



# BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

JULY, 2024 | VOLUME 1 | ISSUE 7

## Features:

**Vaccination For Adults:  
The Dual Challenges  
Facing Asian Americans  
During COVID-19**



# Project SUPPORT

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# INTRODUCTION



Project SUPPORT (Supporting Under-served through Produce/Park Prescription, and Opportunities to Recreation-activity & Tobacco-control), is led by Asian Media Access (AMA), collaborated with Multi Cultural Community Alliance (MCCA), Project SUPPORT is a cross-cultural, cross-generational, and cross-sectoral initiative, aims to improve health, prevent chronic disease, and reduce health disparities among Black, Indigenous, and People of Color (BIPOCs) who face the highest risk, and bear the highest burden of chronic disease, named: African American/Black, Asian American and will put a special focus on young people from the two poorest but most diverse neighborhoods in MN – North Minneapolis, and Midway St. Paul.

Supported by CDC's REACH funding, AMA will leverage our extensive network of trusted community partners who provide subject matter expertise and have a history of successful engagement with the respective cultural and geographic communities. All partners have been involved in co-designing this Initiative – Project SUPPORT (Supporting Under-served through Produce/Park Prescription, and Opportunities to Recreation-activity & Tobacco-control), through below 4 culturally tailored strategies to promote Bicultural Healthy Living, especially for immigrant and refugee communities:

- **Nutrition:** Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at area Asian Temples and Black Churches, and establishing Produce Rx at area clinics/hospitals.
- **Physical Activity:** Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul Sears Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.

- **Tobacco Control:** Support a Media Campaign to educate BIPOC communities about the potential statewide tobacco flavor ban, and work with area sports teams to find out what people/youth know and feel about flavored tobacco products. Focus groups and media message testing will be done to determine what the community needs to know and what messages related to flavored tobacco would appeal to which cultural groups. We will focus on young athletes from pan-Asian and pan-African communities, and a media campaign featured the young athletes based on what the message testing reveals.
- **Vaccination for Adults:** Increase education, demand for, and access to flu, COVID-19, and other adult vaccinations via pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

Please check the Project SUPPORT updates through our Bicultural Active Living Lifestyle (BALL) website, weblog, Facebook, and e-Magazine:

- BALL Facebook at – <https://www.facebook.com/ballequity/>
- BALL Monthly eMagazines: <https://ballequity.amamedia.org/project-support/>
- BALL Website: <https://ballequity.amamedia.org/>
- BALL Web Blog: <https://www.behavioralhealthequityproject.org/>

For More Information: 612-376-7715 or [amamedia@amamedia.org](mailto:amamedia@amamedia.org)



# NUTRITION



**STRATEGY INTRO:** Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at least one Asian Temple, establishing Produce Rx at three clinics/hospitals.

## **BLOG DISCUSSION #7**

### **INSIGHTS FROM ASIAN MEDIA ACCESS AND ROCHESTER CLINIC'S TEMPLE VISITS**

The Asian Media Access (AMA) is collaborating with the Cambodian temple, Wat Dhamma Visudhikaram (Buddhist Support Society) in Rochester, MN, to develop a comprehensive nutrition strategy. Partnering with the Rochester Clinic, this initiative aims to enhance the health and well-being of the temple's community through improved food service practices.

Asian Media Access, Rochester Clinic, and the Cambodian temple have collaborated through multiple meetings to understand and analyze the temple's congregate meal services. Not only virtual meetings, but also in-person visits for direct observation and connection have taken place. We have conducted four temple visits so far, on 06/16, 06/27, 06/30, and 07/13. These visits have enabled Asian Media Access and Rochester Clinic to thoroughly capture the temple's diverse environmental settings, foods, and cultural context.

#### **UNDERSTANDING THE UNIQUE DIETARY PRACTICES**

The monks at Wat Dhamma Visudhikaram rely on meals provided daily by families from the community. Each monk has a wish list of preferred foods, and they are obliged to at least taste each dish as a gesture of acceptance. The number of families bringing food each day is unpredictable, resulting in a varied daily diet for the

monks. Additionally, there is a time restriction on meals, with the last meal needing to be consumed before noon. The monks' dietary practices are deeply rooted in cultural traditions, leading to unique schedules and dietary restrictions that differ significantly from other settings. This cultural focus and variability in meal provision present distinct challenges and opportunities for improving the nutritional balance and health of the monks through this project.



### **FOOD AND BEVERAGE OFFERINGS AT THE CAMBODIAN TEMPLE**

During our temple visits, we observed that the meals predominantly consisted of traditional Cambodian cuisine. These included dishes such as Samlar Machu (sour soup), Lap Khmer (beef salad), and Cha Khrearng (spicy stir-fry), among others. The meals featured a variety of vegetables such as beans, eggplant, red pepper, bell pepper, and pumpkins, complemented by spices like lemongrass, garlic, jalapeno, and dried tamarind for deeper flavors. For desserts, they served fruits and traditional sweets made with coconut milk, sugar, sticky rice, cornstarch, and chestnut. Common beverages included water, tea, energy drinks, canned sodas like Coke, and protein drinks.

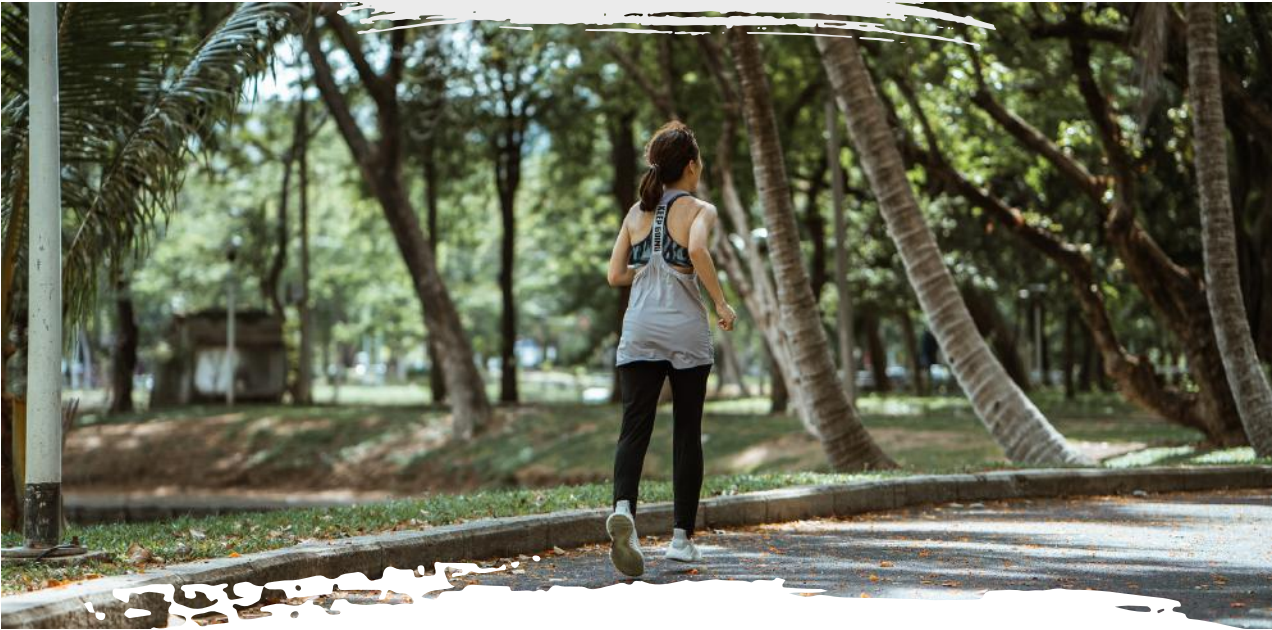


## STRATEGIC GOALS FOR NUTRITION IN ASIAN TEMPLES

In Asian temples, our focus is on understanding the current dietary environment of monks and assisting them in achieving more balanced meals to prevent potential health issues in the future. Based on observations, a detailed analysis report will be generated with suggestions aimed at achieving a more nutritionally balanced diet for the monks. For instance, we have noted that monks are frequently offered sugary drinks by family visitors. To address this, we can encourage the provision of healthier alternatives, such as smoothies made with real fruits and vegetables or various types of teas. Similar to this example, we will find ways to improve their diet and environment while respecting their culture.

Category	Picture	Name	Description
Dish		Soup (sour and sweet)	pork and winter melon, gourd bitter melon, pineapple, red pepper
Dish		Soup/Sula Kako	chicken, pumpkins, bean, and egg plants
Dish		Spring Green (plain taste)	pork, pineapple, egg plants
Dish		Cha Khreang (spicy)	chicken, Red Pepper, Bell Pepper
Dish		Spicy stirred fry	Stirred fry with lemon grass, chicken, garlic, jalapeno, dried tamara
Dessert		Fruits	Watermelon, cherries, mango, banana
Dessert		Nom Lort	Cambodian Pandan Coconut Dessert : coconut milk, sugar, corn starch, palm sugar, chestnut, jelly
Dessert		Num Chak Kachan (Khmer Layer Cake)	with 1) coconut milk with jelly, and 2) green jelly
Dessert		Nom Plae Ai (Sticky Rice Sweet Balls)	1) sticky rice with coconut and sugar inside / 2) Brown rice ball with green beans
Drinks		Drinks	water, coke (in glass bottle), energy drink, ream, sugar can drink, protein drink

## PHYSICAL ACTIVITY



**STRATEGY INTRO:** Increase policies, plans and community design changes through China Garden, Minneapolis Open Streets and St. Paul Sears Redevelopment to better connect residents to everyday destination to live/work/play, and provide safe, culturally based places for increasing physical activities.

### BLOG DISCUSSION #7

## LISTENING TO COMMUNITY VOICES: ENGAGEMENT 3D MODEL ACTIVITIES AT THE SEARS HISTORICAL SITE PARKING LOT

Asian Media Access (AMA) and the Asian American Business Resilience Network (AABRN) collaboratively hosted the Asian Street Food Night Market with The Council on Asian Pacific Minnesotans on June 8th and 9th at the historic Sears parking lot. AMA and AABRN additionally organized a Juneteenth Outreach event on June 15th in collaboration with the Frogtown Rondo Black Church Alliance at Sears parking lot. And June 21st was another Community Engagement event at downtown St. Paul Union Depot in collaboration with the Pan Asian Arts Alliance.



These events featured an interactive 3D model of the Sears site and a vaccination pop-up for the community. Community members engaged with the 3D model and expressed their hopes for the Sears redevelopment project by rearranging 3D-designed elements. The interactive outreach activity fostered community engagement, increased awareness of the project, and ensured community members' input in the development process.



## **PARTICIPANTS SHARED KEY IDEAS FOR SEARS REDEVELOPMENT PROJECT**

The discussion activity had an impressive turnout, with a little more than 100 participants. The community members who participated were diverse in age, race, gender, and background. Some participants mentioned that they bike or run almost everyday around the Sears site and state capital area. On average, participants spent 10-15 minutes engaging in the discussion and survey, with some staying longer to passionately share their thoughts and perspectives on the project. During the 3D discussion activity for the SEARS redevelopment project, important messages and voices were heard. This article will highlight three main ideas from the 3D interactive discussion and highlights from conversations with community members.



## **TRANSFORMING THE PARKING LOT INTO DIVERSE COMMUNITY AND FAMILY AREAS**

First, community members actively voiced for the redesign of the parking lot area into multipurpose, diverse community, and family spaces. Suggestions included dividing the parking lot into smaller, more connected sections and integrating housing, schools, parks, grocery stores, food courts, play areas, offices, and retail spaces while ensuring sufficient parking remains for operational needs.

Participants suggested transforming the area with vibrant green spaces, including gardens, water features, fountains, and sculpture gardens inspired by Como Park and Phalen Park. They emphasized the need for amenities such as public seating, restrooms with water filters, small businesses, grocery stores, coffee shops, and affordable housing. Furthermore, the community expressed a desire for family-oriented areas that could host gatherings, after-work hangouts, and other communal activities.

## **ENHANCING CONNECTIVITY: FOCUS ON PUBLIC TRANSPORTATION**

Secondly, improving connectivity and public transportation emerged as a significant

highlight of the community discussion activity. Participants identified current challenges they experienced, such as accessibility issues, particularly the difficulty of connecting from parking lots to the state capitol. While the current public transportation is adequate, communities feel that it is neither well-maintained nor convenient, and safety concerns persist.

Additionally, there are limited walking and biking trails. To address these issues, participants suggested enhancing the convenience and accessibility of public transport, improving walkability by creating pedestrian-friendly walkways, and developing more walking paths and biking trails. They also emphasized the need for improved safety measures, including better lighting and security cameras, to ensure a safer environment for all.



## **EXPANDING PARKS AND RECREATION FACILITIES WHILE ENSURING SAFETY**

Lastly, the discussion highlighted the need for more parks, recreation facilities, and outdoor exercise amenities that are accessible to all community members. Currently, there are not enough parks, playgrounds, and sports fields, and the existing ones are not well-maintained, safe, or well-lit. Participants recommended increasing the number of parks and recreational facilities, including soccer fields, dog parks, playgrounds, sports courts, and outdoor gyms. They also suggested expanding green spaces and improving maintenance, as cleanliness is crucial. Emphasizing the importance of safety, they mentioned that they would like to feel safe when using the facilities.

Regarding outdoor exercise facilities, participants noted limited access to amenities such as tracks, tennis courts, and basketball courts. Not all existing facilities are clean, safe, or accessible. To address this, they recommended improving the cleanliness and safety of these areas, ensuring they are well-lit and available for use

in the mornings and evenings, and making them affordable for all community members.



### **ENGAGING WITH OUR COMMUNITY FACE-TO-FACE**

During the event, we also met a delightful couple who lives right next to the Sears site and biking or taking daily afternoon walks around the area. They mentioned how they always wondered what would happen to this vast but highly potential space. The other day, we encountered many Frogtown Rondo community members who lived in the area for long periods of time. One of the community members, Edwin said that he moved to frogtown rondo area in 2000 and he still thinks about the memory of him coming to Sears site and DMV with his dad when he was young.

These community members were not the only ones who learned about the SEARS redevelopment project through this outreach effort. It was gratifying to meet community members and raise awareness about the project. AMA and AABRN will continue working on communication and engagement through articles, events, social media, and our website. Feel free to visit our [website](#) for more information.



# TOBACCO CONTROL



**STRATEGY INTRO:** Support a Media Campaign to educate BIPOC communities about the proposed statewide tobacco flavor ban, and work with area sports teams to find out what people/youth know and feel about flavored tobacco products. Focus groups and media message testing will be done to determine what the community needs to know and what messages related to flavor bans would appeal to which cultural groups. We will focus on young athletes from pan-Asian and pan-African communities, and a media campaign featured the young athletes based on what the message testing reveals.

## BLOG DISCUSSION #7

# HOSTED CAPACITY BUILDING SESSIONS FOR BOTH BLACK AND PAN ASIAN SPORTS TEAMS

After May CDC National Training, AMA team has identified tobacco usage as a key problem among Pan Asian and Black communities in MN, and our Coalition Partners have been working hard to address such concerns. Two of our partners – KaRen Football Association (serving KaRen refugees) and TTL Foundation (serving Oromo refugees) have reported to host sessions with refugee youth and parents to build their capacity to better understand the tobacco control policy works.



Both teams have involved with diverse ages of sports groups, we believe involving sports teams in tobacco control policy work is a strategic move that capitalizes on their existing influence, resources, and alignment with health and wellness. The sports team participation can lead to immediate, widespread impact, making it a low-hanging fruit in the effort to promote public health and reduce tobacco use.



During the capacity building sessions with more than 150+ parents and youth were supported with GOALS to enhance the understanding of:

- Identifying and implementing strategies to prevent menthol and other flavored tobacco product use
- MN Tobacco Control history and its policy context – how our underserved communities possess a keen awareness of the origins of their problems and how decision-making processes affect us.
- Embracing community voices. “No one asked us” is the most common feeling communities most impacted by tobacco, and share concerns when decision-makers act without including us.

AMA partners have shared the most updated data - the 2023 survey poll from the Minnesotans for a Smoke Free Generation (MSFG) - ***Poll Finds Minnesotans Support Ending the Sale of All Flavored Tobacco Products***. In the Survey, all participants were told: The Minnesota State Legislature may consider a proposal that would end the sale of all flavored tobacco products that can appeal to kids, including fruit, mint and candy flavored e-cigarettes, menthol-flavored cigarettes, flavored hookah tobacco and flavored chewing tobacco. Then they were asked: ***“Would you support or oppose the proposal to end the sale of all flavored tobacco products in Minnesota?”*** Overall, 62% of Minnesota residents support ending all flavored tobacco sales – nearly double the rate of opposition (33%), with a high % support from African American community members at 67%.

Additionally, the 2023 Survey found that Seven in ten Minnesotans are concerned

about youth tobacco use, especially vaping, as well as MN residents are more than 2x more likely to vote for lawmakers who support flavored tobacco policies. Nearly two-thirds of Minnesota residents (64%) choose the health of our kids over tobacco industry concerns – “It is more important to help prevent kids from using flavored tobacco and e-cigarette products by ending the sale of these products (64%) OR It is more important to protect the rights of adults to buy tobacco and e-cigarette products in the flavor of their choice (33%).”

All parents and youth trained have agreed that policy work on flavor ban can be an effective tool to prevent youth vaping, and protect the young people overall health, and excel in all sports activities. For the next step, Parents and Youth from diverse sports teams will plan to get together again to brainstorm potential messages to mobilize other refugee parents and youth and gain wider support for potential next MN State Legislature session on diverse tobacco control policy works.



# 2023 MINNESOTANS FOR A SMOKE FREE GENERATION (MSFG)'S SURVEY RESULT

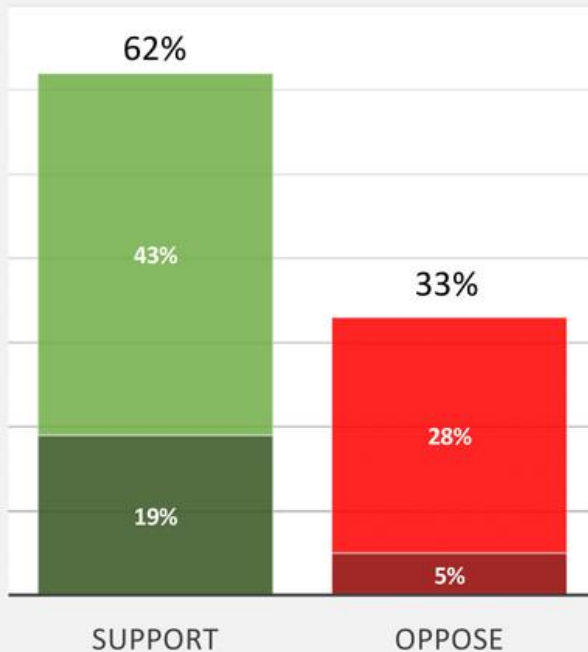


## Poll Finds Minnesotans Support Ending the Sale of All Flavored Tobacco Products

Participants were told: The Minnesota State Legislature may consider a proposal that would end the sale of all flavored tobacco products that can appeal to kids, including fruit, mint and candy flavored e-cigarettes, menthol-flavored cigarettes, flavored hookah tobacco and flavored chewing tobacco. Then they were asked:

“Would you support or oppose the proposal to end the sale of all flavored tobacco products in Minnesota?”

**Overall, 62% of Minnesota residents support ending all flavored tobacco sales – nearly double the rate of opposition (33%)**



*Support is strong across geographies, race and political identities*

	Support	Oppose
DFL	73%	26%
Independent	69%	28%
GOP	55%	42%
White	66%	32%
African-American	68%	27%
Metro	64%	35%
Rural	67%	29%

**Four times as many residents strongly support the policy (19%) than strongly oppose (5%)**



Learn more: [FlavorsHookKidsMN.org](https://FlavorsHookKidsMN.org)

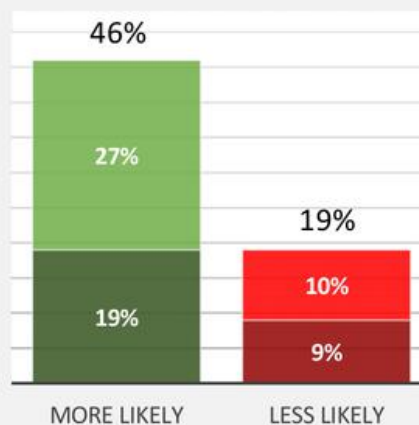
## Minnesotans Concerned About Youth Tobacco Use, Supportive of Policies and Lawmakers that Prevent Youth Addiction

How concerned are you about vaping, smoking and other tobacco use among Minnesota youth?



Seven in ten Minnesotans are concerned about youth tobacco use

Suppose your state legislator supported this proposal (to end all flavored tobacco sales). Would you be more or less likely to vote for them?

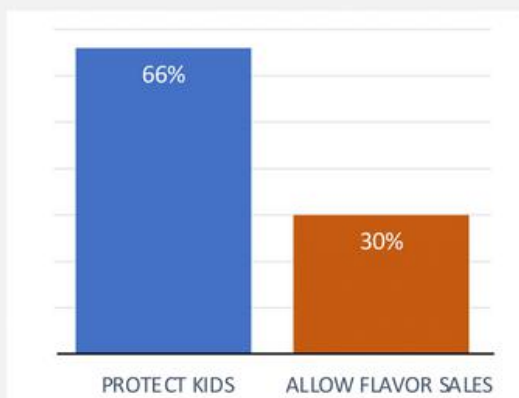


Residents are more than 2x more likely to vote for lawmakers who support flavored tobacco policies

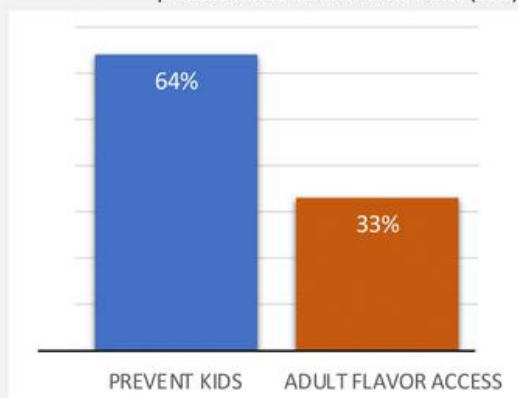
Nearly two-thirds of Minnesota residents choose the health of our kids over tobacco industry concerns

Participants were asked which statement comes closest to their personal opinion:

It is more important to protect kids and end the sale of flavored tobacco products to prevent kids from using them (66%) **OR** It is more important to protect small businesses by allowing them to sell flavored tobacco products (30%)



It is more important to help prevent kids from using flavored tobacco and e-cigarette products by ending the sale of these products (64%) **OR** It is more important to protect the rights of adults to buy tobacco and e-cigarette products in the flavor of their choice (33%)



*Methodology: The statewide scientific study contains the results of a survey administered to 800 randomly selected adult residents in Minnesota by the Morris Leatherman Company. Professional interviewers conducted the survey via landline and cell phone calls between January 18 and February 2, 2023. Cellphone only households were 54% of the sample, landline only households with 8% of the sample; with the remaining 38% having both cellphones and landlines. The results are projectable to all adult residents in Minnesota to within ±3.5% in 95 out of 100 cases. The survey was paid for by the Tobacco-Free Kids Action Fund.*





# VACCINATION FOR ADULTS



**STRATEGY INTRO:** Increase demand for, and access to flu, COVID-19, and other adult vaccinations via 40 pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

## BLOG DISCUSSION #7

### FROM 'CHINA VIRUS' STIGMA TO VACCINE DOUBTS: THE DUAL CHALLENGES FACING ASIAN AMERICANS DURING COVID-19

**PREFACE:** Since late last year, Asian Media Access has been actively interviewed BIPOC members for issues related to vaccination hesitancy, in order to better design our vaccination mobilization effort. Please follow up us, with a new story every month. And this time the Vaccine Hesitancy story is from Asian American communities.

Asian Americans have been impacted greatly by the COVID-19 pandemic. Whether it be blame, discrimination, or even violence, many have faced severe repercussions from the pandemic. These negative impacts of the virus have a direct correlation with Asian American vaccine hesitancy. Although there are various other factors that affect vaccine hesitancy, the main reason is because of fear. In order to increase vaccination rates among Asian Americans, we must examine the impact of the virus on peoples' lives first.

It can be inferred that Asian Americans are less likely to receive COVID vaccinations because of fear of hate and racism. Because of the origins of the virus, the negative rhetoric from politicians and media, and the prominence of racism even before the virus, Asian Americans have suffered from vast amounts of violence and hate. Whether it be physical or verbal abuse, the hate that these communities have received has led to fear of even going out in public. Of course, this also depends on the environment (city, suburban, rural), but the fact of the matter is that many Asian American communities fear the violence that has become increasingly prominent since the beginnings of the COVID-19 pandemic.



Many vaccination sites are run by organizations or volunteers, but all of these sites are in some way related to the government. Backing from the government gives these sites credibility, as the government was pushing for most of the population to get vaccinated against COVID. However, government rhetoric towards Asian Americans during the pandemic was generally negative. There wasn't as much focus on pushing Asian Americans to get vaccinated as blaming them for the origins of the virus. As a result, Asian Americans did not feel compelled to receive a vaccine that the government was pushing for. Even though many Asian Americans want to get vaccinated to protect themselves and their families, they do not feel safe going to vaccination sites due to fear of harassment. Scheduling issues also exist, because many clinics ask participants to register for specific times. Life happens and sometimes not everyone is able to make it, resulting in some being turned away from a possible life-saving vaccine.

Additionally, cultural reasons serve as a deterrent for vaccination. Many Asian American cultures value the elderly and children as the most vulnerable to harm. The elderly are often affected extremely severely by COVID, and children are usually more susceptible to disease. Unknown origins of the vaccine may serve as an obstacle to vaccination. The effects of the vaccine vary for each person and can have potentially damaging consequences on those who are more vulnerable. Some Asian families also worry that some kids may be too young to receive the vaccine, especially since vaccine doses consider age instead of weight. Since children's weight may vary depending on multiple factors, weight is arguably more important than age when considering medicine. There is also very little knowledge on how the vaccine will affect young kids or even adults in the future, and because of that uncertainty, some

families were reluctant to have kids receive the vaccination. Customs and beliefs in Asian American communities rely more on whole-body wellness and natural treatment. Instead of relying on vaccines, some families prefer to naturally build immunity because these treatments help long-term health. Ultimately, fear and cultural teachings have a profound effect on vaccination hesitancy.

Increasing vaccination rates for Asian Americans starts with reducing the hate and stigma. Instead of blaming Asian Americans for the impacts of COVID, making them feel comfortable in different environments can prompt them to get vaccinated and protect their communities. Getting rid of the fear of violence and discrimination will lead to overall safer and healthier communities. Addressing scheduling incompatibilities can lead to improvements in the system. Compared to strict scheduling times, allowing walk-ins and opening up a general schedule where anyone can receive a vaccine can result in a larger number of people willing to go to clinics. Also, furthering education on how vaccinations can improve confidence on their safety.



As mentioned before, Asian American families may worry how vaccines affect children because of distribution based on age instead of weight. However, medicines and vaccines work differently; vaccines don't contain drugs and are based on development depending on age. The COVID vaccine has been proven safe for children multiple times, so making information such as this more available can help reduce hesitancy. As for cultural customs such as natural remedies, COVID is an immediate problem. Natural immunity takes a long while to build up, time which cannot be wasted during a pressing disease like COVID-19. Vaccines are ultimately the safest way to protect against the disease. Many studies have revealed the positive effects and safety of the vaccine, and as more research unfolds in the future, the vaccine will continue to be improved upon.

As America transitions and moves on from the pandemic, it is important to keep in mind that safe and healthy communities start with the actions of individuals. Decreasing vaccine hesitancy is only one possible positive of respecting and caring for everyone in the community, including Asian Americans.



## The Vaccine Quest

an online learning adventure



How do vaccines work? How can I tell if the science I am reading about is valid? Who is making sure vaccines are safe? Where do vaccines go once they are inside my body?



It's normal to have questions about vaccines, and it's normal to want to answer questions about vaccines. We have developed an online quest to help you do both. Embark on The Vaccine Quest and learn everything you need to know about vaccines.

This course is free, fun, and made for people from all walks of life.

This course is free, fun, and made for people from all walks of life.

[Enroll Now](#)



credible vaccine information for families, from families ❤️

## PROJECT SUPPORT EVENTS

June 08

### THE "BETWEEN WATER AND THE CLOUDS" DANCE DRAMA - A SUCCESSFUL COMPLETE STREET DEMO

We have taken the lead to host a Street Performance - "Between the Water and Clouds," at the outdoor Peavey Plaza to increase attention for area Completed Street needs, and to improve the public transportation designs. The Dance Drama showcases grassroots effort to use pop up arts to highlight that STREET should be shared with wider purposes beyond cars and engage with neighbors in physical activities discussion. Additionally, we hosted a Blue Line public transportation "Hope and Concern" survey to further inspire more ideas for the public transportation improvements.



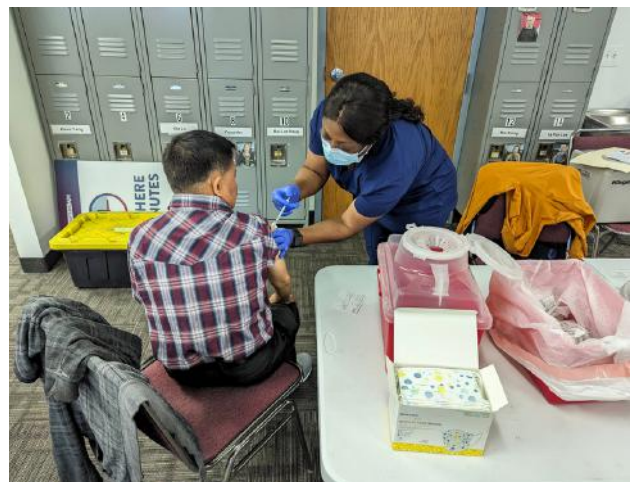




June 11

# TSO SIAB ADULT DAYCARE CENTER VACCINATION EVENT

We have partnered with Hmong Shaman and Herb Center to provide COVID-19 vaccines with incentives and share COVID-19 educational resources at Tso Siab Adult Daycare Center





June 15

## SEARS JUNETEENTH EVENT

We have organized a Juneteenth event in the Twin Cities with Frogtown Rondo Black Church Alliance, and Asian American Business Resilience Network at the Sears Parking lot. The event featured local business booths, performances, a cultural food truck, an inflatable balloon playground, a vaccination pop-up, and demonstrations of the Sears Site 3D model. Unfortunately, got rained out the most of the event.



June 22

## KAREN SPORTS FOUNDATION TRAINING

Our partner - KaRen Sports Foundation has hosted several sessions for KaRen Youth and Parents' Capacity Building Sessions to learn advocacy skills and to stay away tobacco usages.



June 23

# OFFERING COMMUNITY SAFETY AND VACCINATION EDUCATION AT VIETNAMESE COMMUNITY CENTER

We have collaborated with the Vietnamese Community Center in New Bridgeton to host a Vaccine and Community Safety training for Vietnamese Seniors in Vietnamese at the Center.



June 16, 27, 30, July 13

## FOOD OFFERINGS AT CAMBODIAN TEMPLE

We have been working with Rochester Cambodian Communication - MN to assess the food services at the Rochester Cambodian Temple. We have visited a few times and were absolutely amazed by the variety of cultural foods offered to the monks. It is a blessing to be involved in such an effort to preserve this cultural tradition.





July 2

## COMMUNITY PULSE CHECK

Led by Asian American Business Resilience Network, Project SUPPORT hosted a series 7 Vaccination Education Workshops to support diverse Pan African and Pan Asian communities in English and Heritage Languages.



July 9

## CHINESE COMMUNITY PULSE CHECK

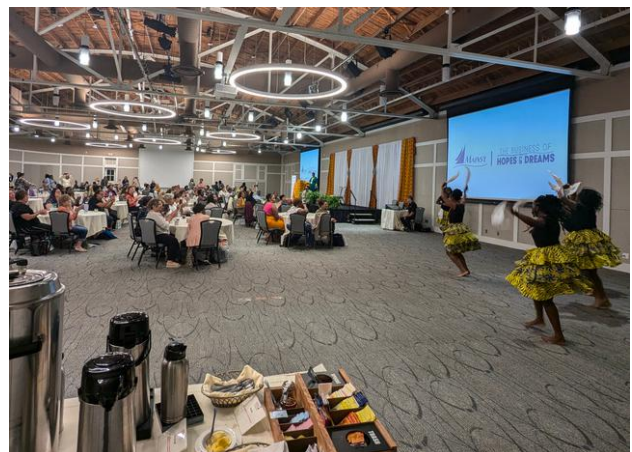
Led by Asian American Business Resilience Network, Project SUPPORT hosted a series 7 Vaccination Education Workshops to support diverse Pan African and Pan Asian communities in English and Heritage Languages. This Community Pulse Check event is focused on the Chinese Community



July 12

## 10TH AFRICAN MENTAL HEALTH SUMMIT

We participated and tabled at the 10th African Mental Health Summit, promoting Project SUPPORT with educational flyers, surveys, and other available resources for the community.





July 13

## EXPLORE YOUR PARKS DAY VACCINATION EVENT

We collaborated with the Hmong Shaman and Herb Center and the Asian American Business Resilience Network to provide COVID-19 vaccines with incentives and share COVID-19 educational resources at Explore Your Parks Day. The event not only offered vaccinations but also helped the community explore opportunities for recreation, walking, biking, and healthy living.



July 13

## FARM FEST 2024

Our partner Rochester Cambodian Communication - MN has hosted a FARM Fest with The Village to promote produce prescription with vendors from the farmer markets, along with a tour of the gardens, the amazing performers, and the mouthwatering food!



July 16

## HMONG COMMUNITY PULSE CHECK

Led by Asian American Business Resilience Network, Project SUPPORT hosted a series 7 Vaccination Education Workshops to support diverse Pan African and Pan Asian communities in English and Heritage Languages. This Community Pulse Check event is focused on the Hmong Community.



# Understanding and Stopping Anti-Asian Hate



## PREFACE

Anti-Asian hate is a serious problem that needs to be resolved quickly. Our Asian American and Pacific Islander (AAPI) communities, families, and individuals have tragically been victims of targeted hate crimes. AAPI communities should not have to worry about safety, safety is a human right. More needs to be done in combating anti-Asian hate so that our communities are safer, this starts with education and communication. With the surge of hate towards AAPI individuals after the Covid-19 pandemic, we can clearly see what issues need to be addressed when it comes to ending hate.

In early 2020 Asian Media Access (AMA) engaged the community by raising awareness on anti-Asian hate and racism. In 2021, AMA taught the youth how to make anti-Asian hate postcards, which were also shared on social media to raise awareness. AMA delivered a poem by Taiwanese poet, Xi Murong which expresses the "sentiment of immigration and displacement." Later, AMA led the forces with the community for a rally at the Minnesota state capitol to commemorate the victims of the Atlanta Georgia shooting.

Since then, AMA has published an on-going series of "Stop Anti-Asian Hate" educational materials, and joined the 2023 online commemoration of the 40 year anniversary of the Murder of Vincent Chin. On June 1st of 2023 AMA presented the dance drama "Between the Water and Cloud", this was a Multidisciplinary Arts Showcase which strived to share Chinese culture and arts with an environmental justice message. It is crucial we continually make our voices heard so that change can be made.

In celebrating the new year of 2024, AMA will publicize a series of articles that will highlight issues that need to be discussed, shed light on historical systematic racism, and create an opportunity to share the perspectives of those impacted by anti-Asian hate. As editor of this series "Understanding and Stop the Anti-Asian Hate," I hope that our works can encourage readers to join forces, embody love, promote and protect culture, and be a vehicle for justice and equity for AAPIs. Let's stand in solidarity with AAPI communities.

Asian Media Access  
Jarrelle Barton  
He\him



## Understanding and Stopping Anti-Asian Hate: Article #7

# **BULLYING OF ASIAN STUDENTS IN SCHOOLS**

*Janie Ye - Wayzata High School*

Bullying is a well-known topic when it comes to school. As frequently shown in American media, bullying is aggressive behavior intended to intimidate or harm. It's often underreported because it can happen in different settings and to different levels. As society progresses, cyber bullying (online bullying) is becoming more prominent compared to previous mostly physical bullying. Asian American bullying is extremely underreported because many victims fear speaking up and many are unaware of what is considered bullying. It has come to the point where bullying of Asian American youth is almost normalized. Therefore, although some sources may portray bullying towards Asians as insignificant, these types of statistics are not accurate and bullying towards Asian Americans remains a problem regardless.

Despite what some may think, Asian Americans face a high level of bullying in schools. Some of the reasons why Asian students are likely to be bullied in school include race, stereotypes, and religion. Race is a significant factor in most bullying cases in schools. Asian Americans are no exception. In fact, race is a contributing factor to the formation of inaccurate stereotypes, which associate certain attributes with a specific group. For example, the model minority stereotype presumes all

Asians are smart and hard-working and therefore face few challenges. In reality, this type of thinking leads to bullying and the assumption that Asian American students are “nerds.” Students are also bullied for their skin color and physical features. In addition, America’s history of marginalization of minority groups and discriminatory government actions towards Asians leads to the notion that it is okay to treat Asian Americans as inferior. Also, many kids are unable to respect others' differences if their parents do not. Children learn behaviors and attitudes from home, and specific attitudes against different races start to form from a young age. It is important to educate children on respecting others and making sure that they are receiving the right type of support from home.

The COVID-19 pandemic’s impact on bullying towards Asian students was tremendous; An exponential increase in Asian bullying cases was seen in the months following the discovery of the virus. Due to the origin of the virus from China, Asian Americans were blamed for the virus because of increased racism from the general public. Students were subject to name calls and derogatory statements relating to the coronavirus and were also threatened with violence. This has led to the formation of multiple websites and organizations dedicated to increasing reports of bullying towards Asian Americans. These organizations aim to help stop the bullying of Asian Americans in schools and ease the negative impact bullying has on students.

Websites dedicated to stopping racism and bullying towards Asian Americans include STOMP Out Bullying, Act to Change, and Stop AAPI Hate. Stop AAPI Hate is the largest hate crime reporting center for Asian Americans. These organizations are important in the journey to stop Asian bullying and racism. Although bullying cases have dropped with the passing of the pandemic, cyber bullying especially still remains a problem that needs to be dealt with.



## Resources

### Feed Their Summer Smiles With SUN Programs!

Make this summer one to remember with SUN Programs: USDA's Summer Nutrition Programs for Kids. We've got meals and new benefits to keep your kids fueled up for summer.



## SUMMER ELECTRONIC BENEFIT TRANSFER (SUMMER EBT)

Summer EBT is a new food support program that provides families \$120 for eligible school-aged children to buy groceries when school is out for the summer.

Summer is a time when many children lose the free and reduced-price meals they get at school, and when households might need a little extra help putting meals on the table. Most families will get these benefits automatically, but some parents will need to apply. The new program is in addition to free meals that kids of all ages can get at summer meal sites in their communities.

### How it works

- Families will receive \$120 per eligible child for the summer period.
- Benefits will be pre-loaded and a new Summer EBT card will be sent for each school-age eligible child beginning at the end of July or beginning of August.
- The Summer EBT card will have the child's case number and name listed on the front of the card.
- Benefits can be used at authorized retailers, like grocery stores and farmers markets, to purchase healthy foods like fruits, vegetables, meats and other protein sources, whole grains and dairy.

Learn more about where to shop with an EBT card, what you can (and can't) buy, and more on the [Minnesota EBT card webpage](#).

## UPCOMING EVENTS



### HOW TO RESPONSE TO ANTI-ASIAN HATE

**DATE/TIME:** Tuesday, July 23, 2024, 2:00pm-3:00pm

**PLACE:** Online, register [here](#)

The workshop will be conducted in Cantonese and available in person and online.

### TWINS 13TH ANNUAL DIVERSITY CELEBRATION

**DATE/TIME:** Wednesday, July 31, 2024, 3:00pm-8:00pm

**PLACE:** Target Field, 1 Twins Way, Minneapolis, Minnesota 55403

The Minnesota Twins are dedicated to building a better tomorrow.

At Target Field and in our communities, the Minnesota Twins and the Minnesota Twins Community Fund are working together to create the next generation of passionate fans, supportive teammates, and empathetic leaders.

Save the Date, event

<https://www.mlb.com/twins/community/fostering-belonging>







## POWDERHORN ART FAIR

**DATE/TIME:** August 3-4, 2024,  
10:00am-5:00pm

**PLACE:** Powderhorn Park | 3400  
15th Avenue South, Minneapolis,  
MN

The Powderhorn Art Fair is delighted to showcase esteemed artists from the Midwest, local businesses and arts nonprofits, floral and garden vendors, and eco-

conscious upcycle artists for the first time! Artist categories include clay, digital art, fiber, glass, jewelry, leather, metal, mixed media 2D & 3D, painting, paper, photography, printmaking, sculpture, and wood. Prices vary, offering something for every art enthusiast, experienced collector, and casual buyer.

## MINNEAPOLIS COMMUNITY TREE WORKSHOPS

**DATE/TIME:** Thursday, August 15, 2024,  
5:00pm-7:00pm - Common Tree Pests

**DATE/TIME:** Saturday, October 19, 2024,  
2:00-5:00pm - Tree Care and Planting

**DATE/TIME:** Saturday, November 2, 2024,  
2:00-5:00pm - Pruning Techniques, , Little Earth

**PLACE:** Little Earth

These workshops aim to support residents in caring for trees and becoming local advocates for the preservation of natural environments. You are welcome to register for one or the full series of these workshops.

## Community Tree Workshops

A series of five free workshops

Sign up today for one  
or the full free series!  
[tinyurl.com/bdd2k2wf](https://tinyurl.com/bdd2k2wf)



## ASIAN STREET FOOD NIGHT MARKET

**DATE/TIME:** August 17-18, 2024  
August 17, 2024, 3:00pm-11:00pm and  
August 18, 2024, 1:00pm-10:00pm

**PLACE:** 425 Rice St Saint Paul MN 55103

Talent show, food, arts, beer garden, lion dance. For the vendor, volunteer, and artist applications, please contact Ka Vang at 651-302-6218



## OBON FESTIVAL

**DATE/TIME:** Sunday, August 18, 2024

**PLACE:** Como Park, 1224-1256 Midway Pkwy, St Paul, MN 55103



Music, martial arts, singing, dancing, drumming, delicious food, vendors, games, and other aspects of Japanese culture will be featured at the annual Como Park Japanese Obon Festival on the grounds of the Marjorie McNeely Conservatory from 3:00pm – 9:00pm on Sunday, August 18. At the end of the Obon festival, lanterns are released into the water so that the spirits can return to the other world. We will be selling only advanced tickets again in 2024. More details to come!



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## Partnering with

