



Ladies Night Out

First Thursday of each month, 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.

We are planning our event and education calendar for 2013. Please call (828) 251-8364 today to schedule an ABIPA event for your organization or church.

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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 is a Gift?

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



The holiday season is upon us. Songs of Christmas cheer flood the airways. Stories of Christmas miracles and happy endings can be viewed 24 hours a day. Stores are bursting at the seams with holiday shoppers looking for the perfect gift.

When you read the word gift, what is the first thing that comes to your mind? The Wikipedia definition of a gift reads: A gift or a present is the transfer of something without the expectation of payment. Although gift-

giving might involve an expectation of reciprocity, a gift is meant to be free. By extension the term gift can refer to anything that makes the other happier or less sad, especially as a favor, including forgiveness and kindness.

I encourage you to take a few moments during this time of year to introspectively ask yourself a few questions. What makes me happier, giving a gift or receiving a gift? Do I give gifts freely or do I

expect something in return?

What gifts of time, talent, and treasure do I have to offer my family, friends, and community?

After you have answered these questions I encourage you to make a plan of giving for 2013. Whether the gifts you render are material, or special moments, I guarantee that you will enrich the lives of those you give to, and your own life simultaneously.

Hospice Care: What You Need To Know

by Kathey Avery, RN



Kathey Avery, RN

Many people wonder whether choosing hospice care is the same as giving up hope. They may be concerned that choosing comfort care means you are choosing death. What is the truth?

Answer: You are not giving up hope, you are redefining it. Though there may no longer be a possibility of a cure for your illness, you redirect your hope into mending and restoring relationships, spending quality time with those you love, and finding peace and comfort. On the spiritual side you spend time communing with your spiritual self to strengthen yourself for the journey we all have to take someday.

Choosing hospice doesn't mean choosing death, it means choosing to live life to the fullest. When you choose hospice you usually have been through a lot already. Multiple hospital admissions, chemotherapy, and radiation can leave individuals feeling sick, and tired. You realize that your life expectancy has changed due to the course your illness has taken. Your body and spirit tells you to focus on the quality of life rather than on quantity.

By not consuming time with doctor's appointments and hospital stays, you may choose to use the time taking family vacations, travelling to places you always wanted to see. You are living life

to the fullest, praying for that miracle, and understanding that man's ability to cure or heal is not eternal.

What is Hospice?

- Hospice is a special concept of care designed to provide comfort and support to patients and their families when a life-limiting illness no longer responds to cure-oriented treatments.
- Hospice care neither prolongs life nor hastens death.
- Hospice staff and volunteers offer a specialized knowledge of medical care, including pain management.
- The goal of hospice care is to improve the quality of a patient's last days by offering comfort and dignity.

Hospice deals with the emotional, social and spiritual impact of the disease on the patient and the patient's family and friends.

Eighty percent of hospice care is provided in the patient's home, the home of a family member, and in nursing homes. Inpatient hospice facilities are sometimes available to assist with caregiving.

In collaboration with Four Seasons Hospice, Stephanie Hickling Beckman, producer of Different Strokes, and ABIPA have joined forces to produce the play *Vesta* to inform our community in an honest, gentle and non-threatening way, about the deeply personal, and sometimes sensitive

and frightening issues of end of life, and hospice care.

We hope people will come out and support our efforts to educate and give vital information much needed in this community. Look for this remarkable production in March 2013. First Congregational United Church of Christ has graciously offered their stage for this production.

The African American communities are reluctant to seek hospice care for a host of reasons, and are missing out on the benefits to their loved ones and the families. We will be continuing this important conversation over the next several months and hope everyone will come and support this collaborative effort.



"I have to say that the living healthy class has benefitted 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 – I will be utilizing these same tools to assist my brother in the long recovery that faces him."

I can manage my health. I'm in control It's my life.



Living Healthy: Diabetes Self Management Class
Saturday, December 15th ♦ 3-5:30 p.m.

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

DECEMBER 2012 On-Site Events

Sista 2 Sista Lunch & Learn

Saturday, December 15

Breast Cancer Support Group. 12 noon at ABIPA.

ABIPA Volunteer Appreciation Christmas Party

Thursday, December 20

Drop-in 5 to 8 p.m. at the ABIPA office.

Brother 2 Brother Breakfast Club

Saturday, January 12

Prostate & Diabetes Health. 8 a.m. at the ABIPA office.

Healthy Breakfast
Options provided by

