



ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

Ladies Night Out



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

FREE physicals, mammograms, and health education for qualifying uninsured or under-insured women. Transportation provided.

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

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

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

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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



Man Up, Get Screened!

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

Men, this month is for you!

Men's health awareness month is near and dear to my heart because our men are an invaluable resource that we need to make sure that we preserve.

This month our community lost one of its favorite sons. Only 41, his light truly was extinguished too soon. However he has left a legacy that you can help to live on. I am honored to be able to share "Rocky's Tribute" as shared by Ms. Lakesha McDay during the celebration of his life.

Rocky's Tribute

Robert "Rocky" Gilliam,
January 6, 1973 - May 28, 2014



Though I never thought that I would standing here today to say goodbye to my friend, my brother, I know that he would not want his living to be in vain. So my charge today is to celebrate those that have won the fight, support those who are fighting right now and honor those that we have lost to cancer.

If you or one of loved ones is a cancer survivor or have lost the fight against cancer please stand. Though

you stand, you do not stand alone. We stand with you, we pray for you and we support you! Life is 10% of what happens to you and 90% of how you react to it.

Each year globally, about 14 million people learn they have cancer and 8 million people die from the disease.

I believe that Rocky would want all of here today to take action by getting regular check-ups and screenings, living healthy lives in mind, body and soul.

We wear these ribbons today to honor Rocky and those that have fought colon cancer and to create awareness that the fight continues.

June is National Men's Health month. Find a doctor and begin to look after yourselves. If you know of someone that doesn't have a doctor, refer them to your doctor. Create awareness. My grandmother used to say, "if you knew better, you would do better."

Volunteer to educate, make a donation to cancer research, participate in a Relay For Life Event are just a few things that we can do as a community to join the fight. Let's put Rocky's legacy into action. His fight ended but his spirit lives on. Love and hope is what joins us together.

Rocky wrote in a journal after he was diagnosed. As I began to read some of his entries I thought



to myself these are like the things you read in the *Chicken Soup for the Soul* books. I guess we can call them "Rocky's Chicken Soup for the Grieving Soul." He left us some directions, some encouragement and some real truths about his experiences and revelations as a cancer patient.

One of his profound entries read, "Unless you have received it yourself, you cannot give love away. Let God love you. Receive it, it is love for you. Bathe in it, meditate on it. Let it strengthen you, THEN give it away."

Winston Churchill said, "We make a living by what we get, but we make a life but what we give!"

My charge to every man reading and every woman who loves a man, is to make sure his health is a priority. A wonderful expression of your commitment is to help us reach our goal of 100 men screened.



Show up for our Annual Prostate and Know Your Numbers Screening in honor of Rocky. Wear your purple ribbon to let us know you have come in honor of his remarkable life!

Prostate Cancer

By Kathey Avery RN, BSN

Preventive care saves lives.

This is my new personal motto. June is our annual prostate screening. Here is some information for you to read and make decisions about your health and what it might take to make it long and healthy.

New guidelines say that some men at higher-than-average risk of getting prostate cancer, such as those with a family history or who are African-Americans, could discuss the benefits and harms of starting screening at an age earlier than 55.

A study was conducted by Ronald Chen MD-MPH, of the University of N.C. Chapel Hill, and his colleagues. This study contributes to a growing body of studies demonstrating the disparities in care and outcomes among African American and Caucasian prostate cancer patients in this country.

"African American patients are less likely than



Kathey Avery, RN

What Our Community Needs to Know

Caucasian patients to undergo prostate cancer screening, more likely to be diagnosed with advanced cancer, have longer delays from diagnosis to treatment, as demonstrated by this study, and are less likely to receive aggressive treatment," said Dr. Chen. "All of these factors together can contribute to an increased rate of dying from prostate cancer in African American compared to Caucasian prostate cancer patients."

But in new guidelines issued May 3, 2013, the urology association says that routine screening is no longer recommended for men 40 to 54 years old who are at average risk of getting prostate cancer. Screening is also not recommended for men 70 and older.

The guidelines say men 55 to 69 should discuss the benefits and harms of screening with their doctors. And if they do choose screening, an interval of two years rather than annually would be better.

Remember, African Americans have shorter survival rates at all stages of cancer diagnosis than our

June 2014

Saturday, June 14



Annual FREE Prostate & Know Your Numbers Screening

Saturday, June 14

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

Thank you to the community partners that are making this free event possible:



Community Events

Lunch & Learns

Every Wednesday

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

Matter of Balance Screening

Saturday, June 28

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

Summer Block Party

Friday, June 27

From 6-8 p.m. at Deaverview Development. Come out for Free Food, Music & Resources!

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

Caucasian counterparts, and that prostate cancer is the #1 cancer in African American men, followed by lung, colon and rectal cancer. The informed decision you make can save your life.

See you at the Wesley Grant Southside Center June 14 from 8 a.m. to 12 noon. Help us reach our goal of 100 men screened!