

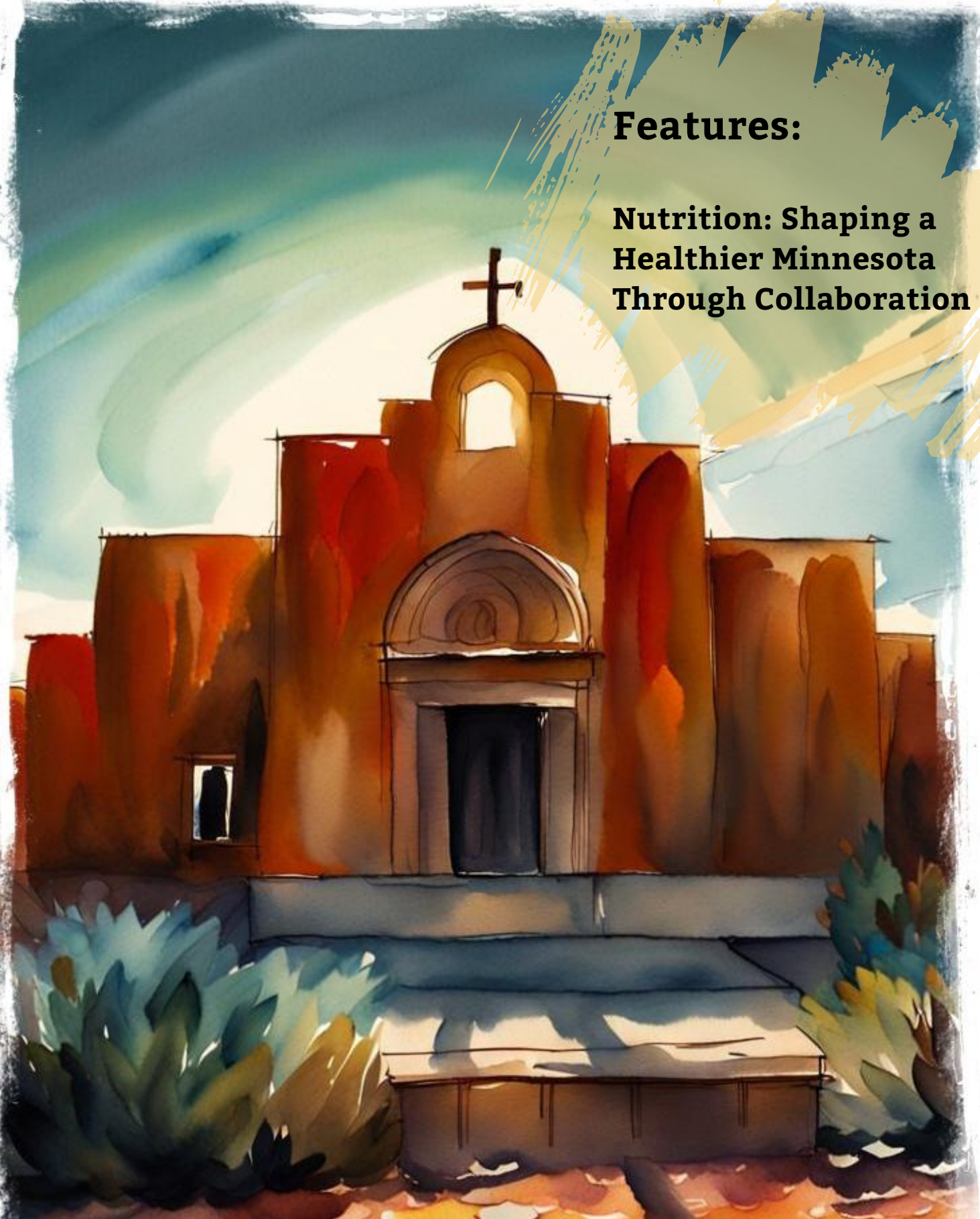


# BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

DECEMBER, 2024 | VOLUME 1 | ISSUE 12

## Features:

**Nutrition: Shaping a  
Healthier Minnesota  
Through Collaboration**



# 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.

## **PRODUCE PRESCRIPTION PROGRAM: SHAPING A HEALTHIER MINNESOTA THROUGH COLLABORATION**

### **EXPLORING FOOD AS MEDICINE: WORLD CAFÉ SPARKS STATEWIDE COLLABORATION**

The University of Minnesota Extension, School of Public Health, and Prevention Research Center, in partnership with the Minnesota Department of Health's Office of Statewide Health Improvement Initiatives, hosted a series of dynamic discussions on Food Prescription (Rx) programs. These events brought together stakeholders to explore how food can be used as a powerful tool for preventive health, held at the University of Minnesota's Urban Research and Outreach-Engagement Center on November 12, with a virtual follow-up on November 22.

Asian Media Access participated in this event as part of Project SUPPORT Nutrition, contributing to the collaborative discussions on building effective Food Rx frameworks. Using the World Café model, the sessions provided an interactive platform for participants to discuss the role of food as medicine, establish connections among networks, and identify actionable steps for advancing Food Rx initiatives statewide. The goal was to foster partnerships and develop cohesive approaches for implementing food prescription programs across Minnesota.

## FOOD IS MEDICINE: ADVANCING HEALTH AND BUILDING CAPACITY

At the heart of the Produce Prescription (Rx) discussions lies the principle that Food is Medicine—a holistic approach that bridges health care and community to promote optimal health, reduce disease burdens, and foster resilience. This philosophy emphasizes the critical role of nutritious food as part of an integrated strategy combining human services, education, and policy changes to create sustainable health outcomes.



## DRIVING CHANGE THROUGH DISCUSSION: SHAPING THE FUTURE OF FOOD RX

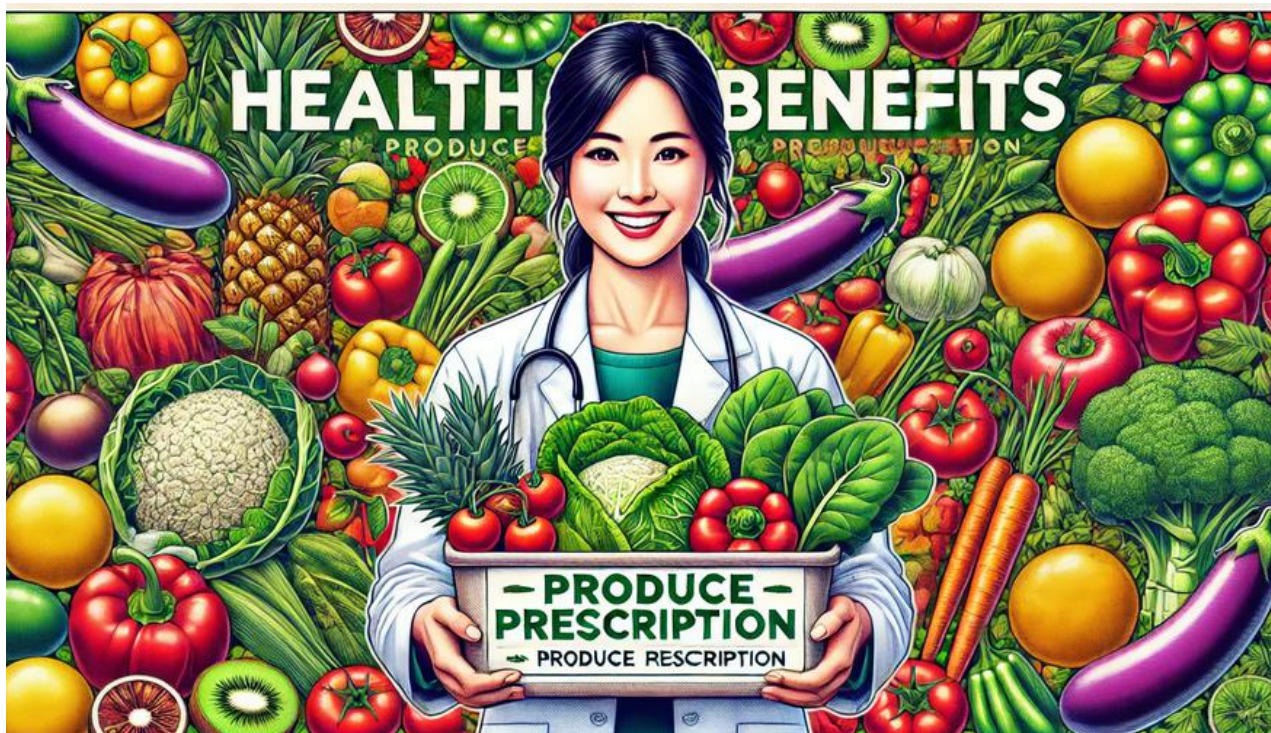
The World Cafe-style discussion, a follow-up to a spring conversation at the University of Minnesota's School of Public Health, brought participants from across Minnesota together to explore ways to improve population health through food-based interventions. The event featured four 15-minute rounds of discussion, during which groups addressed questions such as what excites or interests them about Food Rx work, what causes hesitation, and what barriers prevent progress. Participants also brainstormed actionable strategies and ways to enhance coordination, collaboration, and communication, fostering a collective approach to advancing Food Rx initiatives.



Building on the discussions, participants identified four key themes: sustainability and funding, logistics and managing expectations, networking and collaboration, and a community-centered approach. In response to the questions “What excites or interests you about Food Rx work?” and “What actionable strategies are needed for Food Rx to move forward?” many attendees highlighted the importance of networking and collaboration, as well as ensuring the program remains rooted in community needs. However, when addressing “What makes you nervous or hesitant about Food Rx work?” and “What prevents you from moving forward with Food Rx work?” concerns about the program's sustainability, funding challenges, and logistical hurdles, including managing expectations, emerged as significant barriers. These insights underscore the balance needed between fostering innovation and addressing practical constraints.

### **EMPOWERING COMMUNITIES: THE FUTURE OF FOOD PRESCRIPTION**

The World Café discussions brought together stakeholders and community leaders to explore the potential of Food Prescription (Rx) programs in improving population health. These efforts will empower under-resourced populations by building their capacity to access nutritious food and make healthier choices. The event highlighted the importance of collaboration in creating sustainable solutions, and looking ahead, continued partnerships with the University of Minnesota, local organizations, and clinics will be key to advancing these initiatives and ensuring they reach those who need them most. With these conversations serving as a foundation, ongoing efforts and future collaborations will continue to drive progress in transforming health care and community wellness across the state.



# 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.

## TRANSFORMING THE SEARS SITE: INSIGHTS FROM ACT MODULE 1 FOR CONNECTIVITY AND EQUITY



The historic Sears site at 425 Rice Street in St. Paul, Minnesota, faces significant challenges but offers opportunities for revitalization. Dominated by an underused retail building and parking lot, the area lacks essential infrastructure, such as sidewalks, bike lanes, safe crossings, and green spaces, discouraging walking, cycling, and social activities. Poor lighting and inadequate traffic calming measures create safety risks, particularly at night. The absence of nearby homes, workplaces, parks, and amenities limits physical activity and wellness opportunities, exacerbating social and economic inequities for low-income and minority residents in the Frogtown and Rondo communities.



## USING THE ACT TOOL: ENHANCING STREET DESIGN FOR ACTIVE TRANSPORTATION AT THE SEARS SITE

To address challenges in creating an activity-friendly environment, the Sears Redevelopment Project utilized the CDC's Active Communities Tool (ACT) to assess infrastructure, policies, and land use. The project focused on Module 1, which evaluates street design and connectivity for active transportation, such as walking and cycling. Findings from this module are guiding efforts to create an inclusive, activity-friendly environment that meets the community's needs.



## ADDRESSING KEY INSIGHTS FROM ACT MODULE 1 FOR THE SEARS SITE

Module 1 examines how a community's street network supports connectivity and active living, emphasizing transportation modes, zoning regulations, and equity in planning. It evaluates whether plans address high- and low-stress streets and prioritize underserved areas. The Sears site, bordered by major routes like Rice Street and University Avenue, highlights these challenges. Heavy traffic creates high-stress conditions for pedestrians and cyclists, exacerbated by the lack of bike lanes and sidewalks. While Transit-Oriented Development (TOD) features are present in area plans, the infrastructure remains car-centric, limiting safe and convenient options for non-drivers. Redevelopment efforts aim to close these gaps by integrating infrastructure improvements, such as:

- **Bike Lanes:** Establish dedicated lanes to promote cycling as a safe and viable transportation option.
- **Pedestrian Walkways:** Build wide, well-lit sidewalks with adequate crossing signals.
- **Public Transit Access:** Improve connections to existing bus stops and light rail stations, possibly adding new stops closer to the site.

## UNLOCKING THE POTENTIAL OF THE SEARS SITE

The Sears Redevelopment project offers a transformative opportunity to reimagine

the site's car-centric design into a vibrant, pedestrian-friendly hub that fosters community engagement. The current expansive parking lot, which creates an unwelcoming and unsafe environment for pedestrians and cyclists, could be revitalized with green spaces, walkways, seating areas, and enhanced lighting. These changes would promote gathering, shopping, and access to essential services while addressing safety concerns and encouraging active transportation. This vision is especially vital for nearby low-income residents in the Frogtown and Rondo neighborhoods, who disproportionately rely on walking or public transit for daily needs.



### **ADDRESSING BARRIERS AND BRIDGING GAPS**

The redevelopment project aims to address critical barriers to active living and connectivity at the Sears site. The large parking lot discourages active transportation, isolates essential services, and limits access to public transit, disproportionately affecting underserved communities. Plans focus on improving walkability through the addition of bike lanes, safe crossings, and smaller, walkable blocks. Enhancements such as clearly marked walkways, better lighting, and expanded public transit options will promote equity and sustainability. By fostering accessibility, safety, and healthier lifestyles, the Sears Redevelopment project will transform the site into a dynamic, inclusive space for all residents.

### **CONTINUING THE VISION FOR A WALKABLE, INCLUSIVE SEARS REDEVELOPMENT**

The Sears site redevelopment has the potential to transform a neglected space into a vibrant, connected hub. By addressing barriers to connectivity and active transportation, the project will reduce inequities and create an accessible community space for Frogtown and Rondo residents. If you would like to learn more about the project, please visit "<https://searsstpaul.info/>".

# 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.

## PROJECT SUPPORT PARTNERS WITH REFUGEE COMMUNITIES TO ADDRESS TOBACCO USAGE NORMS THROUGH SPORTS AND POLICY ENGAGEMENT

Project SUPPORT has launched a collaboration with Pan African and Southeast Asian refugee communities to tackle tobacco use through sports team engagement and policy mobilization effort. Partnering with organizations like the KaRen Football Association, Ten Thousand Lake Foundation, and Somali Community Action Coalition, our initiative aims to address the deeply rooted cultural norms surrounding smoking, vaping, and hookah usage as social bonding activities.

Recognizing that tobacco use is often integrated into community gatherings, Project SUPPORT seeks to shift perceptions and reduce usage through education, targeted prevention messaging, and community-specific mobilization to create policy changes. Our approach is designed not only to raise awareness but also to engage communities in creating healthier social norms.

### A COMMUNITY-CENTERED APPROACH

At the heart of the project is a tobacco usage survey, which aims to gather insights

into community perceptions, behaviors, and attitudes toward tobacco, hookah, and vaping. The survey data will be used to develop tailored messages that resonate with the cultural values of the KaRen, Oromo, Somali, and other Southeast Asian communities. By grounding the campaign in community-driven feedback, Project SUPPORT hopes to ensure that the messaging is effective and relevant.

Additionally, our lead agency – Asian Media access will spearhead a unified social media campaign to raise awareness about the risks associated with tobacco and hookah use, along with the state-wide coalition – Minnesotans for Smoke Free Generation (MSFG). Meanwhile, the sports teams involved in the project will take the lead in creating culturally specific campaigns within their respective communities, leveraging their influence and networks to drive engagement. This dual approach ensures both a broad and targeted reach.



Photo Courtesy: TTL Foundation

## **TACKLING TOBACCO'S ROLE IN SOCIAL BONDING**

One of the primary challenges in addressing tobacco usage within refugee communities is its perceived role in fostering social connections. For many, smoking or sharing a hookah is seen as a way to build relationships and strengthen community ties. This project aims to provide alternatives by fostering healthier bonding activities through sports and social gatherings while addressing misconceptions about the relative safety of vaping or hookah compared to traditional cigarettes.

## **LEVERAGING SPORTS FOR POLICY ADVOCACY**

Sports teams such as the KaRen Football Association and other community

organizations are key partners in this effort. Through the SPORTS influence within the community, they can mobilize players, parents, fans, and broader community members to engage in tobacco control policies effort. These policies may include restrictions on flavored tobacco bans, increased awareness of the Tobacco 21 policy, and removal of tobacco discount coupon targeting young people.

Through education, policy engagement, and culturally relevant campaigns, Project SUPPORT hopes to break the cycle of tobacco use as a social norm, replacing it with healthier habits that support community well-being. Such effort is a powerful example of how partnerships across cultural lines can foster collective action and drive meaningful change. Together, AMA and its refugee community partners are not only tackling tobacco use but also creating a foundation for stronger, healthier cross-cultural collaborations.



Photo Courtesy: The KaRen Football Association

## Educational Article

# CREATING HEALTHY COMMUNITIES



To view the original document, visit:

[https://www.tobaccofreeparks.org/documents/Creating\\_Healthy\\_Communities.pdf](https://www.tobaccofreeparks.org/documents/Creating_Healthy_Communities.pdf)

The benefits of physical activity are well known. Regular physical activity improves health in many ways. It reduces the risk of heart disease, diabetes, hypertension, and cancer. It also reduces stress and anxiety, helps control weight, and builds healthy bones, muscles, and joints. Clearly, these benefits indicate that physical activity is an important means for reducing preventable disease. Thousands of Minnesota youth who participate in recreation and sports programs receive these benefits from physical activity.

While physical activity aids in preventing disease, tobacco use is by far the leading cause of preventable death among Americans, as well as Minnesotans. Tobacco use causes heart disease, stroke, cancer, and respiratory disease. In fact, 5,618 Minnesotans die each year as a result of tobacco use. Minnesota youth are not immune to the dangers of tobacco use. According to the Minnesota Student Survey of 2001, youth tobacco use in Minnesota is a prominent problem, with 34.7% of Minnesota twelfth grade students and 18.7% of Minnesota ninth grade students currently using tobacco. Youth are the future of Minnesota, and keeping them healthy is imperative.

Community-based tobacco prevention programs are key components of reducing youth tobacco use in Minnesota. The Surgeon General's Report of 1994 recommends that many community groups and resources be utilized as means for addressing youth tobacco use. The immense popularity and unique environment of youth recreational programs provides an excellent opportunity to involve many different members of the community in protecting the health and well-being of the young people in the community. Recreational programs already promote healthy lifestyles through physical activity; therefore, they serve as logical partners for promoting tobacco prevention messages as well.

# 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.

**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 us, we will have a new story every month.

And this time the Vaccine Hesitancy story is focused on the Low-income households. We have also seen a surge of COVID this winter, please consider update your 2024 – 2025 COVID Vaccine.

## ADDRESSING BARRIERS TO COVID-19 VACCINATION IN LOW-INCOME COMMUNITIES



Photo Courtesy: [The Vaccine Equity Project - Guiding Principle 1](#)

The COVID-19 pandemic has highlighted deep inequalities in healthcare access, especially among low-income Americans. Despite the availability of vaccines, many individuals in poverty remain unvaccinated, not out of refusal but due to systemic barriers that prioritize day-to-day survival over preventive healthcare. To effectively improve vaccination rates in low-income communities, we must address the

underlying challenges they face while making vaccines more accessible and relevant to their needs. (1)

For many living in poverty, the daily struggle to secure food, shelter, and other necessities takes precedence over healthcare concerns, including vaccination. Self-preservation often means focusing on immediate needs rather than long-term health measures. (2) Additionally, limited access to information exacerbates the issue. Many low-income individuals lack reliable access to the internet, making it difficult to learn about the most updated vaccination opportunities. Even when they are aware, logistical challenges such as transportation, long distances to vaccination sites, and inflexible work schedules further hinder their ability to get vaccinated.

This leaves low-income communities disconnected from the resources they need to protect themselves from the virus. For many, the issue is not a lack of willingness to get vaccinated but the sheer difficulty of overcoming these barriers. (3)



Throughout AMA interviews, many suggested in order to increase vaccination rates in low-income communities, it is crucial to address the systemic issues that prevent access. Here are some actionable steps:

- **Foster Community Engagement.** Community-led approaches can bridge the gap between vaccine providers and underserved populations. Partnering with local grassroots organizations, faith-based groups, and trusted community leaders can increase outreach effectiveness. Engaging in direct, culturally relevant conversations ensures the low income community's needs are considered and addressed, not just simply – go get vaccine messages.



- **Meet People Where They Are.** Innovative strategies, such as mobile vaccination units, pop-up clinics, or co-located vaccination events at resource fairs, can help bring vaccines to hard-to-reach areas. These efforts should consider flexible scheduling, including evening and weekend hours, to accommodate individuals' work and life demands. Multiple attempts may be necessary to build trust, decreasing hesitancy for low income households.
- **Enhance Outreach and Awareness.** Clear, culturally/linguistically sensitive communication is vital to spreading accurate vaccine information. Local leaders and clinic physicians can foster trust by hosting educational events and distributing materials in various languages that reflect the community's cultural backgrounds.
- **Eliminate Cost Barriers.** While COVID-19 vaccines may not be free anymore, ensuring that recipients understand this fact is critical. Further, financial incentives or assistance for transportation and childcare during vaccination appointments can help reduce economic concerns.
- **Expand Local Vaccination Infrastructure.** Increasing the number of vaccination sites within low-income communities can reduce logistical challenges, such as travel distance, and not just one time pop-up event. Collaborating with community hubs like churches/temples and food pantries to host vaccination events regularly can make vaccines more accessible.

Clearly improving vaccination rates among low-income populations requires a multifaceted approach that goes beyond simply providing the vaccine. It involves addressing the structural inequalities that limit access, increasing education and awareness, and fostering trust within communities. By investing in the well-being of low-income individuals and creating equitable healthcare solutions, we can ensure a safer and healthier future for all.

## REFERENCES

- 1) Patel, J. A., Nielsen, F. B. H., Badiani, A. A., et al. (2020). Poverty, inequality, and COVID-19: The forgotten vulnerable. *Public Health*.
- 2) Kaiser Family Foundation (KFF). (2021). *Vaccination rates by income level and barriers to access*. <https://www.kff.org/coronavirus-covid-19/poll-finding/kff-covid-19-vaccine-monitor-october-2021/>
- 3) Richard Lu, MBA, Suhas Gondi, and Alister Martin, MD, MPP. *Inequity in vaccinations isn't always about hesitancy, it's about access*, April 12, 2021. AAMN News. <https://www.aamc.org/news/inequity-vaccinations-isn-t-always-about-hesitancy-it-s-about-access>

## Educational Article

# **PATTERNS IN COVID-19 VACCINATION COVERAGE, BY SOCIAL VULNERABILITY AND URBANICITY — UNITED STATES**



### **What is already known about this topic?**

Counties with higher levels of social vulnerability have been disproportionately affected by COVID-19.

### **What is added by this report?**

Disparities in county-level vaccination coverage by social vulnerability have increased as vaccine eligibility has expanded, especially in large fringe metropolitan (areas surrounding large cities, e.g., suburban) and nonmetropolitan counties. By May 1, 2021, vaccination coverage among adults was lower among those living in counties with lower socioeconomic status and with higher percentages of households with children, single parents, and persons with disabilities.

### **What are the implications for public health practice?**

Outreach efforts, including expanding public health messaging tailored to local populations and increasing vaccination access, could help increase vaccination coverage in counties with high social vulnerability.

Disparities in vaccination coverage by social vulnerability, defined as social and structural factors associated with adverse health outcomes, were noted during the first 2.5 months of the U.S. COVID-19 vaccination campaign, which began during mid-December 2020. As vaccine eligibility and availability continue to expand, assuring equitable coverage for disproportionately affected communities remains a priority. CDC examined COVID-19 vaccine administration and 2018 CDC social vulnerability index (SVI) data to ascertain whether inequities in COVID-19 vaccination coverage with respect to county-level SVI have persisted, overall and by urbanicity. Vaccination coverage was defined as the number of persons aged  $\geq 18$  years (adults) who had received  $\geq 1$  dose of any Food and Drug Administration (FDA)-authorized COVID-19 vaccine divided by the total adult population in a specified SVI category.

View the full article at: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7022e1.htm>

# PROJECT SUPPORT EVENTS

November 7

## UNIVERSITY YMCA VACCINATION EVENT

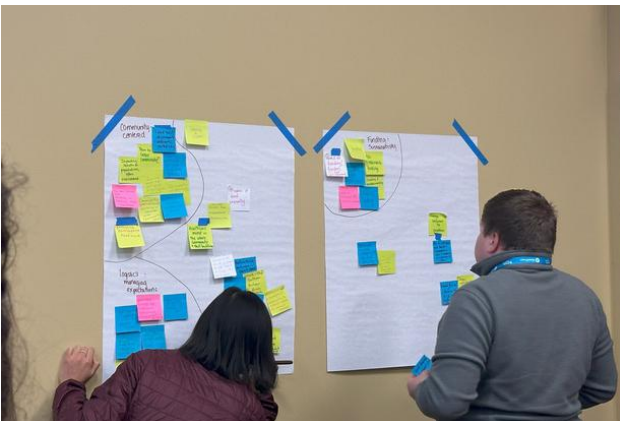
Led by the Asian American Business Resilience Network, we had a resounding success, with over 120 students receiving their vaccinations. Beyond vaccinations, it featured a resource fair, networking sessions, arts and crafts, snacks, and even a PAWS therapy animal session.



November 12

# WORLD CAFE AT THE UOM URBAN RESEARCH AND OUTREACH ENGAGEMENT CENTER

We worked with Dr. Abby Gold to host a dynamic World Cafe-style event at the University of Minnesota. The discussion focused on advancing Produce Prescription (Rx) programs across Minnesota. This gathering brought together voices from around the state to explore collaborative approaches to food-based health solutions.



November 18

# HMONG SENIOR CARE CENTER VACCINATION EVENT

Led by Asian American Business Resilience Network, we hosted a vaccination record-breaking event at Hmong MN Senior Center, 3 cheers to Hmong seniors for taking on responsibilities for their own health!



November 19

# KANG LE ADULT DAYCARE CENTER VACCINATION EVENT

Led by the Asian American Business Resilience Network, we had a pop-up COVID-19 vaccination booth at the Kang Le Adult Daycare Center for Chinese Seniors.



December 02

# TSO SIAB DAYCARE CENTER VACCINATION EVENT

Led by the Asian American Business Resilience Network, we had a pop-up COVID-19 vaccination booth at the Tso Siab Daycare Center for Hmong Seniors.



December 07

## FREEDOM WORKS VACCINATION EVENT

Led by the Restoration for All, we had the COVID-19 vaccination booth at the Freedom Works, with Winter Coat and Produce Give-aways.





# 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 #12

## **UNDERSTANDING AND STOPPING ANTI-ASIAN HATE: RESOURCES FOR STOPPING ANTI-ASIAN HATE**

*Janie Ye - Wayzata High School*

Hate is not something that can easily be stopped. It takes effort from an entire country to fix such a profound problem in society. By starting within our own communities, we can address the problem and eventually stop hate and violence. It is also important to create public awareness and provide information and resources for the community, because anyone can potentially be a victim of a hate crime. Learning about the causes and effects of hate crimes can be an effective prevention method.

One of the largest organizations dedicated to stopping anti-Asian hate is Stop AAPI Hate. On their website (<https://stopaapihate.org/>), they have resources such as safety tips, mental health services, and news articles for people curious about the Asian American community. The organization also has an effective reporting center and collects data about hate crimes to reveal the effect of racism on America. Some useful tools that they provide are documents on understanding rights and federal/state discrimination laws. In these documents, information on reporting is

given for all 50 states, serving as a useful resource for anyone wishing to submit a report on a hate crime. Also, by providing a 50-state summary of anti-discrimination laws, anyone can find the various laws and acts passed by each state relating to stopping discrimination. Stop AAPI Hate also has a page dedicated specifically to providing resources for individuals experiencing hate. They have safety tips for victims and witnesses of hate in more than 10 languages, including Spanish, Chinese, Korean, Vietnamese, Thai, and Hindi. Overall, Stop AAPI Hate is a useful website to report hate and find different resources for victims of hate.

OCA-Asian Pacific American Advocates is another helpful website which provides effective resources to reduce anti-Asian hate. Founded after the murder of Vincent Chin, the organization is based in Washington DC and is dedicated to combating anti-Asian hate incidents. On their website (<https://www.aapihatecrimes.org/>), there are resources such as a reporting center, webinars, and links to websites to file complaints with federal departments (such as the US Department of Justice and FBI). There are also phone numbers and links to other organizations dealing with mental health and victim assistance.

For more local resources, the University of Minnesota has a President's Emerging Scholars Program which provides resources to support Asian Pacific American communities. It lists University statements, campus resources, community resources, and educational resources. It also has links to report hate (including a link to Stop AAPI Hate) and articles on ways to support Asian communities and take action against racism. It can be accessed here: <https://prezscholars.umn.edu/AAPI-support>.

There is no shortage of resources to learn about discrimination and report hate crimes against Asian Americans, but there is a lack of knowledge among society about these resources and events. It is important to educate yourself and to always treat others with respect and kindness.



# UPCOMING EVENTS

## 12-WEEK MEDITATION COHORT

Application deadline: Wednesday, December 18, 2024

Register: [12-Week Meditation Cohort – FREE](#)

### Program Highlights:

- Free 12-week meditation cohort
- Classes offered MOSTLY virtually and two in-person sessions
- Focus on personal growth, mindfulness, and well-being

COMMUNITY JUNCTION

BLACK ZEN

## Looking to improve your well-being?

Join our FREE 12-week meditation program, designed for anyone from beginners to seasoned practitioners. Together, we'll explore how meditation can support your daily mental and physical health and give you tools to shift your mindset and reach your potential.



Register by December 18th

First 20 sign-ups will receive a FREE Meditation Guidebook w/ Calendar & Progress Tracker

Join us in person for the first and last sessions. All other classes are 30-minute virtual sessions.



Scan me

For more information please email : [connect@communityjunction.org](mailto:connect@communityjunction.org)

<https://docs.google.com/forms/d/e/1FAIpQLSd5-9DvRolo1P56FVIBx-8v189dgyNWNcmHJ30A7-2oJT5A/viewform>



Funded by Minnesota's Arts and Cultural Heritage Fund

Hosmer Library  
347 E. 36<sup>th</sup> Street | 612-543-6900 | [hclib.org](http://hclib.org)

### Calling local artists!

Hosmer Library is seeking new and emerging local artists for temporary art exhibits.

Priority is given to artists who

- Reside or work in the library neighborhood.
- Are new, emerging or have limited access to exhibiting their work.
- Represent or amplify the voices of diverse communities.
- Submit art that has potential for broad community interest.

An application is required. Apply by **Dec. 31<sup>st</sup>, 2024** for 2025 consideration. Selected exhibits will receive a \$200 honorarium. Contact Anna Van Sice, Adult Services Librarian, [avansice@hclib.org](mailto:avansice@hclib.org), for a copy of the application or with any questions.

HENNEPIN COUNTY LIBRARY

## HOSMER LIBRARY CALLING LOCAL ARTISTS

**Application deadline:** December 31, 2024, contact Ann Van Sice, [avansice@hclib.org](mailto:avansice@hclib.org) for copy of application

PLACE: Hosmer Library, 347 E 36th Street, Minneapolis, MN 55408

Seeking new and emerging local artists for temporary art exhibits.

Selected exhibits will receive a \$200 honorarium



## TET FESTIVAL 2025 YEAR OF THE SNAKE

DATE/TIME: January 11-12, 2025

PLACE: Burnsville Center, 1178

Burnsville Center, Burnsville, MN 55306

Cultural Performances

Dragon Dance

Children Activities

Food Vendors

## TCML-MN 2025 SPRING SEMESTER REGISTRATION

DATE/TIME: Every Saturday: January 11 to May 10, 2025, except April 5 Spring Break, 9:15am-11:15am

PLACE: Hubbs Learning Center, St. Paul MN (1030 University Ave W, St Paul, MN 55104, Register:

<https://forms.gle/zDmCR5ubv8dLBQ9j9>

We strive to provide excellent Chinese language education, enabling our students to achieve proficiency and learn the essence of Chinese culture and arts. Our curriculum and activities are also designed to cultivate strong moral character in all students, so they can become good world citizens.



Enroll Now!

Immerse in cultural activities  
with meaningful connections



Class Details:

Spring Semester Dates, Time & Location

Dates: Every Saturday: January 11 to May 10, 2025

Time: 9:15am-11:15am

Location: Hubbs Learning Center, St. Paul MN

Spring Semester Tuition: \$360 per New Student  
\$320 per Returning Student

## CITY OF LAKES LOPPET WINTER FESTIVAL

DATE/TIME: February 1-2, 2025  
PLACE: Ted Mann Concert Hall, 2128  
Fourth Street S, Minneapolis, MN 55455

Tickets:  
[www.tickets.umn.edu/UMTE/Online/](http://www.tickets.umn.edu/UMTE/Online/)  
Select 'University Opera Theatre'

Register:  
<https://www.lopep.org/events/festival/>

This weekend event hosts races for skiing, snowshoeing, sit ski, fat bike, an amazing kids ski and my personal favorite, skijoring (skiing with dogs)



## communityconnectionsconference

Saturday, Feb. 8, 9 a.m. - 4 p.m.



Minneapolis  
City of Lakes

Participation is Power  
Speak Act Grow  
Minneapolismn.gov/cc

## COMMUNITY CONNECTIONS CONFERENCE

DATE/TIME: Saturday February 8, 2025, 9:00am-4:00pm  
PLACE: Minneapolis Convention Center, 1301 2nd Ave S, Minneapolis, MN 55404.

The Community Connections Conference is an annual free event that connects residents of Minneapolis, community groups, neighborhoods and local government.



## Contact Us

### Email

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### Telephone

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### Address

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## Partnering with

