

# API Connection

API BRG Quarterly Newsletter



January to March 2023 | Issue 11

Happy  
New Year!



## UPCOMING EVENTS

January - 24 Lunar New Year celebration @ CUH and Zale Cafe

February - Lunch and Learn  
TBD

March - 8 Holi celebration,  
Venue TBD

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## IN FOCUS

### *Lunar New Year*



Lunar New Year is celebrated in East and Southeast Asian Cultures. It is celebrated for 15 days of the first month of lunar calendar until the full moon arrives which typically starts from new moon towards end of January. This year the lunar year will begin on January 22 and will be known as the year of the rabbit.

China's Lunar New Year is known as the Spring Festival or Chūnjié in Mandarin, while Koreans call it Seollal and Vietnamese refer to it as Tết.

Each culture will celebrate the new year with various foods and traditions that symbolize prosperity, abundance, and togetherness. In preparation for the Lunar New Year, the entire house will be cleaned to ward off inauspicious spirits and making room for good will. Red is used for various decorations and gift giving for good luck, prosperity, and ward off evil.

The homes will be decorated with various paper decorations including upside down fu (for coming good luck, health, and prosperity), dui lian, lanterns, year paint (large painting), paper cutting (made from red paper) and door gods (to prevent evil from entering home).

Foods made from glutinous rice are commonly eaten as a symbol of togetherness. Dumplings are also popular dish during the celebrations. Elders give gifts to young in red envelopes filled with money which is believed to keep evil from the children, keep them healthy, and give them a long life. The holiday concludes with the Lantern Festival, which is celebrated on the last day of New Year's festivities. Parades, dances, games and fireworks mark the finale of the holiday.

## MEMBER SPOTLIGHT



MARLYN TANTINGCO, RN BSN

### ***What do you love about working at UT?***

- ***In my 13 years as a RN at UT, I never thought of leaving. I love working at UT because I feel a sense of belonging and love the people I work with. UT also encourages personal development and growth. Being a teaching hospital, it provides professional development too.***

### ***What is the best career advice you have ever received?***

- ***The best advice I received was don't ever stop learning and growing as a person.***

### ***What is your career path at UT?***

- ***To be MedSurg certified and hopefully join a specialized area/ unit.***

### ***If you were a mentor role, what advice would you give your mentee?***

- ***I will advise them to always try their best. Stay humble. You are not going to know everything at first so always ask questions if you are unsure. Do not be afraid or ashamed to ask for help. Participate in all aspects of care and absorb everything you can. This is your time to learn.***



## RECIPE CORNER

# Nian Gao

## Chinese New Year Rice Cake



糯米粉 200克 (Glutinous rice flour 200 g)  
粘米粉 100克 (Rice flour 100 g)  
去皮花生 150克 (Skinless peanuts 150 g)  
水 350毫升 (Water 350 ml)  
红枣 10颗 (10 Chinese red dates)  
棕糖或红糖 170克 (Brown sugar 170 g)  
核桃 80-100克 (Walnut 80-100 g)  
桂圆干 20-30克 (Dried longan 20-30 g)  
菜油 2汤匙 (Vegetable oil 2 tablespoons)  
芭蕉叶 (Banana leaves)

### Steps

1. Wash clean peeled peanuts and drain, enucleate the red dates, pulse them together in a blender. Add in 350 ml water and blend until it is smooth and thick in consistency. Set aside.
2. Heat a small pot until it is hot then add in 2 tablespoons vegetable oil. Add in the brown sugar and let it melt. Once the sugar has darkened it will smell like caramel. Add in the peanut, date mixture from earlier and stir in medium low heat until all the sugar has dissolved. Turn off the heat and set aside.
3. Prepare the 2 types of rice flour shown on the screen in a bowl. If you like your rice cake really chewy and soft, increase the ratio of glutinous rice flour.
4. Chop up some walnut and soaked longan (or dried crane berries) and mix in the flour. Once everything is well mixed pour in the liquid parts and mix. Careful during this step because it will be very hot and sticky. I recommend wearing disposable glove while you mix it.
5. Now prepare the bamboo steamer. I am using one with an 18 cm diameter. Line it with some banana leafs or bamboo leafs which you can find in an Asian grocery store. Once the dough has been kneaded place it in the steamer and firmly press with the back of a spoon until everything is well fitted. Coat the spoon with a tiny bit of oil to prevent sticking. In Chinese tradition we like to place a red date in the center to represent good luck. Once the pot has come to boiled place the steamer in as shown and let it steam on medium high heat for 20-25 minutes. You can also bake this in a well-oiled pan at 350 degree F for 40 minutes. Test with a bamboo skewer. Once it comes out clean it is ready.
6. Let it cool completely before slicing. You can enjoy these directly or pan fry them.

[video link: English](#)

[video link: Chinese](#)

## WELLNESS TIPS



- Take a Vitamin D supplement to boost your mood and immune system.
- Moisturize to protect from dry skin and don't forget to put on sunscreen.
- Buy in-season food like beets, broccoli, cabbage, eggplant, kale, pumpkin, roasted squash, roots, and dark leafy greens.
- Start eating tropical foods, fish with omega 3 fatty acids, onions, local honey and yogurt to help reduce seasonal allergies.

## MEMBERSHIP UPDATE

We want our members to be able to network, collaborate and learn from each other. If you are already a member of API BRG, we thank you for your support and look forward to connecting with you.

We also extend a warm welcome to the newest members of the API BRG. We are now 462 members strong!

### CONNECT WITH US



[API BRG Facebook](#)



[API BRG LinkedIn](#)



[API BRG Teams](#)



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### Know anyone that would like to join the API BRG?

Scan the QR Code to access and share the New Member Form to join. >>

(NOTE: Existing members do not need to complete this form.)

