



ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

JANUARY 2014

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.

SAVE THE DATE

**ABIPA's 10th
Year Anniversary
Celebration**

**Kick Off: Sunday,
February 23, 2014**

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



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



Do What Works For YOU

by Je'Wana Grier-McEachin,
Executive Director

Photo by JaiEssence McEachin

It is interesting that resolutions are associated with the New Year when only 45% of Americans make them and only 8% are successful in keeping them. After reviewing the list of top 10 resolutions, I became curious about whether you made resolutions or not, and why.

However, no matter what stance you have on resolutions, I believe that the new year is the perfect time for personal evaluation of the successes and failures of last year. After this has been done, think about what you would like to see happen in your life this year. Now it is time to dream, so take some time to dream.

If you want your dreams to come true you have to plan. Write down what you want and what you are going to do to achieve it. It is very likely that you may have to adjust your plans; that is fine as long as you get it done. Do what

works for YOU.

Many people may have the goal to lose weight, but everyone will have a different way to make it happen. I may love to go to the gym, and you may love to dance. We can both be successful as long as we stay committed and accountable.

I will turn 40 this year. One of my goals is to gradually lose 40 pounds by August 7th. I started working towards this goal in 2013 by increasing my activity and am still plugging away. So hold me accountable when you see me and check in to see how it is going.

I challenge you to send me an email or snail mail sharing one of your dreams for this year and how you are going to make it happen. I will check in with you periodically to see how it is going. Let's make 2014 a year to celebrate life and the people that we love!



Top 10 New Years' Resolutions for 2014

1. Lose Weight
2. Get Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Stay Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others Realize Their Dreams
9. Fall in Love
10. Spend More Time with Family

From the University of Scranton,
Journal of Clinical Psychology.

Holistic Health: More Than You Might Think

by Kathey Avery, RN

Thank you readers for all the support you gave us in 2013. We hope we have given you information that improved your lives. 2014 will give us the opportunity to make preventive care and lifestyle changes even more important, because I hope to make being holistic a normal part of your life. You will see that it will take a holistic approach to make us all more healthy, productive, and prosperous individuals.

Health is more than what we eat, or that we exercise at least 20 to 30 minutes, three days a week. Financial health also plays a part. This month, let's talk about economics.

We have all read or listened to reports on television about the possibility of a minimum wage increase since there has not been one since the '70s. The minimum wage is \$7.25. A 40-hour work week would look like this: \$290



Kathey Avery, RN

a week, \$1,160 gross monthly. When you take out federal and state taxes and medicare, you have approximately \$960 a month.

Now let's spend all that money. First let's look at our rent/mortgage, which, as we all know, has increased drastically since the 70's. For a one-bed-

room apartment, rent is \$800 on average, \$900 for a two-bedroom, and \$1,000 for a three-bedroom. If you are single, you have \$100 left. Now you need to pay utilities, food, gas, and maybe medical bills. I think you get the picture.

Economics is important to health because the above scenario made me have stress just thinking about trying to survive with this income.

It makes me angry that our government, who "We the people" elected to serve all the people, can't see that this is an impossible situation. It fosters a

complete lack of hope for one's future, or for faith in those we elect to serve us and the corporations who pay an amount that common sense tells you no one can live on.

What happened to the American dream, honor, patriotism, democracy, and the pursuit of happiness? Being unable to survive can not make you healthy and happy.

What can be done? It is very important that young people understand, like children in other countries, that education is extremely important. The children of the future need to have high school and some form of higher education, whether a four-year university, two-year college, or some skill that can get them to a livable income.

That being said, any job in the United States should afford the person doing the job dignity. There should be no job in this country that pays so little that you end up homeless, like the woman who was pregnant, living



under a bridge, working, and still could not afford an apartment. Shame on us.

I understand we need to eat a healthy diet, with fresh fruits and vegetables, use less salt, avoid saturated fat, drink less sugary soda, and drink more water. We all know we need to exercise more. To live the life we were intended to live will take living a purposeful live, giving back to our communities, being able to live in a safe environment, and making enough money to at least pay the bare necessities.

We at ABIPA are dedicated to helping our communities turn disparities into parity by educating the community, and supporting things in our communities that will give you a leg up the ladder, help you pull up your boot straps, and make sure you have boots to pull up.

On Site Activities

56 Walton Street

**Brother 2 Brother
Breakfast Club**

Saturday, February 8

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

Healthy Breakfast
Options provided by



Churches with Heart

**February is Churches
with Heart month.** Plan
to give a \$10 donation
during the LOVE offering
so that your church can
support ABIPA's work in
the community.

**To schedule ABIPA for
your organization or
church events, call
828-251-8364.**

For more information on the
statistics of resolutions visit:
[http://www.statisticbrain.com/
new-years-resolution-statistics](http://www.statisticbrain.com/new-years-resolution-statistics).