



OFF SITE ACTIVITIES

Healthy Living

Every Wednesday

12:30 - 2:30 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

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

DECEMBER 2013



What is Your Gift?

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

The season of giving is upon us. People are devoting a lot of time and resources to buying, placing things on layaway, and stressing. Why? Simply, to give the perfect gift.

Something Given

Gifts are normally given to provide pleasure or to show gratitude. When you think over your life, what is the best gift that you have ever received? What is the best gift that you have ever given? How many gifts have you forgotten? Have you ever given someone something and they clearly did not appreciate it? How did that make you feel? On the other hand, the act of giving and having someone appreciate the gift results in an inner satisfaction that really can't be explained.

A Special Talent

What is your gift? Everyone has something that they can do to brighten the day of someone around them. Obvious gifts are those like music, art, and eloquent speech. However, have you ever seen the ability to be thoughtful,

nurturing, or organized as a gift? The gifts that lay within you are to be shared to fulfill your purpose on the planet. If they are unopened or unused are you giving life your best?

The Act of Giving

How have you given this year? Who have you given to? How is the gift of your life impacting those around you? As I ask you these questions, I ask the same of ABIPA. The answer that I am able to share really makes me proud.

The gift that we have given the community is truly a gift, because we offer our services free of charge. This year we have provided and participated in 134 health education sessions and events in churches, community centers, and individual homes. Our services included measuring blood pressure, weight, body mass



Join Us for Our Annual ABIPA Christmas Party

Thursday December 12

6-9 p.m. Battery Park Roof Garden.
Featuring the Nova Brass Band.

On Site Activities

56 Walton Street

Brother 2 Brother Breakfast Club

Saturday, January 11

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

Healthy Breakfast Options provided by



Visit www.abipa.org

Now 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.

index (BMI), and education on the risk factors for heart disease and stroke, diabetes, breast cancer, colon cancer, and cervical cancer. These services were provided to 3674 individuals. The impact that we are making is evident in the lifestyle changes that people are making.

We operate on grant funding, and to continue to give our gift of service to the community we need your help. We need gifts of time, gifts of advocacy, the gifts of your stories of success, and we need the gift of money.

When we request funding for our programs it is important to be able to demonstrate the community support that we have received. Your gifts show us that you appreciate what we do and that you support our efforts. To be honest, we need that verbal and financial support to give us

the strength as individuals, and as an organization, to continue to provide for our community.

Our goal for this year is to receive 100 gifts of \$100 each from community supporters like you before the end of 2013. This will help us shore-up the end of the year and enter our 10th year anniversary in the black.

If you cannot give that amount, we will appreciate whatever you are able to give; there is no gift too large or too small. Thank you for your encouraging words. You, our community, are truly the wind beneath our wings. We are looking forward to serving you at an even higher level in 2014!

Happy Holidays

by Kathey Avery, RN

What You Should Know About 2013

This year has been exciting, busy, and productive for us at ABIPA. We have provided holistic, preventive care to many underserved individuals in our community.



Kathey Avery, RN

We are very proud of our community and ourselves. We have found that most people truly just need a little helping hand and someone to be there for them during their journey to success and a better life. We would like to share some of these stories with you this season.

As the nurse educator for ABIPA, I met Ambrosia Warnex at one of our health fairs at the Pisgah View Community Center. She was six months pregnant. Her 2-5 year goal was to complete college and raise her daughter. Her health goal was to have a healthy

child and to stop smoking, which she was able to do during her pregnancy.

When I followed up with some of our 60 residents, I found Ambrosia with a beautiful two-month-old daughter and no money and no car. She had to take the bus, get a ride from friends, or walk with her new baby. We at ABIPA were able to send Ambrosia a small financial gift until she could get help from Work First.

Ambrosia writes, "Thank you so much for the time and effort you invested in us as a people

(She is speaking of all the PVA residents). I can only imagine the stress you're under! I just wanted to take a few minutes to let you know, your organization and everyone involved, are greatly appreciated!"

Since writing that letter, Ambrosia has volunteered her time helping us follow up on some of our other 60 residents by helping them complete our health surveys. I recommended Ambrosia for a job at New City

Christian School, and she was hired. I have been told that she has been a great addition to the staff.

She is working to control her urge to smoke, and has cut back significantly. My hope is that with our continued support she will be able to meet her goal of quitting in 2014.

I want our readers to be as excited as we are about what we do in the community we serve. We hope you will consider a holiday gift of as much as you can give so we can continue our goals in 2014.

Your precious dollars will be used to help create more stories like Ambrosia's, and the other stories we will be sharing at our annual Christmas Fundraiser at Battery Park Apts. Green Roof Garden on December 12, 2013 from 6-9 p.m.



PVA resident, Ambrosia Warnex