



OFF SITE ACTIVITIES

Healthy Living

Every Wednesday

From 1-2 p.m. at the Linwood Crump Shiloh Recreation Complex.

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.

Call 828-251-8364 to schedule ABIPA for your organization or church events.

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



and the
Buncombe County
Service Foundation

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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NOVEMBER 2013



In All Things, Give Thanks

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



It is hard to believe that we are on the cusp of the holiday season and the end of the year.

This is the perfect time to slow down for a minute and reflect on the good and the bad of the year before we become overwhelmed with the hustle and bustle of family, friends, and holiday shindigs.

I challenge you to take a moment and write down ten things that you are thankful for and ten things that challenged you this year. For the good, be sure to share words of gratitude with those who made the year a delight for you in ways big and small.

For the challenges, write down how you handled them and possibly how you can handle like situations better in the future. Remember that even though the bad experiences didn't feel good, they were opportunities for growth and putting your life in perspective, so offer thanks for them also.

As we reflect on the year it is also important to take notice of the things going on in our community and nation that we are being influenced by and have an influence on.

Food Assistance Benefits

Are you aware of the changes taking place on November 1 to Food Assistance Benefits? In 2009, the

government temporarily increased the benefits for food assistance as part of the Stimulus Act. This increase will end November 1, 2013.

Most people will see a drop in their food benefit (for a family of four the drop is about \$36 total for the month).

To find out what your benefits will be call: 1-888-622-7328 on the day you normally receive benefits. Because this is a change in federal law, you do not have the right to a fair hearing to dispute the fact that your benefits were reduced.

Problem: Fewer food stamps as a resource. More people will struggle to put food on the table.

Solution: Support Manna Food Bank and the local pantries that we have in our community (like Tabernacle Missionary Baptist Church and Bethel Seventh-day Adventist Church) with donations of food and money.

Affordable Health Care

I must admit that I have tried to use the www.healthcare.org site and have met the same obstacles that the

rest of America is experiencing. Note: you're considered covered if you have Medicare, Medicaid, CHIP, any job-based plan, any plan you bought yourself, COBRA, retiree coverage, TRICARE, VA health coverage, or some other kinds of health coverage.

Most people must have health coverage in 2014 or pay a fee. If you don't have coverage in 2014, you'll have to pay a penalty of \$95 per adult, \$47.50 per child, or 1% of your income (whichever is higher). The fee increases every year. Some people may qualify for an exemption to this fee. If you enroll by March 31, 2014, you won't have to pay the fee for any month before your coverage began.

Problem: It is difficult to enroll using the Health Insurance Marketplace.

Solution: Contact Pisgah Legal Services and the Council on Aging of Buncombe County. They are providing navigators for western North Carolina residents, so call them for assistance. You can also utilize an insurance agent from a provider like Blue Cross Blue Shield of North Carolina to enroll.

On Site Activities

56 Walton Street

Brother 2 Brother Breakfast Club

Saturday, December 14

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

Healthy Breakfast Options provided by



Join Us for Our Annual ABIPA Christmas Party

Thursday December 12

6-9 p.m. Battery Park Roof Garden. Featuring the Nova Brass Band. Visit www.abipa.org.

This is the perfect time to give your annual gift that keeps on giving to ABIPA. By mail: PO Box 448, Asheville, NC 28802. Online: www.abipa.org.

Exercise Your Right to Vote

Our local elections for the year are over. Did you participate? Your vote counts more now than ever. At the local, state, and national level we must utilize the power of our vote to make a difference in the policies that affect us.



Kathey Avery, RN

November is American Diabetes Month

by Kathey Avery, RN

The holidays are coming. I can already smell the food cooking.

Diets are being set aside, weights are on the rise. We need to think now how we are going to survive the holidays, since we all know that New Year's resolutions were intended to be broken. This is also American Diabetes Month, and I can see why.

All of us need to remember moderation and portion size. I hope that the education we have provided throughout the year will be the support you need to help you through surviving that wonderful food. For those of you with diabetes, remember that it will still be with our community long after the holiday fun is gone.

What you need to know: The ABC's of Diabetes

A1C is a standard test that shows the average amount of sugar (glucose) in the blood over the past 2-3 months. It can also show how well your blood sugar is being controlled over time.

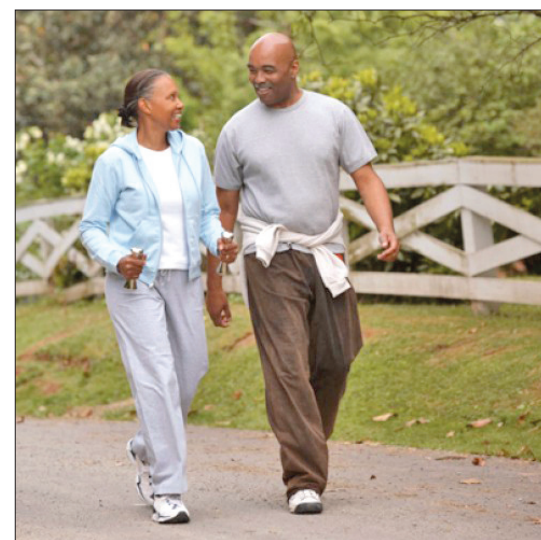
Your A1C is measured with a blood test in a lab or at your doctor's office. You need to keep track of your A1C because when it's high over time,

it can lead to damage to the blood vessels and other problems.

Blood pressure reading measures the force of blood as it presses against the inside walls of the blood vessels (arteries). The top number (systolic) is the force when the heart pumps. The bottom number (diastolic) is the force between heart pumps.

High blood pressure may not cause systemic damage but can damage the heart, other organs, and blood vessels. Please check your blood pressure and take medications as prescribed.

Cholesterol is needed by your body to function properly. It helps your body build new cells, produce hormones, and digest food. Too much cholesterol can be bad for you over time. Remember our motto at ABIPA: "We eat to feed our cells." Think ahead. Set reasonable goals. Don't beat yourself up if you fall off the wagon. Regular exercise helps control the amount of sugar in the blood and increases levels of



HDL (good) cholesterol.

Plan a walk or activity if you know you are going to eat more this holiday season. Whether you are diabetic or not these tips will be helpful in keeping your health on the right track.