



Belong | Include | Empower



Dear OHSU School of Medicine Community:

Greetings! May's edition is dedicated to several health observances including National Mental Health Month. The School of Medicine also recognizes and celebrates Asian Heritage & Pacific Islander Month. The [SoM Diversity website](#) has expanded resources by adding local Asian organizations and professional associations that recognize the health needs and representation of leadership in the health and sciences.

The SoM Dean's Office is also pleased to provide 2022-2023 mentorship opportunities to students paired with OHSU physicians with similar backgrounds and interests:

- 50 M.D. underrepresented minority students through the M.D. Diversity Mentorship Program
- 225 through the Pay It Forward Mentorship Program
- 80 through the Graduate Student Peer Network

Thank you to our students and faculty members who signed up to be part of this effort.

Sincerely,

Leslie Garcia, M.P.A.
Assistant Dean for Diversity, Equity, & Inclusion
OHSU School of Medicine

Students praise mentors

" Dr. Ondusko has been an awesome and passionate mentor. She will be my faculty mentor for my scholarly project! Thank you so much for all of your efforts in pairing us with mentors! This program has already made a great impact on my education." – Asia Wooten, MD25, SNMA Co-president

"I am from New Orleans, LA where I am used to seeing people who look like me. Dr. Marshall, a successful Black female physician, understands the hardships, trials, and tribulations that I face as a Black medical student and is able to connect with me, provide support, and offer advice. I am truly grateful for the Diversity Mentorship Program!" – Mattie Watts, MD25, Diversity and Inclusion Liaison.

May Observances

American Stroke Association

Defeat stroke by acting F.A.S.T.

Make protecting loved ones from stroke your superpower. It can mean the difference between life or death, and recovery or disability.

[Learn the warning signs of stroke >](#)

← Main Entrance

← EMERGENCY

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National Stroke Awareness Month

Black women are more likely to have a stroke than any other racial or ethnic group of women in the U.S. Stroke is a leading cause of death that can happen to anyone. [Learn](#) about the risks, signs and symptoms.

National Arthritis Awareness Month

The risk of arthritis increases with age and is more common among women.

About 1 in 5 U.S. adults with arthritis have symptoms of anxiety or depression, more common in women, younger, who identify as LGBT+ [Learn](#) about programs that improve the quality of life for people with arthritis.

National Women's Health Week

[Raise awareness](#) about ensuring equal access to high-quality, affordable care for women. It is important for women to catch up on any delayed routine care, missed vaccines or medical care. OHSU's Center for Women's Health offers [resources](#).

Mental Health Awareness Month



Millions of Americans are living with mental illness. During May, let's fight stigma, provide support, education, and advocacy for policies that support people with mental illness and their families.

The pandemic's stress, isolation, and uncertainty have taken a toll on our well-being. At the SoM, we have resources to support [students](#), [staff and faculty](#).

Resources: Download Mental Health America's 2022 Mental Health Month toolkit "[Back to Basics](#)" which provides knowledge about mental health conditions. Access mental health and [COVID-19 information and resources](#). Share [a list](#) of culturally specific Mental Health services and resources.

Asian Heritage and Pacific Islander Month



[WATCH](#): the 5-part 2020 documentary series led by a team of Asian American filmmakers. *Asian Americans* examines the significant role of Asian Americans in shaping American history and identity, from the first wave of Asian immigrants in the 1850s and identity politics during the social and cultural turmoil of the twentieth century to modern refugee crises in a globally connected world.

In May, we recognize the influence and contributions of **Asian Americans and Pacific Islander Americans**.

The first **Japanese** community members came to the U.S. May 7, 1843, during the California Gold Rush. The First Transcontinental Railroad was completed May 10, 1869; the tracks that connected the frontier to the rest of the country were laid by many workers of **Chinese** descent. **Koreans** arrived in the U.S. in 1884, **Samoans** in 1920 moved to Hawaii, and the first **Vietnamese** community members arriving in 1912.

Asian Heritage and Pacific Islander Month began as a 10-day celebration in 1977. President George H.W. Bush made it a month-long commemoration in 1992.

Asian Americans have origins or ancestry ties to East Asia, Southeast Asia, the Indian subcontinent (Cambodia, China, India, Japan, Korea, Laos, Malaysia, Myanmar, Pakistan, the Philippine Islands, Thailand, and Vietnam).

Native Hawaiian/Pacific Islanders have origins in Oceania. A "Native Hawaiian" does not refer to individuals who are native to the state of Hawaii by being born there. Oceania is comprised of three major island groups:

- Polynesia (New Zealand, Easter Island, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands and French Polynesia)
- Micronesia (Guam, Palau, Marianas, Wake Island, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia)
- Melanesia (Fiji, New Caledonia, Vanuatu, Solomon Islands, West Papua, and New Guinea).

We acknowledge each group is unique with its own traditions, language, customs, and other facets of diversity including health status.

In the commentary [“The health of Asian Americans Depends on Not Grouping All Asian Communities under the Catch All Term.”](#) Drs. Douglas Yeung and Lu Dong note different medical conditions impacting specific groups. “It is important to understand the unique circumstances of each group to understand the disease burdens,” they wrote.

[Read about the health](#) of the Asian and Pacific Islander population.

Enrichment

All events are listed in Pacific Time, even those hosted in other time zones.

[Mon.-Wed., May 2-4 | Conference for Agricultural Worker Health](#)

Dedicated solely to the health and well-being of America's migratory and seasonal agricultural workers and their families.

[Wed. May 4, 12-1 p.m. | Healing intergenerational trauma through re-parenting practices](#)

This session will explore the fundamentals of parenting and how it can help us heal and prevent us from projecting our wounds onto our children. Sponsored by OHSU's Employee Resource Groups Culturas Unidas and Women's.

[Fri., May 6, 10 a.m. | Bridging the Gap: How to connect DEI work with HR](#)

This panel discussion will explore the intersection between culture, HR and diversity.

[Fri.-Sat., May 6-7 | Women's mental health conference](#)

This conference is a trainee-led space that improves care for people identifying as women.

[Thurs., May 19, 5-6 p.m. | Diversity Awareness through the arts and culture series](#)

OHSU students Susie Koga Truong, Atchareya Jiramanee, Raelyn Alamani Kanoho, and Antita Kanjanakaew, who identify as AAPI, will discuss their unique cultures and practices to help improve awareness about the diversity of cultures and lifestyles among Asian American and Pacific Islander communities.

[Mon.-Thurs., May 9-12 | National Tribal Public Health Summit 2022](#)

The National Indian Health Board will highlight the importance of public health work happening in Indian Country.

[Sat., May 14 | Oregon rises above hate](#)

Celebrate Asian American Pacific Islander Heritage Month and the Asian American, Native Hawaiian, Pacific Islander community, its resilience, and commit to combat the continued rise anti-Asian hate.

[Thurs., May 19, 12-1 p.m. | The Oregon Bioethics and Humanities Colloquium: Presentation by Dr. William Sturkey](#)

[Dr. Sturkey](#) is an associate professor of history at the University of North Carolina at Chapel Hill, where he teaches courses on Modern American, Southern, and African American History. He is the editor of *To Write in the Light of Freedom*, a collection of newspapers produced by Black youth in the 1964 Freedom Schools.

[Thurs.-Sun., June 16-19 | Minority Faculty Leadership Development Seminar](#)

Registration is open for this AAMC seminar which will provide participants with real-world guidance and tools for pursuing career advancement in academic medicine.

Your hand on the pulse

- [OHSU's Queer Health Alliance earns Chapter of the Year honorable mention](#)
- [Shame on us for shaming people with excess weight, AAMC](#)
- [Explore URiM opportunities for visiting students, AAMC](#)

Spotlight: Sen "Andrew" Yang and Rui Heng Chen, MD22



M.D. student Andrew Yang, pictured right in black jacket and cheering on Rui Heng on Match Day 2022, was eight when he and his family immigrated to the U.S. from Zhanjiang on the southwestern side of China's Guangdong Province.

Inspired by his mom, who worked as a caregiver, Yang applied and was accepted to medical school at OHSU.

M.D. classmate Chen (in blue, hugging and holding letter) at age nine came with his family to the U.S. from a place that is only three hours northeast of Zhanjiang. The two met at OHSU.

"My Chinese heritage has helped me develop the strength and resilience needed to thrive in medical school, the courage to face adversity head-on, and the compassion for healing," Chen said.

At Match Day on March 18, the friends celebrated together with Chen's parents and cousin. Both will stay at OHSU for residency, Yang in ophthalmology and Chen in plastic surgery.

The SoM Belong, Include, Empower e-newsletter is sent monthly to members of the OHSU School of Medicine. This space is dedicated to the valuable role of Diversity, Equity, Inclusion and Anti-racism (DEI&A) practices in promoting trust, engagement and well being. Have an idea, resource or an event to share? Questions and comments? somdiversity@ohsu.edu