

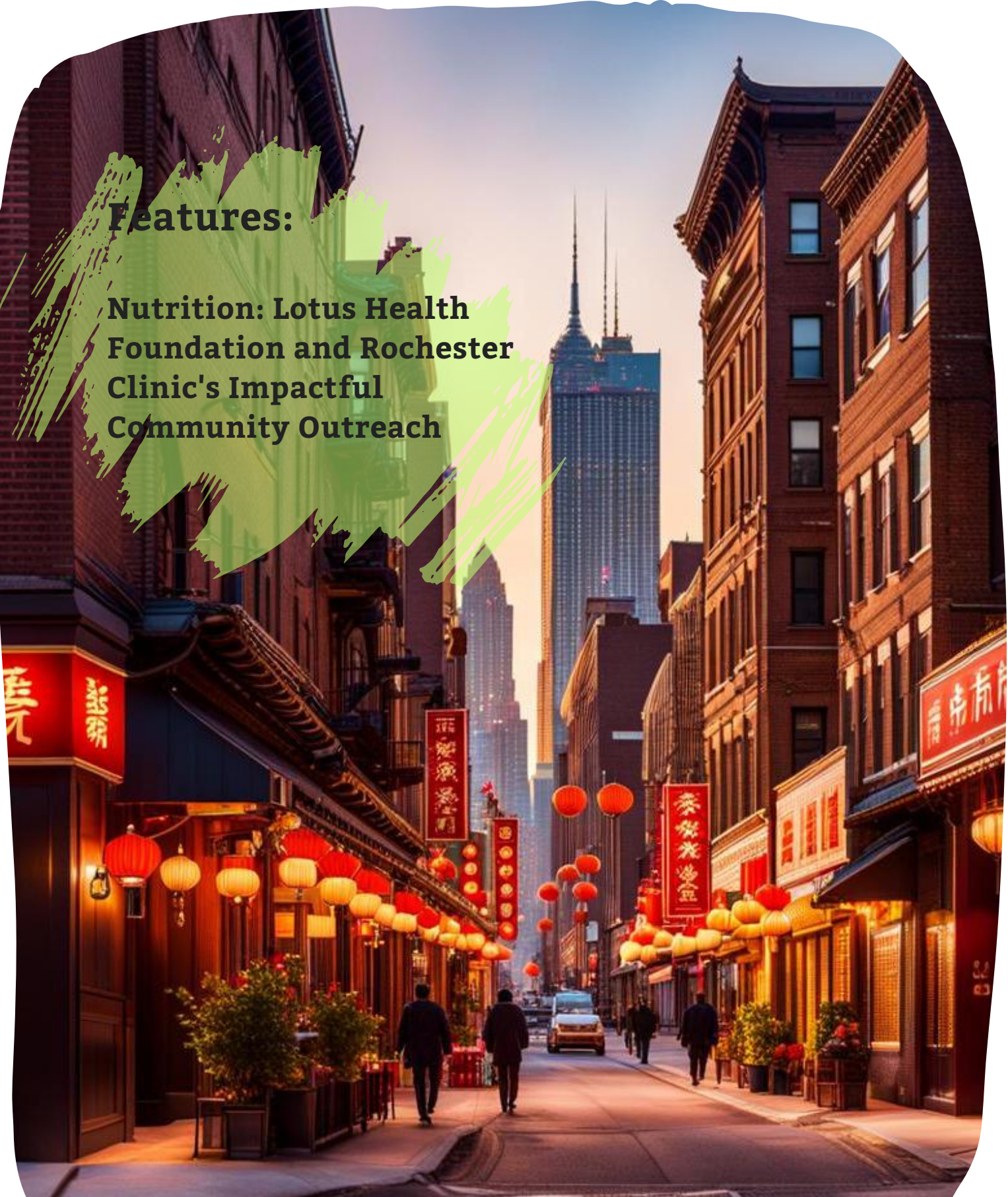


BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

MAY, 2024 | VOLUME 1 | ISSUE 5

Features:

**Nutrition: Lotus Health
Foundation and Rochester
Clinic's Impactful
Community Outreach**



Project SUPPORT

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INTRODUCTION



Project SUPPORT (**S**upporting **U**nder-served through **P**roduce **P**rescription, and **O**pportunities to **R**ecreation-activity & **T**obacco-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 through below 4 culturally tailored strategies:

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

- **Tobacco Control:** 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.
- **Vaccination for Adults:** Increase 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



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 #5

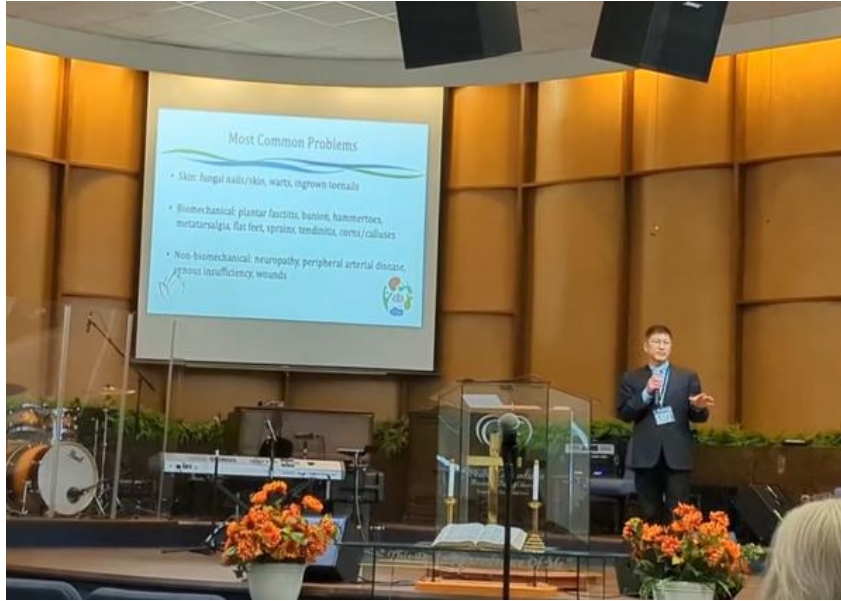
NURTURING WELLNESS TOGETHER: LOTUS HEALTH FOUNDATION AND ROCHESTER CLINIC'S IMPACTFUL COMMUNITY OUTREACH

Our esteemed partners for the SUPPORT project, Rochester Clinic and its philanthropic entity, Lotus Health Foundation, successfully hosted multiple community events to support the Produce Rx movement.

On April 20th, Rochester Clinic and Lotus Health Foundation at Greater Friendship Missionary Baptist Church in Minneapolis. The session underscored the importance of healthcare providers incorporating Produce RX (Produce Prescription) into their practice, emphasizing its role in promoting healing and vitality. Dr. Jengyu Lai from Rochester Clinic talked about "Plant Your Best Foot Forward," highlighting the impact of plant-based nutrition on lower extremity health and holistic well-being.

With a turnout exceeding 60 individuals, the majority of attendees actively engaged in a dynamic Q&A session that extended to the reception area, where fresh produce was available for further discussion. The enthusiasm displayed by participants, including church leaders and local health advocates, reaffirmed the community's embrace of the Produce RX (Produce Prescription) concept. Their fervent support reflects a collective desire to see such initiatives integrated into mainstream healthcare practices. Additionally, one of the audience members shared her participation in the

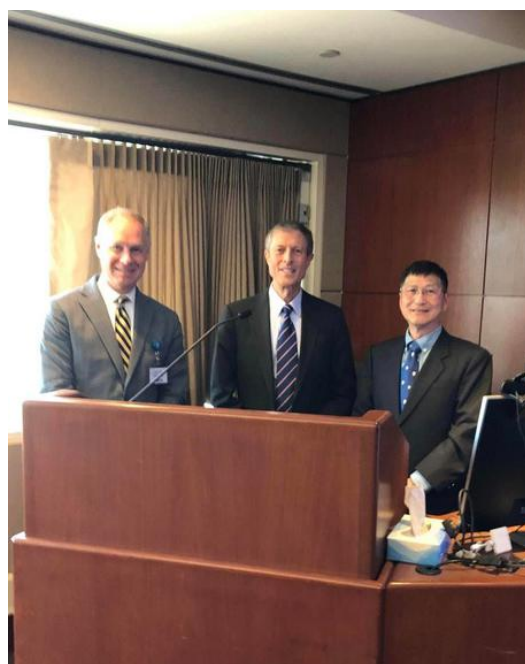
BCBS The CARING Study, highlighting the ripple effect of Produce Rx aimed at empowering individuals to take proactive steps toward their health journey.



At the Health Fair on April 24th, Rochester Clinic made a meaningful impact as they engaged with senior residents at 125 LIVE. Their presence focused on promoting the concept of Produce Rx (Produce Prescription), advocating for the integration of fresh produce prescriptions into healthcare practices. The booth attracted a diverse array of visitors, including 125 LIVE members, representatives from other organizations participating in the health fair, and members of the Olmsted County public health community. Through informative discussions and interactions, Rochester Clinic continued their mission of empowering individuals to prioritize their health and well-being through Lifestyle Medicine, particularly amongst senior populations, fostering a culture of proactive wellness within the community.



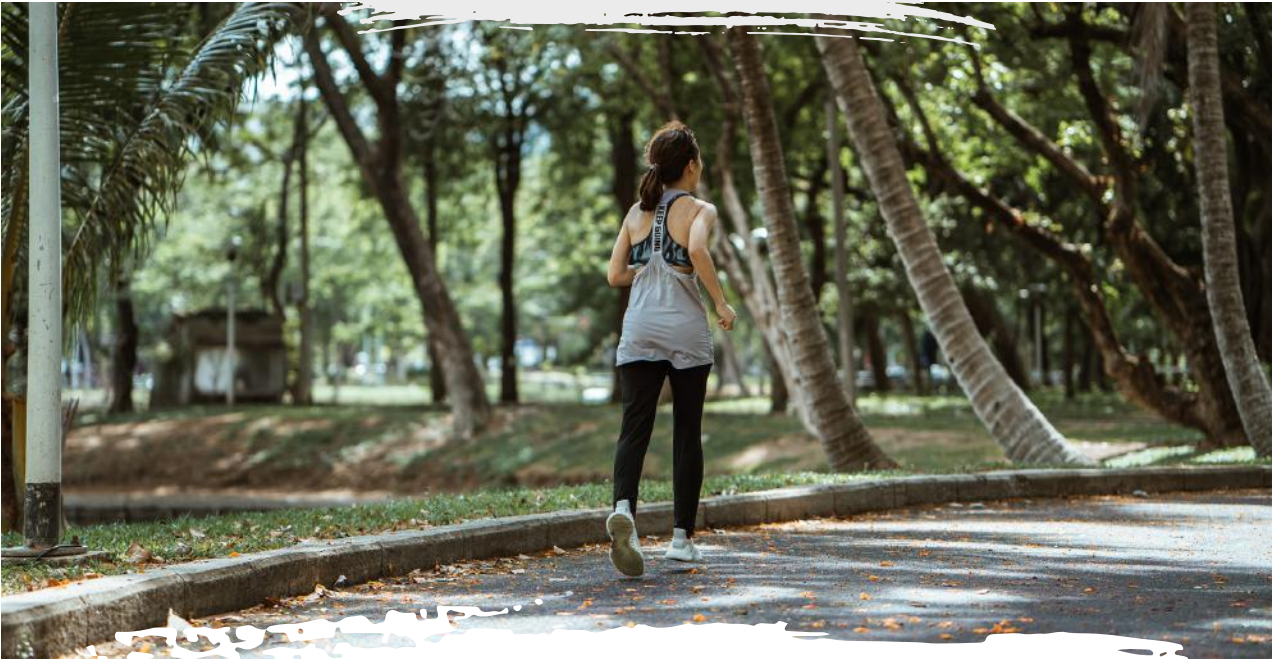
Event on May 10th marked another significant collaboration between Dr. Neal Barnard, founder of PCRM (Physicians Committee for Responsible Medicine), and Dr. Jengyu Lai at Mayo Clinic's Wound/Vascular department. They delivered a compelling presentation on the benefits of whole food, plant-based nutrition in the context of wound healing. Their discussion, aimed at healthcare professionals, emphasized the importance of prescribing fresh produce to patients to optimize healing outcomes. The event provided a platform for in-depth, in-person dialogue, fostering an exchange of ideas and insights among attendees. Through their advocacy for plant-based nutrition and innovative approaches to patient care, Dr. Barnard and Dr. Lai reinforced the critical role of diet in promoting healing and overall wellness within the medical community.



As we reflect on the enriching insights shared within these diverse events, we invite our audience to remain engaged and informed by continuing to explore diverse wellness options and health fair opportunities throughout the BALL eMagazine. With a commitment to promoting Balanced Nutrition and Produce Rx, our magazine serves as a beacon of knowledge, offering valuable resources and perspectives on embracing a healthy lifestyle.



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 #5

BLUE LINE EXTENSION RECEIVED THE FDA'S TRANSIT ORIENTED DEVELOPMENT (TOD) FUND FOR NORTH MINNEAPOLIS STATION DESIGN.

As part of Project SUPPORT, Asian Media Access (AMA) has supported the Blue Line Extension (from North Minneapolis all the way to Brooklyn Park), and we welcome such timely news for additional funding from the Federal for station area planning in Minneapolis.

Asian Media Access has been supporting the Asian American and Pacific Islander (AAPI) Cultural Corridor Planning along the Blue Line since Oct. 2023, and has convened 2 community meetings so far, and will continue to do so, since a transit station should not be an island separate from the neighborhood around it. And it should be an integral part of the neighborhood, moving people to the homes, businesses, and attractions in the area. Planning for connections through diverse modes, housing development, and economic growth in near future stations is critical to maximize benefits of transit investments to the people and businesses in the corridor today and to set the stage for future growth.

Many have suggested to AMA to support a Multi Cultural Corridor Planning process, which we totally agree with such cultural integration approach. AMA believes the planning process create a vision for new housing, development, business growth, and connections between the new line and the BIPOC neighborhoods with diverse transportation modes. We see Blue Line's transit-oriented development around light rail stations can enhance accessibility, especially encouraging members to use diverse modes to everyday destinations, and spur economic development, creating jobs and invigorating local businesses while supporting community wealth AND wellness building.

Hard data show that development and transit investment go hand in hand, with 37% of the region's growth since 2008 occurring along transit lines. Since good station area planning can attract riders, stimulate business, and make logical connections for walking, biking, and vehicle drop-offs. It's important that growth be intentional and targeted to benefit the marginalized BIPOC members who live/learn/play/work where the proposed investment will take place throughout below key areas:

- Affordable housing
- Small business support and development
- Connections for people walking, biking, and rolling
- Environmental justice
- Climate change

AMA has also involved in the Metro Council's Community Leader Technical Advisory Group, to better design the TOD development principles. With so many exciting projects happenening, please watch this space for more news for corridor economic development and station area planning as it moves forward.

Implement land use and development practices that reduce greenhouse gas emissions, embed climate adaptation, and create resilient communities.

Dynamic & Resilient Region

- Incentivize urban design and development that maximizes renewable energy readiness and enhances energy efficiency.
- Engage with local governments to establish fit-for-purpose climate requirements in line with State statute.
- Install solar panels in underutilized land areas, on industrial land, and accessory to complimentary uses.
- Increase renewable energy systems deployment and energy storage in communities, especially for high energy-burdened households.
- Support low impact design and integration of climate adaptation measures into development to prepare for current and projected climate impacts on our region.
- Create an incentives-based program for climate-focused land stewardship and development.
- Develop guidance and support for resilience hub concepts and implementation in community planning, with particular focus on extreme heat, air quality, and localized flooding hazards.

Remedy past and present discriminatory land use practices.

- Opportunities for affordable single-family living and generational wealth building.
- Historical and current racial disparities in access to housing, jobs, leadership, safety, and nature create harms to people and the region.
- Lead by example: The Council should examine how its current and historical policies have caused harm- and actively seek solutions and remedies.

"The air quality when I go to the suburbs and up north is pretty clean, but it's hard to breathe here in the cities. I noticed that [in the city] it's all industrial and you just smell exhaust (Urban Roots)

"Our neighborhood is affected by what's happening globally. The effects of climate change hit [people] harder than other neighborhoods. We gradually started to see that everything is connected." (Growing whole story, Dr. Paul)

"[Land Back] can mean a number of different things beyond the physical land back to indigenous people, but for me it's more about having a voice and having indigenous people in leadership and conversations." (Kibria) (The focus group)

What we heard: The lack of diverse affordable housing options in all types of communities lead to displacement from desired neighborhoods, and a disruption of social networks.

Residents want to reduce the social isolation exacerbated during the pandemic. They value communities that support social connections and vibrant cultural landscapes.

"Something missing from our community are the social ties and bonds that connect neighbors together. An ideal community for the future would have these social connections."

Affordable housing for multigenerational households and large families across the region.

"I have a large family and I couldn't find a single that fits my family, which forced us to live in 2 separate homes."

Residents want to be able to remain in their chosen communities, where they have cultural connections and social ties.

"Some neighborhoods [in Minneapolis] are getting ready to gentrify, so fancy restaurants and expensive apartments are built, and I don't feel welcomed there." (Elpis)

Vibrant, inclusive, connected, and safe communities

Residents want to reduce the social isolation exacerbated during the pandemic. They value communities that support social connections and vibrant cultural landscapes.

Safety – in all transportation modes, in neighborhoods, from climate effects, and in public spaces – is a multidimensional and key concern.

"Something missing from our community are the social ties and bonds that connect neighbors together. An ideal community for the future would have these social connections."

"As Hijabi, we do not want to be around people who would cuss us out for what we are doing. I've had my grandparents live with me... They'll sit in their cultural clothes in the grass, you want to have enough of a comfortable environment where they accept differences." (Islamic Center of Minnesota Youth)

"Safety levels changed around where I worked. People went from being comfortable working late to now wanting to be out of the area as soon as it gets dark." (Minneapolis land use focus group)

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 #5

FACTS ABOUT HOOKAH (WATER PIPES): HEALTH IMPACTS AND CULTURAL IMPLICATIONS

Asian Media Access has been working with Somali Charter School – Skyline Math and Science Academy, and Oromo Sports Federation – TTL Foundation to share the facts about HOOKAH, including its myriad health impacts and the ways the tobacco industry has co-opted especially flavored shisha tobacco to target Pan African youth and other young adults.

MN's Public Health Law Center has been actively publicized articles to draw attention to the commercial tobacco industry's decades-long tactic of using flavored products to addict young people to nicotine, especially the e-cigarette and hookah, few highlights are listed below:

MANY YOUTH ARE NOT AWARE OF SHORT- AND LONG-TERM HEALTH RISKS

- Hookah pipes are typically used in communal settings, meaning the shared act of smoking carries with it the risk of transmitting infectious diseases such as oral

herpes, hepatitis, and other viruses – including COVID-19!

- Further, hookah tobacco – a combination of tobacco mixed with dried fruit, molasses, honey, and artificial flavors – is heated over coals, exposing the user to harmful carcinogens, heavy metals, and volatile flavor compounds.² Similar to e-cigarettes, some hookah tobacco flavor mixtures also contain glycerin, which is often used to create bigger “clouds” of aerosol and can be harmful when inhaled.³ In addition, the burning of coal exposes the hookah smoker to high carbon monoxide levels, which may lead to carbon monoxide poisoning.⁴
- Short-term hookah use has also been associated with acute health effects, including increased heart rate, elevated blood pressure, and reduced pulmonary function.⁵
- Given the length of a hookah smoking session in a communal settings, which can last an hour or longer, the average user takes roughly 10 times more “puffs” than the average cigarette smoker.⁶ This extended exposure to carbon monoxide, carcinogens, and heavy metals is greater than that experienced by the typical cigarette smoker.⁷
- Hookah smoking carries with it many long-term health impacts that mirror those caused by cigarette smoking, such as nicotine addiction. Other long-term hookah use is linked to lung, bladder, oral, gastric, and esophageal cancers, cardiovascular disease, and chronic obstructive pulmonary disease.⁸ Also, as with cigarettes, hookah use exposes non-users to secondhand smoke.⁹



WE CAN BE MINDFUL OF CULTURE WITHOUT GIVING THE TOBACCO INDUSTRY A FREE PASS TO MARKET HOOKAH TO A NEW GENERATION

- Hookah use is not unique to any community or culture and is becoming increasingly common among young people from many different backgrounds.¹⁰

- The use of hookah, especially with shisha flavors like cotton candy and bubble gum, is new to East African culture and does not have long-standing cultural origins.¹⁰
- Many young people today who smoke hookah aren't doing it for cultural reasons. They're doing it because they enjoy the social aspect and because they perceive it as safe.
- We can be sensitive to individuals who use hookah because they feel it is a part of their culture while also acknowledging--and basing policy on--the fact that hookah has tremendous negative health implications.
- Communities historically targeted by the tobacco industry tend to use hookah at higher rates than the general population and therefore disproportionately bear the health burdens from tobacco use.

Reference:

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2. Peyton Jacob et al., Nicotine, Carbon Monoxide and Carcinogen Exposure After a Single Use of a Water Pipe, 20 Cancer Epidemiology Biomarkers Prev. 2345-53 (2011), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3210932>; Alan Shihadeh, An Investigation of Mainstream Smoke Aerosol of the Argileh Water Pipe, 41 Food and Chemical Toxicology 143-52 (2003); Ziad El-Zaatari et al., Health Effects Associated with Waterpipe Smoking, 24 Tobacco Control i31-i43 (2015), <https://www.ncbi.nlm.nih.gov/pubmed/25661414>; Jens Schubert et al., Waterpipe Smoking: Analysis of the Aroma Profile of Flavored Waterpipe Tobaccos, 115 Talanta 665-74 (2013).
3. Schubert et al., supra note 8.
4. Jacob et al., supra note 8.
5. El-Zaatari, Health Effects Associated with Waterpipe Smoking, supra note 8.
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7. 2012 Surgeon General's Report, supra note 12.
8. Barry Knishkowsky & Yoni Amitai, Waterpipe (Narghile) Smoking: An Emerging Health Risk Behavior, 116 Pediatrics 113-19 (2005); El-Zaatari et al., supra note 8.
9. 2012 Surgeon General's Report, supra note 12.
10. Momenabadi, V., Hosseini Kaveh PhD, M., Hashemi, S. Y., & Borhaninejad, V. R. (2016). Factors Affecting Hookah Smoking Trend in the Society: A Review Article. Addiction & health, 8(2), 123-135.



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 #5

UNVEILING COMMUNITY PERSPECTIVES: FOCUSED GROUP INSIGHTS

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.



Led by our partner Asian American Business Resilience Network, we have conducted a focused group interview at the Legacy Adult Daycare Center to delve into the community's understanding and perspectives regarding vaccination. The focus group

was conducted in Mandarin, ensuring accessibility and inclusivity for all participants. The session lasted two hours and provided an opportunity for 11 seniors to share their thoughts and experiences. This article presents a summary of the responses obtained during the interview, shedding light on the diverse views and perceptions surrounding vaccination within the community.

COMMUNITY CONSENSUS AND SKEPTICISM

The focused group interview revealed a broad consensus among participants regarding their understanding of general vaccines. Most individuals in our community comprehend vaccines well, recognizing their role in preventing illness, including COVID-19. While they generally trust vaccines and believe in their effectiveness, there are some skeptics. About 3 members are skeptical, and within those 3 - one person said he does not believe in them, has not taken any single vaccine. Discussions revealed varied experiences, with some seniors supporting vaccines while others observed unexpected reactions among younger family members, indicating differing views within the community.

**LOOKING FOR 10 CHINESE AMERICAN SENIORS
FOR VACCINE HESITANCY FOCUS GROUP**
邀請10名華裔老人進行“疫苗猶豫”的座談

Date: Thursday, 04/11/2024, 10:30am – 12:00pm
日期: 04/11/2024, 星期四上午10:30 – 中午

Location: Legacy Adult Daycare Center
地點: 常青中心
800 Boone Ave. North, #150, Golden Valley, MN 55427

Potential Incentive provided 會提供獎勵措施
If you are interested, please register with Agency Director
Sally Wu <swu@hhcare.net>
如果您有興趣, 請向負責人 - Sally Wu 詢問



ADDRESSING VACCINE INFORMATION CHALLENGES

The interview highlighted challenges in accessing vaccine information, particularly due to language barriers and lack of clarity, especially in English. Seniors expressed a preference for face-to-face explanations in Chinese and emphasized the need for printed brochures containing government-endorsed information. Many participants stressed the importance of consulting family doctors for reliable vaccine information, indicating the need for personalized guidance and support from healthcare professionals. Additionally, participants expressed frustration in attempting to obtain vaccination information from insurance companies due to language barriers and difficulties in reaching them.

COMMUNITY PERSPECTIVES ON VACCINE INFORMATION

The participants primarily rely on various sources for vaccine information, including Legacy Adult DayCare Center's WeChat channel, prominent posters, newspapers, and insights from friends and family members. However, despite the availability of these

resources, there exists a notable lack of trust and understanding about vaccines within the community. Many struggle to grasp the benefits of vaccination and seek clearer explanations, emphasizing the importance of consistent and accessible information. Face-to-face gatherings tend to be preferred and help in building trust and enhancing understanding. Moreover, there was a consensus that more written information in Chinese, focusing on positive health promotion and featuring simplified messages, is needed to effectively address vaccine-related concerns.

ADDRESSING VACCINE HESITANCY

Several reasons contribute to vaccine hesitancy in our community. Firstly, individuals are influenced by the behavior of those around them, with many deterred from vaccination if others in their social circles have not received it. Additionally, uncertainty about vaccine safety and suitability for Asian individuals adds to hesitancy. The absence of clear explanations about vaccines exacerbates this issue. Fear of potential side effects, coupled with a general lack of understanding about vaccines and the prevalence of confusing messages, further fuels reluctance. Addressing these concerns requires targeted education and communication efforts to increase vaccine acceptance within our community. Surprisingly, many seniors are the one within families to push for the whole family to get vaccinated.

In conclusion, the findings from the focused group survey at Legacy Adult Daycare Center underscore the pressing need for improved access to vaccine information and heightened awareness within the community. Seniors face significant barriers in understanding and accessing vaccine resources, compounded by social influences and uncertainty about vaccine safety and efficacy. To mitigate vaccine hesitancy, proactive measures such as providing clear, culturally appropriate information and facilitating access to healthcare professionals are crucial. By addressing these challenges head-on, we can cultivate a community that is better equipped to make informed decisions and prioritize their health and well-being.



PROJECT SUPPORT EVENTS

April 20

PLANT YOUR BEST FOOT FORWARD

Dr. Jengyu Lai from Rochester Clinic presented - Plant Your Best Foot Forward about how plant-based nutrition helps your lower extremities by enhancing your whole-person-health. He has been prescribing "produce" as medicine to help the healing process. More than 60 attendees joined the event, they also had a Q&A session focused on the importance of the Rx fresh produce for providers.



April 24

HEALTH FAIR AT 125 LIVE

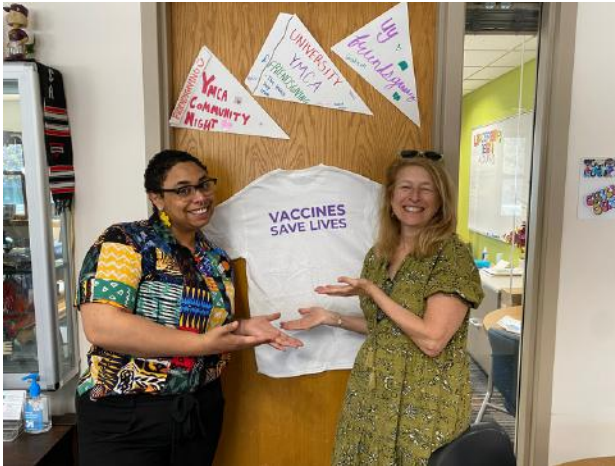
Joined the health fair at 125 LIVE where it targets senior residents to introduce Rx Produce. The visitor to the booth included 125 LIVE members, other organizations participating, and Olmsted County public health in the health fair.



April 25

UNIVERSITY YMCA VACCINATION CLINIC

AABRN, Restoration for All, University of MN, and Asian Media Access, we have jointly offered both COVID-19 and flu vaccinations at the same time, allowing participants to enjoy more time engaging in spring activities. We also offer participants an incentive when they receive their COVID-19 shot from us.



May 02

SUICIDE PREVENTION CONFERENCE

Asian Media Access had the opportunity to attend the Suicide Prevention Conference hosted by Canvas Health at St. Paul, MN. The event featured compelling speakers and vendors, each addressing critical aspects of suicide prevention.



May 08

HMONG ELDERS CENTER VACCINATION EVENT

Led by our partners - Asian American Business Resilience Network and Hmong Shaman & Herb Center,, we have hosted a COVID-19 vaccination event at the Hmong Elders Center with incentives. We had elders come in and get vaccinated to stay protected from COVID-19.



May 12

HMONG SEASONS OF LIFE ADULT DAY CARE VACCINATION

AABRN, Restoration for All, Hmong Shaman & Herb Center, and Asian Media Access jointly hosted a COVID-19 vaccination event at the Hmong Seasons of Life Adult Day Care with incentives. Not just having participants vaccinated and staying protected from COVID-19, the event also features topics such as Shamanism, spirituality, mental health-related concerns, spirituality experiences, and holistic wellness for healing.



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 #5

WHY ASIANS ARE BEING SEEN AS OUTSIDERS

Janie Ye - Wayzata High School

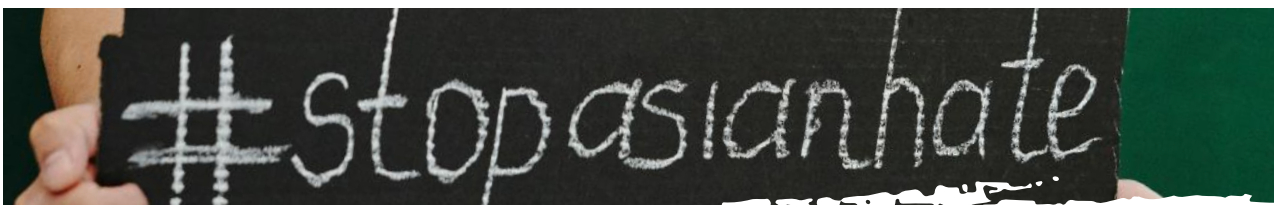
Since the arrival of Asian immigrants in the United States in the 1850s, they have always been seen as outsiders. During the California Gold Rush, thousands of Chinese immigrants arrived in America in search of wealth. Other Asian immigrants (including immigrants from Japan, Korea, and South Asia) also started to arrive in America in search of labor. However, due to the large numbers of Asian immigrants suddenly entering the country, hostility intensified and Asian immigrants became increasingly excluded from American privileges. Nativism, the policy of protecting established inhabitants' interests as opposed to immigrant interests, progressively spread and discrimination against Asian Americans and immigrants grew. The United States government passed policies that restricted immigration based on race and required immigrants to register with the government, and eventually almost completely excluded Asian immigration in the 1920s. Asian immigrants finally became eligible for citizenship in 1943 but still face racism and hostility in the United States today.

A major reason why Asian immigrants are seen as outsiders is because of stereotypes such as the "model minority" and "perpetual foreigner." Asian Americans and immigrants are subject to the model minority stereotype, which assumes that

Asians are “hardworking overachievers who have made it to the highest levels of success” (CNBC). This may seem satisfactory but in reality holds Asian Americans back because it assumes that Asians face no discrimination in the United States. It has also kept Asian Americans from pursuing equal opportunities compared to others. This stereotype also groups many different ethnicities into one big group, and does not account for those who may not fit into the stereotype. Another stereotype, the “perpetual foreigner,” causes Asian Americans to be seen as foreigners regardless of their citizenship or how long their families have lived in America. Many Asian Americans are often treated as foreigners, even if they were born in America or have lived in America for a long time. This stereotype instigates further racist ideologies by labeling Asian Americans as “un-American.” The spread of these ideas by American media and government harm Asian Americans by portraying them as outsiders who do not belong in America.

Another reason why Asians in America are seen as outsiders is because their separate ethnic identities do not matter to some white Americans. Asian American is a broad term describing many different ethnic groups, and although it unifies Asian immigrants, it also encompasses diverse groups that have separate values and identities. The classification may be too broad and erases individual aspects of different cultures. Some Americans identify individuals as Asian and do not consider their true ethnicity. There is a loss of individuality and character that comes with grouping all Asian Americans into a single category. Also, when all Asian Americans are grouped together, it is hard to see inequities because groups from different regions have different experiences.

Although now Asian Americans are fitting in better in American society, they still face discrimination because of being viewed as outsiders. Stereotypes that have existed for too long in the United States harm the livelihood of Asian Americans by subjecting them to hostility and racism. The grouping of over 50 ethnicities into a singular group is unfair to different cultural and traditional values. Treating Asian Americans as true Americans is crucial to ending the racism and xenophobia that still exists in the United States. The public must change its mindset on categorizing Asian Americans as a singular group and recognize that the term encompasses diverse backgrounds and nationalities. Asian Americans deserve better treatment and equal privileges, and should not be seen as outsiders.



ASIAN AMERICANS DESERVE BETTER ACCESS TO HEALTH CARE

During Asian American, Native Hawaiian, and Pacific Islander Heritage Month, our communities celebrate the rich cultures, heritage, and accomplishments of Asian Americans, Native Hawaiians, and Pacific Islanders. May is also a time to recognize remaining barriers to health and health access for these communities and renew commitments to addressing racial disparities. Your ability to get and afford health care should never depend on the color of your skin, what neighborhood you live in, or what language you speak.

As a Regional Director for the U.S. Department of Health and Human Services in Minnesota, I am proud to be a part of the Administration's work to implement policies that improve access, advance equity, and promote economic opportunities for Asian American, Native Hawaiian, and Pacific Islanders. President Biden's new lower cost prescription drug law, the Inflation Reduction Act, is making historic strides towards improving health for all communities – including the [2.1 million](#) Medicare beneficiaries who identify as Asian.

Asian American people with Medicare [report](#) more difficulty obtaining their prescription drugs than their white counterparts, underscoring the need for better access and affordability for needed medicines. The president's new lower cost drug law is bringing relief to AA and NHPI Medicare enrollees who may be struggling to afford high drug costs. President Biden's lower cost prescription drug law expanded its Extra Help program for Part D beginning in January, which means over 11,000 Asian American, Native Hawaiian and Pacific Islander Medicare enrollees with low incomes may be eligible for \$0 premiums, \$0 deductibles, and generic drug copays that are no more than \$4.50. But we need your help spreading the word to your loved ones and neighbors, as 3 million people are eligible for these benefits but are not enrolled. Go to [Medicare.gov/ExtraHelp](https://www.Medicare.gov/ExtraHelp) for more information and to see if you're eligible. And to spread the word, go to [LowerDrugCosts.gov](https://www.LowerDrugCosts.gov) to find a toolkit that contains informational postcards in traditional Chinese, Korean, and Vietnamese.

Asian Americans are [40 percent](#) more likely to be diagnosed with diabetes than non-Hispanic whites, so access to insulin and other diabetes medicine is essential for achieving blood sugar control and maintaining good health. One of the first benefits of the President's Inflation Reduction Act to go into effect – and one of the most important provisions – caps the cost of each covered insulin product under Medicare at \$35 per month. In Indiana over 27,000 Medicare enrollees could save \$672 per year thanks to this benefit. The new law also makes certain recommended adult vaccines, like Shingles and RSV, available at no cost for people with Part D coverage—helping eliminate cost-related barriers to vaccination for people with Medicare. Finally, under this administration, we have begun the historic process of negotiating directly with participating drug companies for lower prescription drug prices for some of the most expensive drugs – for the first time ever.

President Biden is delivering on his promise to lower prescription drug costs, make health insurance more affordable, and make the economy work for Asian American, Native Hawaiian, and Pacific Islander families. But we know our work is not done – this administration will continue to make health equity a cornerstone of our policies and work tirelessly so that all communities can access the care they need.

Michael Cabonargi is the Region V Director for the U.S. Department of Health & Human Services, representing Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin, and 34 Federally-recognized tribes.

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Resources



FIRST-GENERATION HOMEBUYER LOAN PROGRAM IS LAUNCHING SOON!

Minnesota Housing's First-Generation Homebuyer Loan Program is scheduled to launch on May 6. Please share this announcement with your networks

Minnesota Housing's First-Generation Homebuyer Loan Program is a downpayment and closing cost loan for first-generation homebuyers. It is a deferred, interest-free and forgivable loan. You may qualify as a first-generation homebuyer if you and your parent(s) or legal guardian(s) have never owned their primary residence (in any country) or owned a home, but lost it due to foreclosure. If you do not know if your parent or legal guardian owned a home or lost it due to foreclosure, you may still be eligible for the program.

Visit mnhousing.gov/getready.html to learn how you can take a homebuyer education class, speak with a homeownership advisor, and find a lender and learn more about the program. To prepare for the launch, check out:

- [First-Generation Homebuyer Loan webpage](#)
- First-Generation Homebuyer Loan [flyer](#) (also available in our [Marketing Center](#))
- Watch a [recording of our information session](#) on the program.

UPCOMING EVENTS



LIFESTYLE MEDICINE: PATHWAY TO HEALTH AND HAPPINESS

DATE/TIME: May 16~17, 2024

PLACE: 125 LIVE, 125 Elton Hills Dr NW, Rochester, MN 55901 | Gala is located at Rochester Golf & Country Club, 3100 Country Club Rd SW, Rochester, MN 55902

At this event you'll learn how a simple self-care routine can prevent and reverse many of today's chronic diseases, helping you to add years to your life and life to your years! Whether you're seeking guidance on nutrition, movement, stress management, or finding your passion, this event is for you. [Register Here.](#)



MINNESOTA SONGKRAN FESTIVAL

DATE/TIME: May 18, 2024, 11:00am-9:00pm and May 19, 2024, 11:00am-6:00pm

PLACE: Minnesota State Capitol, 75 Rev Dr Martin Luther King Jr Boulevard Saint Paul, Minnesota 55155

The Minnesota Songkran Festival is a FREE event to experience the excitement of the new year and celebrate the beauty of cultural diversity. The event highlights authentic food vendors and souvenir boutiques that will keep everyone in the family AND our furry friends busy for hours! Visitors are more than welcome to wear traditional clothes at the event!

ASIAN FAIR

DATE/TIME: Saturday, June 1, 2024,
11:00am-7:00pm

PLACE: Hilde Performance Center,
3500 Plymouth Blvd, Plymouth, MN
55447

Twin Cities West Metro Asian Fair will offer:

- Asian Foods
- Family Games
- Sustainability
- Performances
- Cultural Dishes
- Local Exhibits



A promotional poster for the Asian Fair. At the top, a group of people in traditional Asian attire are gathered around a large, colorful dragon head sculpture. Below this, the text reads "TWIN CITIES WEST METRO ASIAN FAIR" in a stylized font. A large, colorful butterfly graphic is positioned to the right of the title. The main text on the poster includes "FREE ENTRY SATURDAY JUNE 1, 2024 11AM-7PM" and "HILDE PERFORMANCE CENTER 3450 PLYMOUTH BLVD PLYMOUTH, MN 55447". A list of activities is provided: "Asian Foods", "Performances", "Family Games", "Culture Displays", "Sustainability", and "Local Exhibits". Three QR codes are located at the bottom left. At the bottom right, it says "Visit our Website www.tcasianfair.org" with a globe icon.



A poster for the Asian Street Food Night Market. The background features a wooden wall with red lanterns and string lights. The title "ASIAN STREET FOOD NIGHT MARKET" is prominently displayed in large, bold letters. Below the title, there are three small images showing lion dancers and food stalls. The text on the poster includes "TALENT SHOW . FOOD . ARTS . BEER GARDEN LION DANCE", "FREE ENTRY TO THE EVENT", "JUNE 8TH - 9TH 2024", "TIME: 3PM-11PM JUNE 8TH 3PM-10PM JUNE 9TH", "FOR VENDOR APPLICATIONS, VOLUNTEERS, & ARTIST PLEASE CONTACT KA VANG AT 651-302-6218", and "LOCATION: 425 RICE ST SAINT PAUL, MN 55103". At the bottom, there are four logos: the Minnesota Asian Pacific Business Council, a colorful triangle logo, AABRN (Asian American Business Resilience Network), and a logo with the letter 'A'.

ASIAN STREET FOOD NIGHT MARKET

DATE/TIME: June 8-9, 2024

June 8, 3:00pm-11:00pm

June 9, 3:00pm-10:00pm

PLACE: 425 Rice St Saint Paul MN 55103

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

Sears Redevelopment Planning Committee will host an Interactive Demo session from 2-6pm, to gather inputs in how to break the Sears Large Parking lot into walkable smaller blocks to increase connectivity. Come to join the fun and discussion!!!!



HMONG COMMUNITY EXPLORE YOUR PARKS

DATE/TIME: Saturday, July 13, 2024, 1:00pm-4:00pm

PLACE: Centennial Park, 6301 Shingle Creek Pkwy, Brooklyn Center, MN 55430

Planned events:

- Sports, games, and recreation activities
- Traditional Hmong games
- Story strolls, Kids and Youth activities
- Free books!
- Arts and cultural performances
- Food/healthy eating
- Health-supporting activities (2023 featured COVID-19 vaccinations and lots of health info!)
- Local organizations tabling

DRAGON FESTIVAL

DATE/TIME: Saturday, July 13, 2024,
9:00am-7:00pm

PLACE: Phalen Park, St Paul, Minnesota

To bring together the Greater Twin Cities diverse communities in celebration of the diverse Asian Pacific cultures through an annual dragon festival.

Event website: <https://dragonfestival.org/>





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Partnering with

