



OFF SITE ACTIVITIES

Heart Health
Lunch & Learns

Every Wednesday
12:30 to 2:30 p.m.,
Linwood Crump Shiloh
Recreation Complex.

Ladies
Night
Out

**First
Thursday
of each
month
4-8 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.

Thank you to our funding
partner agencies for
making this page possible.



ABIPA

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Asheville, NC 28801

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Fax: (828) 251-8365

Mailing address:
PO Box 448
Asheville, NC 28802

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

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

JULY 2013

ABIPA
56 Walton Street
Asheville, NC

ON SITE ACTIVITIES

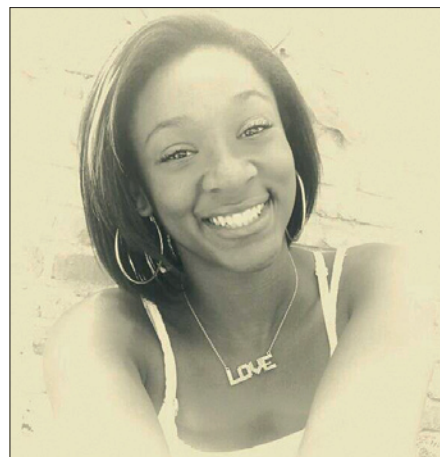
Brother 2 Brother
Breakfast Club

Saturday, July 13
Saturday, August 10
Prostate & Diabetes Health.
8 a.m. at the ABIPA office.

Healthy Breakfast
Options provided by

ABIPA Introduces
Jahni Gilliland

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



Jahni Gilliland

*It is very fitting that I am introducing our
summer City of Asheville Youth Leadership
Academy (CAYLA) intern to you during
Minority Mental Health Month.*

Her name is Jahni Gilliland, and she is the daughter of Ms. Sadie McKnight and James Gilliland. She is a rising junior at Asheville High School, enrolled in AP English and the AVID college readiness program, paired with multicultural studies and health. She is interested in pursuing a career in psychology.

When I asked Jahni about her background and future goals, she shared the following:

I am originally from Charlotte. After moving to Asheville, I've had time to

explore my surroundings. My interest in health was sparked after participating in the Mission Possible program.

I am intrigued by subjects that deal with the brain, and how it works. Just knowing that there are parts of the brain that some professionals today have no idea as to how they work really interests me!

Working with ABIPA is really another great step working towards my health career. I also plan on attending a four-year college and

will be seeking scholarships to aid me in furthering my education. Hopefully, I will be continuing on to medical school, overall earning my masters and doctorate degrees.

I want to major in psychology and minor in ethics. I believe that conducting important cognitive and neurological research is really significant in medicine and health.

I want to give back to the community by setting

up free walk-in mental health counseling opportunities with local clinics for people who can't afford to see a psychologist. In addition, I want to make my mark on the world by being a part of making breakthrough discoveries that have the potential to make history. Because living by the quote, "Live, love, and laugh," will give me faith to continue helping people the way I want.

July 6-12 is Alzheimer's Awareness Week

by Kathey Avery, RN

**July is National
Minority Mental
Health Awareness
Month, and July 6-
12 is Alzheimer's
Awareness week.**

This article will cover Alzheimer's Week. Tune in to WRES this month for a broader discussion of minority mental health, since there needs to be more time devoted to the mental health of our community.

First, Alzheimer's disease is under the broader label of dementia, which is a loss of brain function that occurs with certain diseases. It affects memory, thinking, language, judgment, and behavior. Alzheimer's is the most common



Kathey Avery, RN

What You Need to Know

*Tune in to WRES this month for a broader
discussion of minority mental health.*

form of dementia.

Alzheimer's is not a normal part of aging, although the risk increases with age, with most of those afflicted being 65 and older. Up to 5% of people with the disease have early onset Alzheimer's, which often appears when someone is in their 40s or 50s.

Scientists don't fully understand what causes Alzheimer's disease (AD) at this time. However, the more they learn about AD, the more they realize that genes play a part. If a person

inherits a genetic mutation that is linked to a certain disease from a parent, then he or she will usually get the disease.

The most common early symptom of Alzheimer's is difficulty remembering newly learned information. Alzheimer's changes typically begin in the part of the brain that affects learning. Most of us, when we age, notice some slowed thinking and occasional problems with remembering certain things. Serious memory loss, confusion, and other major changes in the way our minds

work may be a sign that brain cell are failing.

It is important to know the signs. People with memory loss or other possible signs of Alzheimer's may find it hard to see that they have a problem. Family or friends may be the first to recognize the symptoms.

If you need assistance finding a doctor with experience evaluating memory problems, your local Alzheimer's Association chapter can help. Early diagnosis and intervention methods are improving dramatically, and sources of support can improve quality of life.

For local support, contact
MemoryCare, 100 Far Horizons
Lane, Asheville, NC 28803.
Phone (828) 771-2219, or visit
www.memorycare.org.

