Bamboo has been a symbol in Asian cultures for luck, longevity, honor, and strength. We are building the API BRG on these characteristics.

UPCOMING EVENTS
Check the API BRG TEAMS Channel or access the BRG website for online updates. Click the links to learn more.

August 1 - Memorial Walk/Run Honoring Sarmistha Sen
7:00 am: Assemble at Jack Carter Park

August 5 - In-person Membership Event: Meet & Greet
Noon - 1 pm: CUH Pavilion

August 25 - COVID19 India Panel Event
(more details to come)

September 11 - American Heart Association Heart Walk

September 29 - Wellness Wednesday
Noon - 1 pm: How to Deal with Difficult People
A Message from API-BRG Leadership

COVID-19 Relief Support for India

India’s total Covid-19 cases have crossed 25 million. In such a dire situation, the country now fights a devastating second wave of infections overwhelming its healthcare system.

Currently, there is a severe shortage of medications, oxygen, medical equipment, and COVID-19 vaccines throughout India. Amid this deep humanitarian crisis India faces, many in the United States feel compelled to do whatever they can to help. This is especially true for those with friends and families living in India.

If you would like to help, you have an option to support organizations assisting with relief operations and provide vital medical resources for those in need. Click the image below to learn more about relief efforts in India.
NEW MEMBERS

We extend a warm welcome to the newest members of the API BRG. We are now 261 members strong!

Anne Lai Howard
Bhoomika Mathur
Cynthia Fong
David Oleson
Kyra Jeanine Solis
Naveneet Kang
Radha Patel
Yi Chun Lin
Young Hwang

MEMBERSHIP UPDATES

We invite you to participate!

OPEN Committee positions:

- Membership
- Communications
- Mentorship
- Events

Know anyone that would like to join the API BRG?

Scan the QR Code shown below to access and complete the New Member Form. NOTE: Existing members don't need to complete this form.
What do you love about working at UTSW Medical Center?

There are many things that I love about working at UTSW. For example, we have cutting-edge technology, we are continuously expanding and updating all of the specialty clinics across the campus. I also love that we have opportunities to work at different locations, supportive management from my department, nursing practice based on evidenced-based research studies, and last but not least, being valued at a Magnet hospital.

Tell us how the API Business Resource Group has impacted your life and made your employee experience richer.

API Group helped me with the routine emails informing me about what's going on in campus and in the community. For example, informing employees of available vaccine sites, bringing awareness for Anti-Asian hate campaigns, social gatherings for networking, and teaching how to market employees with resume writing.

What's the best career advice you've ever received?

"The power in taking care of people is remembering that diseases, complications, and illnesses affect people very differently."

What is your career path at UTSW? How many years have you been at UTSW?

With almost 18 years of nursing experience at UTSW, I have worked at Gastrointestinal (GI) lab, Imaging Services, Radiation Oncology, and Interventional Radiology. That's the beauty of being a nurse working at a big facility such as UTSW. It has given me opportunities to work and learn different specialties in each department. After all, being a nurse means pursuing lifetime of learning.
Cu

the

cut

chicken

breast

into

bite

size

pieces.

In

a

bowl

add

the

chicken

with

the

garam

masala,
cumin,
turmeric,
garlic

flakes,
ginger,
red

chili

powder

and

buttermilk/yoghurt

plain.

Mix

it,

then

cover

with

cling

film

and

chill

in

fridge

for

1

hour.

(longer

the

better)

In

a

non-stick

pan,

add

the

extra

virgin

olive

oil

on

high

heat.

Add

each

chicken

piece

and

cook

for

4

minutes

on

each

side

until

slightly

browned.

Keep

the

remaining

marinade

sauce

for

later.

The

chicken

will

not

be

thoroughly

cooked

at

this

point.

Remove

the

chicken

from

pan

and

set

aside.

In

the

same

pan,

add

the

butter

and

onions.

Cook

until

soft

and

golden

brown,

for

about

7

minutes

on

medium

heat.

Add

the

tomato

sauce,

juice

of

lime

and

bring

to

simmer.

Add

the

marinade

sauce

and

cook

for

another

5

minutes.

Add

the

chicken

in

and

let

everything

cook

on

medium

heat

for

15-20

minutes,

until

chicken

is

thoroughly

cooked.

Add

the

heavy

cream

stir

everything

together

and

cook

for

another

5

minutes

on

low

heat.

Serve

over

steamed

rice/jeera

rice.

Garnish

with

some

fresh

cilantro.
Interactive Screening Program: Coping with stress and burnout

Stress, anxiety, and the pressures of day-to-day life affect us all. If you are feeling overwhelmed or want to simply have a mental health check-in, consider using UTSW Cares for You. This safe and confidential resource helps you navigate burnout, anxiety, depression, and any other concerns that impact your well-being.

With this anonymous tool, faculty, staff, and graduate students can complete a brief online wellness questionnaire. An experienced program counselor will review the questionnaire and send a personal response over the secure website – including any recommendations for follow-up. No one will have access to your information or identity or know that you have taken this survey unless you voluntarily disclose that information.