

# May is Asian American and Pacific Islander Heritage Month

## Advancing Leaders Through Collaboration



Asian American, Native Hawaiian and Pacific Islander (AANHPI) Heritage Month is observed each May to celebrate the contributions that generations of AAPIs have made to American history, society, and culture.

The AAPI umbrella term includes cultures from the entire Asian continent – including East, Southeast and South Asia – and the Pacific Islands of Melanesia, Micronesia and Polynesia. As of 2019, there were about 22.9 million people of Asian or Pacific Islander descent in the United States.

Since their immigration to the United States, Asians have been met with xenophobia, racism, bias and violence. Chinese workers were abused, robbed and murdered in San Francisco in the 1850s. In 1854, the California Supreme Court ruled in *People v. Hall* that people of Asian descent could not testify against a white person in court, meaning that white people could avoid punishment for anti-Asian crimes.

At the beginning of the COVID-19 pandemic, racist and xenophobic hate speech about the origins of the virus led to a spike in anti-Asian racism and violence, with AAPI people of all ages and cultures being verbally and physically harassed and murdered in cities across the United States. As a response to the rise in anti-Asian violence, the AAPI Equity Alliance, the Chinese for Affirmative Action, and the Asian American Studies Department of San Francisco State University launched the Stop AAPI Hate coalition on March 19, 2020. The coalition

tracks and responds to violence, hate, harassment, discrimination, shunning, and bullying of AAPI people.

According to the Federal Asian Pacific American Council (FAPAC), the theme for AAPI Heritage Month 2022 is “Advancing Leaders Through Collaboration.” The FAPAC encourages local and national governments to prioritize collaboration, development, diversity, transparency, and inclusion through leadership training of AAPI people.

Here are ways to celebrate and acknowledge AAPI Month:

1. Come learn about some traditional Asian American and Pacific Islander cuisine at the Colby cafeteria
  - i. On May 26 and 27, be sure to stop by the Colby cafeteria to enjoy a meal that represents the diverse cultures celebrated during AAPI month.
2. Virtual tour
  - i. Take a virtual tour of some beautiful and impactful locations that represent different areas of AAPI. Examples include:
    - a. [NYC Chinatown](#)
    - b. [Cherry Blossoms Around the World](#)
    - c. [Asian Art Museum](#)
    - d. [Kyoto National Museum](#)
    - e. [Wing Luke Museum](#)
    - f. [Great Wall of China](#)
    - g. [National Museum of Korea](#)
    - h. [Taj Mahal](#)
    - i. [Angkor Wat](#)
    - j. [Thailand](#)
    - k. [Vietnam Heritage Sites](#)
3. Practice mindfulness/yoga
  - i. Yoga originated in India more than 5,000 years ago. Take time this month to either try yoga for the first time or expand your practice.
4. Widen your lens and perspective
  - i. Asian heritage goes beyond Chinese or Japanese ancestry. Asian ancestry can stem from Taiwan, Korea, Indonesia, Vietnam, Laos, Cambodia, the Philippines, Samoa, Fiji, Guam, or South Asian countries like India, Pakistan, and Bhutan, just to name a few. Community members might also be mixed race or hold multiple citizenships. Not to mention, folks from similar geographic backgrounds can have entirely different experiences and beliefs. There is no one definitive Asian experience, and it is important to celebrate the diversity of the community as a whole
5. Focus on inclusion and allyship

- i. You don't have to be of Asian descent to enjoy Asian Pacific Heritage Month. The month is about giving members of the community due praise and attention and acknowledging the contributions these individuals make to society.

**Local resources for caregivers:**

[ACRS Food Bank](#)

[Tasveer South Asian LitFest](#)

[Refugee Cash Assistance](#)

[Asian/ Pacific Islander Survivor Hotline](#)

[Empowerment, Mind/Body](#)

[Legal Clinic](#)

[AAINA: South Asian Women's Focus](#)

**Videos:**

[Asian Stereotypes - Rethinking Perceptions | Laura Li](#)

[Not Your Model Minority | Kelly Choi](#)

[Redefining Asian American Narratives Through Storytelling](#)

[I am not your Asian Stereotype | Canwen Xu](#)

Thank you for the amazing work you do every day. The DEI committee is excited to share with you the events we have planned for 2022. The events wouldn't be possible without the hard work, commitment, and empathetic leadership you provide to our teams here at Providence. If there is anything we can do to aid in your DEI journey, please don't hesitate to reach out.

Best regards,

Kaila, Brooke, and Jess