

Welcome to AAPI Month!

May is Asian American and Pacific Islander (AAPI) Heritage Month. AAPI Heritage Month originated with Rep. Frank Horton of New York in Congress in 1978. He proposed that the President should “proclaim a week...during the first ten days in May of 1979 as ‘Asian/Pacific American Heritage Week.’” The month of May was chosen to commemorate the immigration of the first Japanese people to the United States on May 7, 1843, and the anniversary of the completion of the transcontinental railroad on May 10, 1869, as the majority of the workers who laid the tracks were Chinese immigrants. The resolution was signed by President Carter on October 5, 1978. In 1990, Congress passed a law that expanded the observance to a month, and in 1992, another law annually designating May as AAPI Heritage Month.

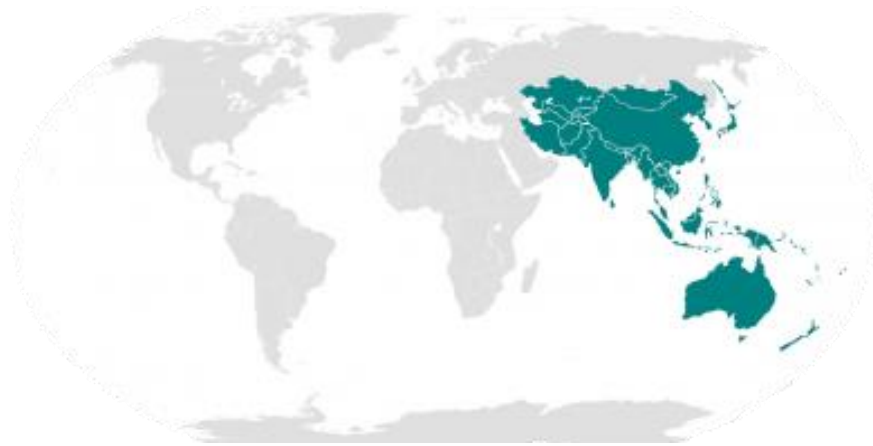
During this month we honor the resiliency of every Asian American and Pacific Islander who has made a difference to the fabric of our country and within our Mount Sinai community. The joint collaborative efforts of the groups listed below commemorate the first annual AAPI month celebrations throughout the Icahn School of Medicine at Mount Sinai and the Mount Sinai Health System. For our inaugural year, cafeterias across all eight Mount Sinai hospitals are serving different AAPI cuisines each week of May. Be sure to visit and tantalize your palate.

For more information on AAPI Heritage Month, visit <https://www.mountsinai.org/about/caabr>.

Ways to Become Involved

If you are interested in becoming involved in an AAPI group within Mount Sinai, see below for more information.

- **APAMSA**, the Asian Pacific Medical Students Association, is a national organization of medical and premedical students committed to addressing the unique health challenges of Asian American, Native Hawaiian, and Pacific Islander communities. Please email apamsa.mssm@gmail.com if you would like more information.
- **ARN**, the Asian Resource Network, is an employee resource group that seeks to enhance awareness of the Asian, Southeast Asian, and Pacific Islander cultures and traditions through educational activities and events during the year. In addition, the group seeks to establish personal/professional development and networking forums for Mount Sinai employees to address areas that relate to or impact Asian Americans within the organization. To join, fill out this [form](#).
- **CAABR**, the Committee Against Anti-Asian Bias and Racism, was formed to address the growing concerns and fears about AAPI racism and to engage stakeholders from across Icahn Mount Sinai and the Health System to develop and implement strategies to address and combat anti-Asian bias and racism. To get involved, email CAABR@mountsinai.org.
- **SAMSA**, the South Asian Medical Students’ Association, is committed to supporting its students, promoting research initiatives and advocacy efforts, and addressing the needs of the South Asian American community. We invite you to join SAMSA in our mission to improve cultural competency in the next generation of leaders. Email sinai.samsa@gmail.com for more information.



Which Countries do AAPI Represent?

These countries are located on the continent of Asia and the Pacific Islands of Melanesia, Micronesia, and Polynesia.

East Asia: 8 countries/regions: China, Hong Kong, Macau, Taiwan, Japan, Mongolia, North Korea, South Korea

Central Asia: 5 countries: Kazakhstan, Kyrgyzstan, Tajikistan, Turkmenistan, and Uzbekistan

Southeast Asia: 11 countries from eastern India to China that are generally divided into “mainland” and “island” zones

- **Mainland Zone:** Myanmar, Thailand, Laos, Cambodia, and Vietnam
- **Island Zone:** Malaysia, Singapore, Indonesia, the Philippines, Brunei, and Timor-Leste

South Asia: 9 countries: Afghanistan, Bangladesh, Bhutan, India, Iran, Maldives, Nepal, Pakistan, and Sri Lanka

Pacific Islands:

- **Polynesia:** Hawaii, Samoa, American Samoa, Tokelau, Tahiti, Tonga, New Zealand, Rotuma, Tuvalu, Cook Islands, French Polynesia, and Easter Island
- **Micronesia:** Guam, Palau, the Northern Mariana Islands, the Marshall Islands, the Federated States of Micronesia, Nauru, and Kiribati
- **Melanesia:** Fiji; New Caledonia, Papua New Guinea; the Solomon Islands, and Vanuatu

* The countries/regions listed above are generally accepted as AAPI regions but are not definitive due to historical variation, interpretation, and self-identification. On the Asian continent, the countries, cultures, and peoples commonly grouped into the “Middle East” or “Near East” (rarely, “West Asia”) are respectfully excluded here. The focus on identifying countries in South, East, Southeast, and Central Asia as well as the Pacific is to help conceptualize who is an “Asian American Pacific Islander” in the American imagination.

How to Celebrate at Work

With more than 20 million Asians living in America, and 1.4 million Pacific Islanders, this is the fastest-growing racial and ethnic group in the United States. The contributions of Asian Americans and Pacific Islanders are broad, and celebrating AAPI Heritage Month is a way to honor and recognize your coworkers’ culture and differences. Part of diversity, equity, and inclusion is recognizing people for who they are outside their official job roles and taking the time to celebrate their differences. AAPI Heritage Month is not only for AAPI to celebrate and educate, but also a time for all people to actively participate and take actions to educate themselves. Allies are important to any cause and can help to amplify the voices of the AAPI community when they need it the most. The suggested activities below are a great way to show appreciation for your co-workers and their contributions, celebrate their traditions while encouraging bonding, and learn more about your co-workers’ unique backgrounds.

Don’t miss your opportunity to celebrate this month:

1. Ask your AAPI employees if and how they want to celebrate. Please note that it’s important not to pressure anyone to participate, including (and especially) your AAPI colleagues. All participation should be voluntary.
2. Explore Asian and Pacific Islander cuisine. Hold a potluck with decorations and music.
3. Host a lunch-and-learn or discussion session
4. Host a book club or movie night
5. Visit a museum, such as MOCA (Museum of Chinese in America) or The Rubin Museum, in person or virtually
6. Have a fashion show celebrating the diversity and meaning in traditional clothing