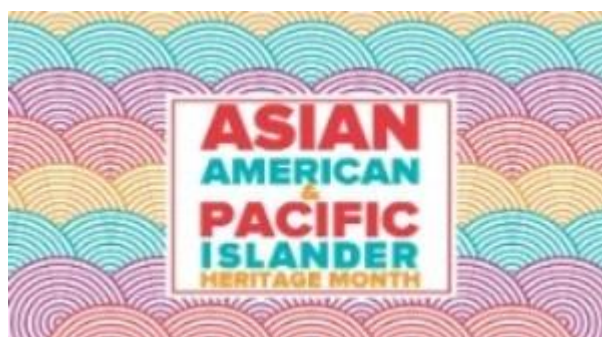




## May 2022 Edition

This month we recognize Asian American Pacific Islander Heritage Month, which celebrates the histories of Americans whose families originated from across the Asian continent and from the Pacific islands of Melanesia, Micronesia, and Polynesia. This year's theme is "Advancing Leaders Through Collaboration," which builds on a



leadership advancement theme series that began last year. The month of May was selected for two reasons: First, to commemorate the arrival of the first known Japanese immigrant to the [U.S. on May 7, 1843](#); second, to honor the completion of the transcontinental railroad on May 10, 1869, which [upwards of 20,000 Chinese workers](#) helped to construct. The month pays tribute to the generations of Asian Americans and Pacific Islanders who have enriched United States history and are instrumental in its future success. [Learn More](#).

The DE&I Committee interviewed a few of your fellow colleagues about what it means to them to be part of the AAPI community. Learn more [here](#).



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### **Maternal Mental Health**

Each May we recognize Maternal Mental Health Awareness Month. In many countries, as many as one in five new mothers experiences some type of perinatal mood and anxiety disorder (PMD). These illnesses frequently go unnoticed and untreated, often with tragic and long-term consequences to mothers, children, and fathers alike.

You can get involved in the chat around Maternal Mental Health Month on Twitter using the hashtag #MaternalMentalHealthMonth.

Eighty percent of new mothers report the “baby blues,” or intermittent periods of tearfulness, worry, irritability, and fatigue. Twenty percent of new mothers meet criteria for a pregnancy or postpartum mood disorder.

To address this issue, we need to raise public and professional awareness of [perinatal mental health problems](#), advocate for women affected by it, change attitudes, and help families access the information, care, and support they need to recover.

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## Resources of the Month

### DE&I Committee May Picks

- [Asian Pacific Heritage Month](#)
- [12 Ways to Celebrate Asian Pacific American Heritage Month](#)
- [AAPI Equity Alliance](#)
- [Asian Pride Project](#)
- [The National Queer Asian Pacific Islander Alliance](#)
- [CBS Video: Understanding the History of Asian American and Pacific Islander Heritage Month](#)

### Maternal Health

- [Videos: Maternal Mental Health NOW](#)
- [20/20 Mom](#)
- [Press Release: Into the Light for Maternal Mental Health and Substance Use Disorders Act of 2022](#)
- [SAMHSA Website](#)

### Local Events and Resources:

## Raise Your Cultural IQ!

### Did You Know?

[Video: Understanding what the term AAPI Asian American and Pacific Islanders means. Want to be an ally? Start by better understanding who makes up the community.](#)

### Virtual Tours

- [Cherry Blossoms Around the World](#)
- [Asian Art Museum - San Francisco](#)
- [Kyoto National Museum](#)
- [Great Wall of China](#)
- [National Museum of Modern and Contemporary Art, Korea](#)
- [National Museum of China](#)
- [Philippines, Manila 360 Virtual Tour](#)
- [Taj Mahal](#)
- [Angkor Wat](#)
- [Thailand](#)

- [Smithsonian Associates Events:](#)  
*Advocating for Community Through Culinary Traditions*
- [Vietnam Heritage Sites](#)
- [Asian Art Museum – San Francisco](#)
- [Virginia Resources:](#) *Virginia Asian Advisory Board*
- [Maryland Resources:](#) *Anti-Asian Hate Crimes Resource Center*
- [D.C.: Asian American and Pacific Islanders Community Organization Directory](#)
- Oprah Daily: [Celebrate Asian American and Pacific Islander Heritage Month with These 10 Books](#)

Do you have a resource you want to see in the next edition of the *DE&I Digest*? Next month, we'll be celebrating **Pride and Juneteenth**! Send resources to [DEICommittee@amga.org](mailto:DEICommittee@amga.org) for review by the DE&I Committee. Please ensure resources submitted are from reputable sources.

Questions? Comments? Suggestions? We'd love to hear from you! Email the DE&I Committee at [DEICommittee@amga.org](mailto:DEICommittee@amga.org)

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