



ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers Breakfast

Saturday, August 9
Prostate & Diabetes Health. 8 a.m. at the ABIPA office.

Healthy Breakfast Options provided by McDonald's

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

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



and the
Buncombe County Service Foundation

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!

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

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



Meet Raekwon Griffin

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

Happy Summer!

One thing I enjoy about summer is being able to host CAYLA interns. This year we are proud to be hosting our first young man! Ending his sophomore year with a GPA of 4.3, he is indeed a triple threat, excelling in Academics, Athletics, and Ambition. I will let him introduce himself.

"My name is Raekwon Shaheem Griffin, I'm 17 years old, I'm a rising junior, and I attend Asheville High School. My dreams are to attend an Ivy League school up north with a major in Forensic Psychology and a minor in African American studies.

"When I grew up I admired school, I loved the study of the mind and I was absolutely obsessed with Martin Luther King Jr. and Malcolm X and what they stood for. I was raised on the southside of Asheville in Walton Street Apartments with my mother, my grandparents, and my younger siblings.

"My mother is Vernetta Griffin; Veronica Galloway is my grandmother. My grandfather is Donald Pound, I have a twin brother named Taekwon Griffin, another younger brother named Staekwon Taylor, a sister named Anajah Shivers. Machon Griffin and Histori Griffin are our newest

additions, and they're twins also. So there were always a lot of us.

"Growing up with my family was hard sometimes, but like the best of us, we all struggle. My grandmother was the pushing force behind my passion and love for school. She always woke my siblings and I up in the morning, cooked breakfast, and sent us on our way. Today she is still my drive and motivation to do great in school and succeed in life.

"Right now I'm trying to build a name for myself. I've experienced a lot in my life and I feel that I have the power to do marvelous things and change the world. As a young African American male, I try my best to stay positively involved in my black community.

"This summer I'm in a program called CAYLA (City of Asheville Youth Leadership Academy). This program gives you a chance to intern at different worksites based on your interest to gain a better understanding and to have a great experience.

"I'm an intern at ABIPA (Asheville Buncombe Institute of Parity Achievement), and Buncombe County Health & Human Services.

"My internships are focused on health promotion and healthy liv-



Raekwon Shaheem Griffin

ing. I want to be able to spread the word about healthier ways of life for all races, definitely within the black community.

"I want to be able to find solutions for fair housing, youth empowerment, healthy and affordable eating, and youth violence in our black communities, and I will do so through the partnerships at my work sites.

"I have a drive to improve the African American community in Asheville because it's in my hands, and it starts now. Being healthy doesn't just include your physical health, It also includes your mental, emotional, spiritual, and financial health. Today is a new day, who's ready to make a change?"

July is Movement and Exercise Month

by Kathey Avery, RN

Happy summer everyone!

It does not take as much as you think to get moving, or to find at the end of the day you have been sitting for too long.

First thing to do every morning before your feet hit the floor: try raising your arms above your head to stretch your spine. Do this 10 times. At the same time do 10 leg lifts. Now you are ready to hit the floor.

Let's start with easy things. If



Kathey Avery, RN

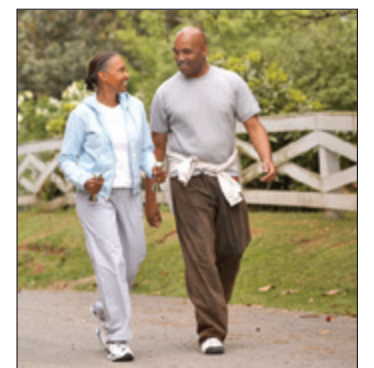
you are sitting on your job, or at home on the couch for more than an hour STOP! Get up and move in place at your desk or chair. Take a walk, even if only around the room. Easy, right!

ABIPA already knows the first step is to make it easy for you to start. These small changes will keep the circulation flowing and the gastrointestinal tract moving.

What You Need to Know

We have to move more! Every step counts toward better health. When it comes to physical activity, every step has health benefits. The goal is to spend more time moving and less time sitting. To get 30 minutes of exercise a day, try doing 10 minutes at a time, at least five days a week.

If you hate exercise change the "E" to stand for Enjoyment. Dance, walk the dog, go for a walk with your children, (they need exercise, too). Plant that



garden, put your favorite music on and clean your house.

Finally, remember BMI (Body Mass Index)? It is also based on your height. Start teaching your teenagers. If they are only going to be 5' 1" to 5' 5", portion sizes at meals do make a difference. This is a great thing to learn; do not let them rely on "I have a high metabolism." Your height won't change; your metabolism will.

Let's get started!

July 2014

Off Site Activities

Community Lunch & Learns

Healthy Living

Every Wednesday

From 1:00 to 2:00 p.m. at the Linwood Crump Shiloh Recreation Complex.

Saturday, July 26

From 2:00 to 3:00 p.m. at Bethel SDA Church, 238 S. French Broad Avenue.

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, mammograms, blood-pressure checks, cholesterol screenings, and pap smears.

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