



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.

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ABIPA

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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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What Are You Thankful For?

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

When you opened your eyes this morning and rolled out of bed, did you take a moment to say thank you? As we reflect on the wake of destruction that Sandy dealt last month we are reminded that there are some things that we cannot control. Even though people in her path knew she was coming and had an opportunity to either get out or brace for her wrath, no one could stop Mother Nature.

The vivid scenes of demolished towns, people without basic needs, and people mourning the loss of their homes and loved ones are all heart-wrenching. The magnitude of the loss experienced by our fellow Americans was likely to cause those of us who have experienced some type of loss to feel connected to them in some way.

Last year this time my father passed away, and throughout the year many of you have lost loved ones. Though there still seems to be a big void in my heart I am thankful for the years that I had with him. When my girls tell me "I love you" as they leave to go to school or depart for an extended field trip, those words sound a little different

and resonate with me in a different way.

I am thankful for my family near and far. I'm thankful for pure spirits of my children. I'm thankful for a job in these hard economic times. I'm thankful for a home and a warm bed as the chill of the season blows in. I encourage you to take inventory of what you are thankful for and truly enjoy the measure of life that you have.

Last month we celebrated Breast Cancer Awareness with our First Annual Sister 2 Sister Fashion Show. ABIPA is thankful for our group of survivors who came up with the idea to celebrate life and support the organization at the same time. We would also like to thank Mission Hospital and Western Carolina Medical Society for being event sponsors.

In addition we are thankful for Asheville City Schools allowing us to use Asheville Middle School for the event, donations of hair styling by JC and Company, clothes lent by New York Fashion, silent auction donations from Bellagio, Arteries by Stina, Fresh Produce, Joseph A Banks, Mens Warehouse, and gifts



Survivors Barbara Allen and Donna Ray walk onto the runway.

for our survivors from Walgreens, CVS, and Walmart.

As an organization ABIPA is thankful for your support this year. Some have come to every event we have sponsored, others have sent monthly donations in the form of a personal check or by designating ABIPA as the recipient of their United Way giving. We appreciate each gesture of love and pray that you are blessed as much as you have blessed us.

American Diabetes Month

by Kathey Avery, RN

This is American Diabetes Awareness Month. As we have said before, at the turn of the century diabetes was an uncommon cause of death among African Americans. In 1993, however, the CDC started seeing death certificates being issued listing diabetes as the fifth leading cause of death of African Americans aged 45 to 64. It was the third leading cause of death for African Americans aged 65 and older in 1990, and for our women it was the third leading cause of death for all ages in 1990.

In the Asheville community I think we can all name someone in our families who has diabetes. The ages at diagnosis are getting younger and younger, and so are the complications of diabetes. It is difficult to live a happy prosperous life when you have to deal with these diseases that permanently alter your life. One possibly long-term change of diabetes and hypertension can be kidney problems. Too much glucose (sugar)



Kathey Avery, RN

in the blood for a long time can cause damage to many parts of the body including the kidneys.

What do the kidneys do? The kidneys act as filters to clean the blood. They get rid of waste and send along filtered fluids. When the kidneys are healthy, the artery brings blood and waste from the bloodstream into the kidney.

Clean blood goes back into the bloodstream through the vein. High blood glucose and high blood pressure damage the kidneys' filters. This causes protein leaks into the urine. Damaged kidneys do not do a good job of cleaning out waste and extra fluids.

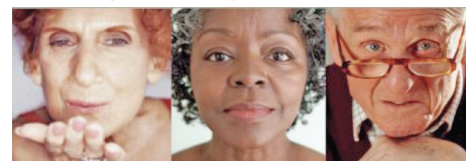
Damaged kidneys begin long before you notice the symptoms. Early signs of kidney damage are the leaking of these proteins. But the only way to know about this leakage is to have your urine tested. Once you have kidney damage you can not undo it, but you can slow it down or stop it from getting worse by controlling blood pressure. Take your ACE



"The living healthy class has benefited myself and family more than I could have ever imagined... I have lost weight and have increased physical activity... resulting in reduction of diabetic medications..."

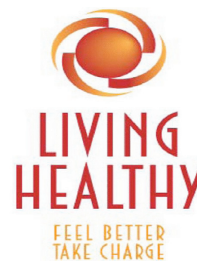
~ Living Healthy Participant

Living Healthy with Diabetes



Asheville Bethel Seventh Day Adventist Church
238 South French Broad Avenue, Asheville
Register with Je'wana at (828) 251-8364

Saturdays, November 10th - December 15th ♦ 3-5:30 p.m.



inhibitors and have your kidney function tested regularly. Once way to treat kidney failure is with dialysis. Dialysis does the work your kidneys use to do. Another treatment is to have a kidney transplant.

We at ABIPA feel the very best solution is prevention, because the devastation to individuals and families of kidney failure, dialysis or looking for a kidney transplant

is something we should try to prevent. Changing our lifestyle through, diet changes, exercise, leading to better overall health, lowering obesity, hypertension, and preventing diabetes is the long-term goal. We are here to support, and educate our communities. We are in this together!

NOVEMBER 2012

On-Site Events

Building Brothers Breakfast

Saturday, November 10
8 a.m. at the ABIPA office

Healthy Breakfast
Options provided by



Sista 2 Sista Luncheon

Saturday, November 17
1 p.m. at the ABIPA office

Dessert With a Doc

Thursday, November 15
Dr. Kathy Robinson,
WNCHS, Diabetes
Awareness. Begins at 6 p.m.
at the ABIPA office.

For more information on any
of our programming:

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