



Want to Become a Fitness Trainer?



If you are interested in becoming a Certified Group Exercise Trainer by the YMCA call ABIPA at 251-8364.

Training will take place **September 25, 28, and 29.** Registration closes on September 21, 2012.

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Asheville Buncombe Institute of Parity Achievement

ABIPA promotes economic, social, and healthy parity achievement for African Americans and other people of color in Buncombe County through advocacy, education, research, and community partnerships.

www.ABIPA.org

ABIPA Health Highlights

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This month is Prostate Cancer Awareness month, and as you know ABIPA champions the health of the men in our community. Our greatest desire is to see our men healthy and strong. So this month we share with you the words of President Barack Obama, which were released by the White House on August 31, 2012.

by Je'Wana Grier-McEachin, Executive Director
Photo by JaiEssence McEachin

Presidential Proclamation – National Prostate Cancer Awareness Month, 2012

A Proclamation by the President of the United States of America

Prostate cancer is among the most common cancers for men living in the United States, and despite the progress we have made in controlling it, the disease continues to take a devastating toll on thousands of lives every year. During National Prostate Cancer Awareness Month, we remember those we have lost to prostate cancer, and we renew our commitment to preventing, detecting, and treating this terrible illness.

While the causes of prostate cancer are still unknown, men with certain risk factors may be more likely to develop the disease. Most men who suffer from prostate cancer are over the age of 65; those whose fathers, brothers, or sons have had prostate cancer are also at greater risk. Prostate cancer is especially prevalent among African American men, who experience both the highest incidence and the highest mortality rates of prostate cancer. I encourage all men to visit www.Cancer.gov to learn the warning signs of this disease.

My Administration will con-

tinue to stand with men and their families in the fight against prostate cancer. To ensure patients are covered when they need it most, the Affordable Care Act prevents insurers from placing lifetime or restrictive annual dollar limits on essential health benefits and from dropping coverage when people get sick.

Beginning in 2014, the Act will also help Americans get the services they need by prohibiting insurance companies from discriminating against people with pre existing conditions. And to advance the state of care for men with prostate cancer, my Administration will continue to support promising research that brings us closer to tomorrow's groundbreaking therapies, treatments, and prevention techniques.

Too many men will develop prostate cancer during their lifetimes. As we mark National Prostate Cancer Awareness Month, let us support the families who fight alongside them, pay tribute to the professionals who pursue the highest stan-



Official White House Photo by Pete Souza

dards of care, and rededicate ourselves to improving outcomes for prostate cancer patients across our country.

Now, therefore, I, Barack Obama, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim September 2012 as National Prostate Cancer Awareness Month. I encourage all citizens, government agencies, private businesses, non-profit organizations, and other groups to join in activities that will increase awareness and prevention of prostate cancer.

In witness whereof, I have hereunto set my hand this thirty first day of August, in the year of our Lord two thousand twelve, and of the Independence of the United States of America the two hundred and thirty-seventh.

- Barack Obama



Kathey Avery, RN

Thank You For Your Support of Our First Annual Fundraiser

by Kathey Avery, RN

On August 26 almost 200 people joined us for our first annual fundraiser at the Historic Sherrill's Inn. Those in attendance enjoyed local music from the Jam Agenda and local food from Hickory Nut Gap Farm.

The event was family-friendly, allowing the children in attendance to be FREE-RANGE kids as they participated in hikes, pony rides, a scavenger hunt, swinging on rope swings, and simply jumping on the trampoline.

We would like to give a special thank you to John and Annie Ager for opening their home to the community and donating their time, the food, and the manpower of their family to make this event a success. We would also like to thank our extraordinary fundraising committee for producing a top notch event.

Appreciation is also offered to our volunteers who made sure everything ran smoothly, as well as to all that donated silent auction items that kept the porch buzzing with activity.

Our fundraising goal to cover



Photo by Monroe Gilmour

our current overhead for the remainder of 2012 is \$20,000. This event got us almost a quarter of the way to that goal by raising \$4,475. Thank you to all who attended and those who were not able to make it but sent checks anyway.

If you were not able to make it and would like to help advance the work of ABIPA, it is not too late to help. You can send your

SEPTEMBER 2012

On-Site Events

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Planning Luncheon

Friday, September 14
1 p.m. at the ABIPA office.

Dessert With a Doc

Thursday, September 21
Event begins at 6 p.m.
at the ABIPA office.

Ladies Night Out

First Thursday of each month from 4 to 8 p.m.

FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided. Free childcare, refreshments, blood-pressure checks, cholesterol screenings, and pap smears.

Call (828) 250-6006 to make your appointment.

Off-Site Events

FREE Health Screening

Saturday, September 15
At the PVA Community Center from 9 a.m. until 11:30 a.m.

- Free Cholesterol Screening (requires 8-10 hour fasting)
- Free Blood Pressure
- Free Height/Weight

Provided by Mission Heart Services
Sponsored by Mission Hospital, ABIPA, MAHEC and PVA, "People Valuing Advancement."

Housing Health Day

Health Assessments and Education

September 22 at the Grant Center from 1 to 2 p.m.

For more information on any of our programming:

- Call us at (828) 251-8364
- Visit us at www.abipa.org
- Find us on FACEBOOK

donation to PO Box 448 Asheville, NC 28802. You can submit your donation on line. You can also designate your United Way Giving from your Paycheck for ABIPA.

Thank you again for your support as we work together to provide preventative health and parity education for our region.