service to our clients



**Leslie Phillips,**  
**Assistant Vice President**  
**Human Resources Talent Acquisition**

### ADDITIONAL RESOURCES

Interview Skills and LinkedIn for Professional Lunch & Learn Slides Presentation  
[click here to access the Presentation PDF](#)

Did you know that you can have a professional UTSW headshot taken?  
[Schedule an appointment](#)

Please note, they are booked out pretty far in advance, once you reserve a spot, try to keep it!

Learning resources and training opportunities from Human Resources Talent Development department:

[Talent Development - Human Resources \(utsouthwestern.net\)](#)

## RECIPE CORNER



## Chinese Pumpkin Soup

### Ingredients

- Ingredients:
- Ikan Bilis (dried white anchovies)
- Soy beans
- Water
- Pumpkin, remove skin, chopped
- Red dates, a handful
- Wolfberries, a handful
- Dried scallops, a handful
- Dried abalone discs, cut into half or a quarter
- Pork Soft bones or lean pork (optional)

### Instructions

- Fill claypot with water and bring to a boil. While waiting for the water to boil, get a Daiso tea bag, and fill it up with ikan bilis and soy beans. (refer to [yong tau foo post](#) for photos and instructions)
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- 2. If using pork, blanch it with hot water. After 10 minutes, pour away hot water and rinse. (Secret: This removes the smell from the meat. That way, the soup won't taste porky!)
- 3. Once the water is boiling, add the Daiso tea bag of ikan bilis and soy beans and pork into the claypot. Let it come to a boil.
- Add the pumpkin, red dates, wolfberries, dried scallops and dried abalone disc.
- 5. Let it boil for at least 1 hour. The longer it boils, the better! Remember to check on the water level from time to time and add hot water if the soup dries out during the boiling process.
- I boiled the soup for about 2 hours, from the time I put the soy beans and ikan bilis in.

## WELLNESS TIPS



## 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 663 members strong!

## CONNECT WITH US



[APIA BRG Teams](#)



[AsianPacificIslanderAllianceBRG@utsouthwestern.edu](mailto: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.)

