



ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

ON SITE ACTIVITIES 56 Walton St., Asheville

Brother 2 Brother Breakfast Club

Saturday, June 14

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
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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



Growing Our Own

by Je'wana Grier-McEachin,
Executive Director

It is very fitting that in the month in which flowers bloom we celebrate a program that grows local medical talent.

On Thursday May 22 we will be hosting the Annual Hope Banquet to celebrate and support scholarships for the Minority Medical Mentoring Program. This program allows high school seniors as student interns to shadow medical providers. The exposure received through this program is an invaluable opportunity which allows students to witness doctor's visits to surgeries.

We encourage you to support the program by spreading the word to students you know who are interested in a health career. Are

you familiar with the statistics of minority physicians who practice in Buncombe County?

There are 974 physicians actively practicing medicine in Buncombe County; only two percent (2%) are underrepresented minorities (self-reporting). The latest numbers are: seven African Americans (0.72%), eight Indian (.82%), two Vietnamese (0.21%), one Latino (0.10%), one Korean (0.10%), one Asian/Pacific Islander (10%).*

These statistics reflect a serious need to increase the numbers



Interns (L-R): Aimee Meono, Aminat Bashorun, Joo Won Kang, Parth Patel, Jonaca Crooks, Brittany Edgerton.

of minorities in the health professions in order to promote culturally consistent care. We invite you to join us in the effort of growing our future leaders in healthcare; leaders who will potentially return to here to practice. Your donation and attendance will contribute to the sustainability of this program as well as provide scholarships to program participants.

*Source: Western Carolina Medical Society Physician Database, May 29, 2013



Community Spotlight

Belinda Morgan

This month we would like to highlight the successes of Belinda Morgan, one of our STAR community members who became engaged with ABIPA through participating in the Living Healthy Course. This is an excerpt from a letter that she sent to her physician after completing the class.

"I am writing to share with you, my health provider some information I learned about bettering my own health. These ladies taught me just how easy it is to take a negative thought and change it to a positive thought, so that I am able to use all that I think to the best potential of my strengths. I also learned that working together with my health providers with medicine and exercises that will make the body healthier.

"Dr. Robinson, I learned that my illness may never be completely cured, but there are ways to keep enjoying life with proper medication and a balance of the

An example of one of my action plans:

What: Meditation & Exercise
How much: 30 mins.
When: Evenings
How often: Tues-Thurs
Confidence level: 10

rest of my life. I learned that I should make an action plan with a good standard confidence level that I am able to complete.

"Now this task has changed the way I am doing my daily chores. I also learned to read labels and use food plate charts. I have been making better choices for myself.

Thanks again for taking me as a new patient and I look forward to partnering with my health care provider and taking personal responsibility for my health and my life. God bless you."

Thank You!

by Kathey Avery, RN

Thank you to everyone who took time out to come to my "Big Birthday Fundraising Bash." We held it on my late dear friend Fred Simms' birthday, as we have for the past three years.

We were able to raise enough money to continue providing preventive care education to our communities like you see every month in the *Urban News* and hear on 100.7 WRES with elder Hayes. Thank you for feeling what ABIPA does in the community continues to be important.



Kathey Avery

HOPE BANQUET

Thursday, May 22

**Dinner at 5:30 p.m.
Program starts 6 p.m.**

Speaker: Larry Rosenberg, MD

\$50 donation. Held at MAHEC, 121 Hendersonville Rd., Asheville Education Building, Blue Ridge Room. RSVP by Thursday, May 19 at www.mahec.net

Continuing Education: Register/Search for course keyword "HOPE"

For more details, or to RSVP and purchase tickets at the door, call Je'wana Grier-McEachin, 251-8364.

May 2014

Off Site Activities

Lunch & Learns

Stroke Awareness

Every Wednesday

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

Young, Healthy & Strong

Saturday, May 31

From 2-3 p.m. at Bethel SDA Church, 238 S. French Broad Ave. in Asheville.

Ladies Night Out

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

FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women.

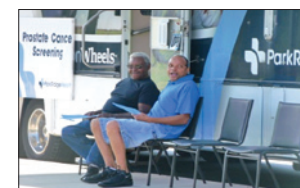
Transportation provided.

Free childcare, refreshments, blood-pressure checks, cholesterol screenings, and pap smears.

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

SAVE THE DATE

FREE Annual Prostate Screening



Saturday, June 14

8 a.m. to 12 noon at Dr. Wesley Grant, Sr. Southside Center, 285 Livingston St. in Asheville.