

anesthesiology diversity newsletter

May

Asian American & Pacific Islander Heritage
Haitian Heritage
Indian Heritage
Jewish American Heritage
Mental Health Awareness
Older Americans Month

Mental Health Awareness Month

May's diversity month raises awareness for individuals living with mental or behavioral issues and seeks to reduce the stigma that they experience. We suggest celebrating Mental Health Awareness month by understanding how stress impacts your body, developing your support network, and reaching out to friends or family members that you believe may be struggling.

<https://www.aha.org/mental-health-awareness-month>

<https://www.aha.org/people-matter-words-matter>

Older Americans Month

Established in 1963, Older Americans Month is led by the Administration for Community Living. It seeks to celebrate the accomplishments of the elderly as well as raise awareness concerning elder abuse and neglect.

Jewish American Heritage Month

Jewish American Heritage recognizes American Jews and their importance to our nation. To celebrate this event, learn more about Jewish Culture and traditions.

- [Jewish Culture and Traditions: Resources in the American Folklife Center at the Library of Congress](#)

Asian American and Pacific Islander Heritage Month

Our May multicultural calendar recognizes Asian Americans and the Pacific Islands. They have long enriched America's history and ensured its future success. To recognize this group, an entire month is dedicated to celebrating them. We suggest trying out a few of the following to truly appreciate their contributions. Make a positive impact, and help stop Asian Hate with online sensitivity training.

- [Explore AAPI history](#)
- Support a local AAPI business in your community

Upcoming Events & Diversity Trainings

Campus wide: <https://diversity.unc.edu/education/campus-wide-trainings/>

1 [Green Zone Training](#)

2 [Haven Training](#)

3 [Mental Health First Aid](#)

4 [Standard Safe Zone Training](#)

5 [Safe Zone Gender Identity & Gender Expression](#)

6 [UndocuCarolina](#)

[Unconscious Bias Awareness](#)

Explores unintended/implicit bias and introduces foundational concepts that are necessary to additional engagement with DEI-related topics and issues. This workshop will be offered monthly throughout the year, and is strongly recommended to be first training that participants attend.

[Unconscious Bias Awareness](#): May 16 @ 11:00 am - 1:30 pm

[Inclusion and Belonging Hot Topics Series: Seeing White](#), May 18th, 1-2pm & May 24th, 12:30p-1:30p. Based on feedback from the 2020 Diversity, Equity, and Inclusion (DEI) survey, we remain committed to creating spaces for teammates to engage in conversations around inclusion and belonging topics. This series consists of one-hour virtual sessions available to all interested teammates. During each session, participants will view a short video and then engage in a facilitated discussion.

This session's video is "Seeing White" in which journalist and documentary podcaster, John Biewen, discusses how our approach to solving racial injustice may be transformed by understanding who invented the very notion of being "black," or "white."

UNC SOM DEI Certificate Program

<https://www.med.unc.edu/inclusion/programs-and-initiatives/dei-certificate-program/>

The DEI Certificate Program is a new initiative from the SOM Office of Inclusive Excellence in support of the 2019 SOM Strategic Plan to foster an inclusive workplace environment. The program's curriculum offers workshops and trainings designed to broaden awareness about Diversity, Equity, and Inclusion topics among the SOM faculty/staff and deepen engagement with and between individuals in the SOM at all levels – from patients to leadership. The workshops offered as part of the certificate program address a broad array of DEI topics, including those related to race and ethnicity, gender and sexual orientation, culture and religion, socioeconomic status, and more.

Other local events:

Celebrating women in choreography: <https://www.visit Chapel Hill.org/event/alvin-ailey-american-dance-theater/18731/>

Bilingual story time celebrating healthcare workers: <https://www.visit Chapel Hill.org/event/spanish-storytime/27285/>

Asian Pacific heritage: <https://www.unc.edu/posts/2022/03/29/asian-pacific-american-heritage-month-events-scheduled-for-april/>

Haitian flag day: <https://www.eventbrite.com/e/haitian-flag-day-celebration-the-evening-affair-tickets-315085618567?aff=ebdssbdestsearch>

International food fest: <https://www.caryliving.com/new-events/2022/5/6/holly-springs-international-food-festival>

Women's wellness: <https://www.caryliving.com/new-events/2022/5/14/inside-out-strong-a-wellness-workshop-for-mothers-and-daughters>

Cultural HBCU sports history exhibit: <https://downtowndurham.com/event/the-last-dance-a-photo-exhibition-historic-durham-athletic-park/>

May Diversity Calendar

May 1: BELTANE A fire festival celebrated by the Pagan and Wiccan religions that celebrate summer and the fertility of the upcoming year.

May 2: EID AL-FITR Islamic The “Feast of the Breaking of the Fast” marks the end of Ramadan, the holy month of fasting from dawn until dusk.

May 3: WORLD PRESS FREEDOM DAY Serves as an occasion to inform the public of violations of the right to freedom of expression and as a reminder that many journalists brave death or jail to bring people their daily news.

May 5: CINCO DE MAYO In 1862 Mexican forces defeated French occupational forces in the Battle of Puebla.

May 8: MOTHER’S DAY Children of all ages show appreciation for their mothers and mother figures.

May 8: BUDDHA’S BIRTHDAY a significant day of celebration for Buddhists around the world. Prince Siddhartha Gautama is the founder of one of the most popular religions in the world. The festival Vesak celebrates his birth and marks his Enlightenment for some Buddhists.

May 8-9: Time of Remembrance and Reconciliation for those who Lost their Lives during WWII.

May 16: VISAKHA PUJA • Buddhist Also known as Vesak or Buddha Day, it marks the birth, spiritual awakening and death (nirvana) of the historical Buddha. (This date may vary based on region or sect.)

May 17: INT’L DAY AGAINST HOMOPHOBIA, TRANSPHOBIA & BIPHOBIA the date chosen to honor the decision to remove homosexuality from the International Classifications of Diseases of the WHO in 1990. On this day, 132 countries coordinate international events that raise awareness of LGBT rights. You can celebrate by reading up on the terminology so you can talk about the issues confidently in the workplace.

May 19: LAG B’OMER • Jewish Celebrates the end of a divine-sent plague and/or Roman occupation during Rabbi Akiva’s lifetime (died c. 135 CE).

May 19: MALCOLM X’S BIRTHDAY In the 1960s, Malcolm X was a prominent civil rights leader and figure in the Nation of Islam. He was assassinated in 1965. His birthday is celebrated on May 19th, and it’s known as “Malcolm X Day.”

May 20: ASIAN GOLD RIBBON DAY Asians and non-Asians adorning gold ribbons to demonstrate courage and unity to stand up against anti-Asian racism. It is an outward expression signifying pride in Asian heritage and culture.

May 21: WORLD DAY FOR CULTURAL DIVERSITY Recognizes cultural diversity as a source of innovation, exchange and creativity, as well as the obligation to create a more peaceful and equitable society based on mutual respect.

May 22: INT'L DAY for BIOLOGICAL DIVERSITY • The international day for biodiversity was established by the United Nations and promotes biological variability of genetics, species, and ecosystems on our planet

May 23: DECLARATION OF THE BÁB • Bahá'í Commemoration of May 23, 1844, when the Báb, the prophet-herald of the Bahá'í Faith, announced in Shíráz, Persia, that he was the herald of a new messenger of God.

May 26: ASCENSION DAY • Christian Also known as Holy Thursday, celebrated 40 days after Easter/Pascha, it commemorates the ascension of Jesus into Heaven. © 2021 Anti-Defamation League Page 9 <https://www.adl.org/education/resources/tools-and-strategies/calendar-of-observances>

May 29: ASCENSION OF BAHÁ'U'LLÁH • Bahá'í Observance of the anniversary of the death in exile of Bahá'u'lláh, the prophet-founder of the Bahá'í Faith.

May 30: MEMORIAL DAY A federal holiday in the United States for remembering the

May 2022

Other Random Things:

<https://oshr.nc.gov/understanding-racism-and-inequity>

[A Class Divided \(full film\)](#) | FRONTLINE: School teacher/activist Jane Elliott's famous Blue/Eyes Brown Eyes experiment with Iowa third-graders assessing the power of discrimination (53 minutes)

[P&G: The Look](#) | (video) Proctor and Gamble: Highlights the bias experienced by Black men in America; one in a series of two-minute #TalkAboutBias videos redefining what it means to be Black (approx. 2 min.)

[How Company Leaders Can Promote Racial Justice in the Workplace](#) | (article - August 27, 2020): Four principles to turn today's diversity, equity, and inclusion initiatives into sustained progress

[PBS News Hour: Answering Your Questions on Race in the Workplace](#) | (article, video clips approx. 5 min. ea. - June 5, 2020): Interviews, Q&A, and advice on how to support people of color and discuss race at work

[Taking Steps to Eliminate Racism in the Workplace](#) | (article – October 22, 2018): Examines the impact of stereotypes and the manifestation of microaggressions in the workplace; provides examples and tips using Starbucks' bias training model

[Creating a Safe Space at Work for Discussing Social Justice Topics](#) | (article - August 20, 2020): A look at the importance of and steps for creating a safe space and a culture of trust

Wilmington Jewish Film Festival: <https://wilmingtonjff.org/>

Wilmington, NC

April 24-May 5, 2022

Wellness:

<https://hr.unc.edu/events/category/wellness/2022-05/>

<https://www.wakeahec.org/courses-and-events/67592/webinar-live-provider-wellness-listening-circle>

Enjoy the Zinery: NCAAT YAM Ethnic Studies Zine Launch

May 2, 2022 5:30 PM - 7:00 PM ET Join us virtually for the NCAAT Youth's Ethnic Studies Zine Launch – Enjoy the Zinery! We will launch a self-published booklet highlighting the personal experiences of members in NCAAT's Youth Ambassador Program and their local community as Asian Americans living through modern history. Also joining our event are Audrey Meigs, our Youth Fellow with a helpful storytelling toolkit befit for use by all community members, as well as Andrea Kim Neighbors, our guest speaker from the world-renowned Smithsonian Institution's Asian Pacific American Center with an awesome, educational presentation. We hope you Enjoy the Zinery

UNC Anesthesia DEI Committee Members:

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Elisa Lund

Skye Margolies

Duncan McLean

Kim Nichols

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Interested in joining your colleagues & getting involved?

There are many ways to contribute & make a difference!!

Please contact the DEI Committee to learn more:

Anes_diversity@med.unc.edu

<https://www.med.unc.edu/anesthesiology/our-department/diversity-equity-inclusion/>