



ON SITE ACTIVITIES 56 Walton St., Asheville

Brother 2 Brother Breakfast Club

Saturday, April 12

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

Healthy Breakfast
Options provided
by



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

Donate to ABIPA

Tax deductible donations
can be made by sending a
check to: ABIPA, PO Box
448, Asheville, NC 28802;
or click the donation tab at
www.abipa.org.

*Thank you
for your support!*

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



and the
**Buncombe County
Service Foundation**

ABIPA

56 Walton Street
Asheville, NC 28801

Office: (828) 251-8364
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

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



Make Your Life Matter

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

John Williams, Jr. was born on March 11, 1948 in Asheville, North Carolina, the eldest son of seven to John Williams Sr. and Clara Bowditch Williams. He attended Stephens Lee High School, was in the first graduating class of South French Broad High School, and attended A-B Technical Community College. John loved words, music, and his wife.

John passed away on February 21, just a few weeks shy of his 66th birthday. John was one of the remarkable supporters of ABIPA. He regularly attended programming, was a recurring guest on our *Body and Soul* radio show, and was one of our Community Health Ambassadors advocating for prevention and screening. He was a

true example of how to love and live a life of purpose.

Though he lived with multiple chronic conditions, you would never know it because of the constant smile on his face and joyful spirit. He was a recipient of two separate kidney transplants. A true example of why organ donation is so important.

He was an amputee due to complications associated with his diabetes, a reminder of why we should make lifestyle changes to prevent diabetes and manage the condition referred to by many as "Sugar." Diabetes has many outcomes that are not at all sweet.

We dedicate this month's page to John Williams Jr. His life was a true testimony and miracle.



John Williams Jr. (center) was a community health ambassador.

Miracle

Do not pray for easy lives,
pray to be stronger.

Do not pray for tasks equal to
your powers, pray for powers
equal your tasks.

Then the doing of your work
shall be no miracle, but you
shall be a miracle.

Everyday you shall wonder at
yourself, at the richness of the
life which has come to you by
the grace of God.

~Phillips Brooks

Colorectal Cancer Awareness Month

by Kathey Avery, RN

**March is the
beginning of spring
and getting healthy
for the summer.**

This is a great time
to think about what we
eat. We at ABIPA will
continue throughout the
year in helping our com-
munity have a long and
healthy life.

March is National Colorectal
Cancer Awareness Month. Here is
what you need to know.

First: African Americans have
the highest colorectal cancer in-
cidence and mortality rates of all
racial groups in the United States.
The link between diet, weight,
exercise, and colorectal cancer risk
are some of the strongest of any
types of cancer. Obesity raises the
risk of developing and dying from
colorectal cancer. The link seems
stronger in men.

Second: Minorities benefit
from more sophisticated colon
cancer screening. Current guide-
lines may be inadequate. African
Americans should be screened
at an earlier age, according to
two separate studies. Our people
ages 40 to 49 were more likely



Kathey Avery, RN

What You Need to Know

than those 50 to 59
to develop high-grade
dysplasia, while older
African Americans 75-
plus were at increased
risk of adenomas.

*Cancer Care,
Practice & Policy*, by
Alice Goodman states,
African Americans

with health insurance have a 30%
higher relative five-year survival
compared with that of uninsured
African Americans. The deaths
from colon cancer could be avoid-
ed through effective screening
techniques.

This is another important rea-
son to have health insurance by
March 31 (ACA). Call our office at
251-8364 for assistance in getting
an appointment with a Affordable
Care Act Navigator.

Risk Factors

- Age
- Personal history of colorectal
polyps or colorectal cancer
- Personal history of
inflammatory bowel disease

- Family history of colorectal
cancer
- Inherited syndromes such
as Familial adenomatous
polyposis (FAP)
- Racial and ethnic background
- Lifestyle-related factors like
physical inactivity, obesity.

Diets high in red meats
(beef, lamb, or liver) and pro-
cessed meats (hot dogs and
some luncheon meats) can
increase colorectal cancer risk.
Cooking meats at high tempera-
tures (frying, broiling, and grill-
ing) create chemicals that are
being researched in increasing
cancer risk.

Keep calling to set up indi-
vidual assessments and classes
in your community and church-
es for heart and colon education.

March 2014

Off Site Activities

Lunch & Learns

Healthy Living

Every Wednesday

From 12:30 to 2:30 p.m. at
the Linwood Crump Shiloh
Recreation Complex.

Ladies Night Out

**First Thursday
of each month
from 4-8 p.m.**



FREE physicals,
mammograms,
and health educa-
tion for qualify-
ing uninsured
or underin-
sured women.

Transportation provided.

Free childcare, refresh-
ments, blood-pressure
checks, cholesterol screen-
ings, and pap smears.

Call (828) 250-6006 to
make your appointment.

Building Better Balance Screenings



Learn more about your
state of balance! The
screening will take about
10 minutes and includes a
few questions and comple-
tion of one balance activity.
Participants will receive
information on building
better balance and reduc-
ing the likelihood of a fall.

Saturday, March 29

2-4 p.m. at Bethel Seventh
Day Adventist Church,
238 S French Broad Ave,
Asheville, NC 28801.

Sponsored by the WNC Fall
Prevention Coalition, Land of
Sky, and Bethel Seventh Day
Adventist Church.



This Month's Take-Away:

**Include more fruits and vegetables in
your diet. Get moving. Get screened.**