



CHBS Canopy

Inclusive Excellence

Volume 2 | Issue 14 – April 15, 2024

The CHBS Canopy is our college's newsletter that highlights inclusive excellence efforts within the college, provides insights into issues of inclusion and diversity, and shares learning opportunities on campus and in the region.

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Celebrating Asian Pacific Islander Desi American Heritage Month

Among the many vibrant strands in the global fabric are the histories, journeys, contributions, and cultures of Asian Americans, Native Hawaiians, Pacific Islanders, and Desi-Americans in the United States, whom we acknowledge and celebrate with during Asian, Pacific Islander, Native Hawaiian, and Desi-American Heritage Month, observed in May. Yes, this month has grown to include the Pacific Rim as the Census started to allow more identities. For the purposes of this article, AAPI is used.

Asians make up 60% of the world's population, estimated at 4.5 billion people. Asian Americans are one of the fastest-growing racial or ethnic groups in the United States. According to the U.S. Census Bureau, as of 2020, they accounted for approximately 6% of the total U.S. population, with projections indicating continued growth. According to the 2019 Census Bureau population estimate, there are **18.9 million** Asian Americans living in the United States. [Virginia](#) is ranked eighth nationally among states as having a large Asian population.



JMU estimates that about seven percent of the student body identifies as Asian. There are about 102 Asian identified faculty on campus. In CHBS, among our 22 racially diverse faculty, 14 are of Asian descent, many of whom are naturalized American citizens. CHBS has a faculty of approximately 183 members.

Asian and Pacific Islander cultures vary, encompassing languages, traditions, customs, and cuisines. Their arrival on this continent is equally varied from times of welcoming to specific legislative efforts of exclusion and harm, such as the [Chinese Exclusion Act of 1882](#) or the [Japanese Internment camps](#) of the 1940s. The story of [Queen Lili'uokalani](#), Hawaii's last sovereign monarch of the Hawaiian Kingdom, includes the coup d'etat that led to Hawaii becoming the 50th USA state under President Dwight Eisenhower in the signing of the Hawaii Admissions Act in 1959. Japan survived the harms of the atomic bombs, while Pearl Harbor endured attacks in Hawaii. As the pandemic emerged, assumed and actual Chinese persons experienced hateful blame and discrimination regarding the pandemic. Assumptions about the peaceful, domicile, tech-competent, or "model minority," when applied to the population, are considered biased and limit the way AAPI people may want to show up in our classrooms, units, or community. We acknowledge that variety in the 4.5 billion is a reality, and we should expect differences among people.

The AAPI community has made substantial contributions to the field of health and medicine. Asian American physicians, researchers, and healthcare professionals have played critical roles in advancing medical knowledge, improving patient care, and addressing public health challenges.



For example:

- Dr. David Ho, a renowned HIV/AIDS researcher, made groundbreaking contributions to the understanding and treatment of the disease.
- **Dr. Helen Kim**, a pioneer in the field of geriatric medicine, has dedicated her career to improving the health and well-being of elderly patients.
- Asian American nurses, pharmacists, and other healthcare professionals play vital roles in providing culturally competent care and addressing health disparities within their communities.

Asian, Pacific Islander, Native Hawaiian, and Desi-American Heritage Month serves as an opportunity for dialogue, education, and reflection on the challenges and triumphs faced by these communities and how we show up to support and provide care for them when needed. There has been a growing recognition of the need to amplify the voices and experiences of Asian Americans, Native Hawaiians, and Pacific Islanders. We acknowledge the resilience and strength of those who have persevered in the face of adversity, including experiences of discrimination, exclusion, and marginalization. We celebrate the many accomplishments across many areas of health and other fields.

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NATIONAL MILITARY APPRECIATION MONTH

Introduced by Senator John McCain in 1999, National Military Appreciation Month is intended to encourage Americans to reflect on the sacrifices of current and former individuals who served in all areas of military service. Including the National Guard and Reserve units, the U.S.A. military has approximately 2.2 million members. Military service is also a family experience, and May 10th is designated as a day to recognize military spouses for their support as anchors for the military experiences.



Colleges and faculty are encouraged to become more supportive and accommodate the needs of those with prior military experience in their academic career. It is estimated that 3.9% (842 students) of JMU’s student body are attending under the GI Bill; this is consistent with the national estimate that three to four percent of students are veterans ([Student Veterans of America](#)). The types of support needed may include:

- Accommodate military service members and reservists absent due to service requirements.
- Help students to manage their benefits that cover the cost of coursework with efficiency.
- Encourage military-connected students to utilize the designated academic and counseling supports where possible on campus.
- If you notice a military-connected student is distressed, not attending classes or turning in assignments, reach out to be supportive and refer them appropriately. Faculty/staff are not encouraged to “counsel” students but to be active listeners and assist them with the best care providers available.

Housed in Taylor Hall within the Madison Union, JMU VALOR was started in 2022, mainly for veterans. It soon recognized its ability to provide resources for active-duty military personnel, veterans, ROTC cadets, and their families and dependents. Virginia Department of Veteran Services has an office in VALOR, and the Resource Center operates there. Resources are available to military-connected people like students engaged with JMU ROTC and [student veterans](#). May we start the month by acknowledging the military-connected students in our units and recognizing their contributions. Thank you for your service.

Viewpoints on Health Topic or Speaker Solicitation

If you have a cutting-edge topic or area for CHBS to explore, or a great speaker, please email any suggestions to brysonbj@jmu.edu. All creative and innovative ideas are welcome. The focus could be on local interests or speakers. Over the summer, a determination is made, and work begins on planning our spring Viewpoints on Health opportunities.

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May is Jewish American Heritage Month

Some health and medical contributions of Jewish Americans include:

Basil Hirschowitz, Gastroenterologist	Invented the fiber-optic endoscope
Marshall Nirenberg, Biochemist, Geneticist	Cracked the human genetic code
Rosalyn Yalow, Physicist	Helped develop the process for safe blood transfusions
Jonas Salk, Virologist	Invented the cure to polio
Michael Gottlieb, Immunologist	Developed early treatments for patients living with HIV/AIDS
Henry Heimlich, Thoracic Surgeon	Invented the Heimlich maneuver

For more examples of the many contributions and history of Jewish people, listen to this ten-minute [video](#).

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American Stroke Month

Anyone may have a stroke, but persons over age 55, African Americans, males, and those with a family history of stroke or heart attacks are at greater risk. According to [NIH](#), babies under the age of one year have a higher stroke risk. A stroke is a medical emergency. [Getting help](#) quickly reduces brain damage and stroke complications. Raise your awareness of how to recognize a stroke. **F-A-S-T** is a quick assessment tool for laypeople.

- **Face** - Face drooping (if you ask them to smile, then it will be crooked or one-sided)
- **Arm** - Arm weakness or numbness (if you ask them to lift both arms, one will drop lower than the other)
- **Speech** - Speech problems such as slurring or difficulty repeating a sentence
- **Time** - Time to call an ambulance. Call 911-Fast. Time may be the difference between life and death or even partial and full recovery.



Symptoms may appear days before a major event or suddenly. Other symptoms to watch for and know:

- A sudden, severe headache
- Sudden dizziness, loss of balance or coordination
- Loss of vision or changes to your vision in one or both eyes, which usually happens suddenly
- Feeling confused or having trouble understanding things that are usually easy for you
- Numbness or weakness on one side of the body (or in one arm or leg)

World Stroke Month gives everyone, especially those with family members and those we treat or interact with who are at higher risk, to increase their awareness and preparedness. Seek medical assistance, work and care within your scope of competence.

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Learning Access Through Universal Design Fellowship (with Stipend)

You are invited to join a JMU community of practice to learn how to apply the fundamental principles of universal design for learning (UDL), an approach to teaching and learning that gives all students equal opportunity to succeed.



Stipend: After completing the [fellowship](#), you will receive a **\$500** stipend.

Timing: [Apply](#) by **May 6, 2024** to join this fellowship that will run from May 2024 to December 2024. The first introductory meeting will take place on Thursday, May 23, 9:30-11:30am.

What you will learn: Built on content from our award-winning [self-paced offering](#) by the same name, this fellowship is an opportunity for you to develop UDL-informed course components and to document this problem-solving process in a real teaching context as educational design research.

Learn more: Visit our [Learning Access Through Universal Design Fellowship](#) page to learn more or [apply!](#)

This fellowship is co-sponsored by the College of Health and Behavioral Studies, JMU Libraries, and the Center for Faculty Innovation.

JMU Libraries highlights [Asian Pacific Islander Desi American \(APIDA\) Heritage Month](#) in April recognizing that [Asian/Pacific American Heritage Month](#) is observed nationally in May.

Movies to Watch:

- Check out the [Asian Pacific American Heritage Month](#) collection from Kanopy, an award-winning video streaming service.

Book Displays:

- [Learn About Afghanistan](#) - We shared this book display in September 2021 to help highlight the history, heritage, culture, beauty, and complexities of Afghanistan, Afghan people, and members of the Afghan diaspora in the wake of the conflict following the withdrawal of U.S. troops in the region.
- [Contextualizing Anti-Asian Racism in the United States](#) - We prepared this virtual book display in response to the tragic murders in Atlanta in March 2021 and the subsequent increase in hateful acts against Asian Americans, Pacific Islanders, and Asian people in the United States.

OPPORTUNITIES

CFI ROUNDTABLE

April 16, 2024 - 2:15-3:30 PM on Zoom

[Teaching for the Common Good: Engaging with the Americans Who Tell the Truth Project](#)

Participants can register at the link.

[DEEP Impact Dialogue: Celebrating APIDA Heritage Month](#)

Sponsored by CMSS

Wednesday, April 17, 2024 - 7:00 PM - 9:00 PM

Success Center 1075

- Come join the DEEP Impact Diversity Educators for a conversation exploring APIDA heritage and history within the US.

FAM (Filipino American at Madison) Culture Show

Saturday, April 20, 2024

2:00 PM - 4:00 PM

Memorial Hall 4110 (Auditorium)

- Annual culture show for Filipino Americans at Madison, performances include skit and cultural dances

According to the World Health Organization, more than 1 in 6 elders experience abuse. Here in Virginia, Adult Protective Services fields over 40 thousand reports of elder mistreatment, resulting in almost 13 thousand cases. What's most startling: researchers have found that only **1 in 24 cases become known to authorities**.

The Virginia Center on Aging is committed to ensuring that Virginia is a safe and loving place to grow old. We connect agencies and individuals with the knowledge and resources they need.

May 6, 12pm - 1pm EST (via Zoom) [Registration Link](#)

Under the Microscope: a deep dive into elder abuse investigations, with Beth Bonniwell

An evidence-based investigation includes interviews, evidence collection, and documentation. This workshop will present information on trauma informed approaches and motivational interviewing strategies. Navigating factors such as communication challenges and limitations on cognitive and physical well-being will also be addressed.

May 13, 12 - 1pm (via Zoom) [Registration Link](#)

All Hands on Deck: the benefits of collaboration in addressing elder mistreatment, with Beth Bonniwell

Collaboration. This word is used a lot, but what does it really mean and why does it matter in cases of elder abuse and neglect? How can we collaborate effectively? This workshop will provide tips and resources for law enforcement officers, victim advocates and others who work directly with older adults.

May 20, 12 - 1pm (via Zoom) [Registration Link](#)

Money, Money, Money: a solutions focused approach to addressing financial exploitation, with Stephanie Edwards

This session will discuss types of frauds, scams, and exploitation; APS and law enforcement collaboration in investigating these crimes; POA abuse; and providing trauma informed services to victims of financial exploitation.

VCU Health of Women Conference 2024 SWHR Pre-conference Symposium

- Thursday, May 9, 2024 | 12:00 – 1:30 pm ET | Virtual
This session is presented by Society for Women's Health Research. No CME or CEU credit is offered. Separate registration is required for this complimentary session.
[Register Here](#)

Registration closes May 6, 2024, at 11:59 PM ET.

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Highlight your unit's IE successes in our last Canopy for the year (April 29th Issue). Stories are due by April 24, 2024. Send to brysonbj@jmu.edu