



ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers BREAKFAST

**Saturday,
September 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
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



If You Believe

by Je'Wana Grier-McEachin, Executive Director

Photo by JaiEssence McEachin

**ABIPA is dedicated to improving the
health of African Americans and ALL
underserved populations.**

Have you witnessed our services
in action or heard the success stories
of those who have worked with us?

If you visit our page regularly
you know that as a group, African
Americans have a significantly
higher incidence of diabetes, car-
diovascular disease (heart attack
and stroke), and colon cancer. You
also know that these disparities are
colorblind and are also embedded in
the community socioeconomically.
Prevention is the key, this is why the
work of ABIPA is so important.

In 2013 we provided and par-
ticipated in 134 health education
sessions and events in churches,
community centers and individual
homes. Our 2014 Prostate & Know
Your Numbers Screening provided
more than 120 FREE screening
results to the men of our commu-
nity, through our collaboration with
Mission Health, Park Ridge Health,
and local volunteer Primary Care
Physicians.

Our service offerings included
144 hours of physical activity
through mid-day exercise, eve-
ning Zumba classes in the Shiloh
Community; measuring blood pres-
sure, body mass index (BMI), and
providing education on risk factors

for heart disease and stroke, dia-
betes, breast cancer, colon cancer,
and cervical cancer. These services
were provided to 3,674 residents of
Buncombe and Henderson Counties
in 2013, and we are on track to
exceed that number in 2014.

Surely we must have a large staff
to accomplish such great things!
This is not the case. We have been
able to do this through the hard
work and dedication of our Nurse
Case Manager and Fundraising
Chair Kathey Avery, RN, and our
Community Service Navigators,
Jennifer Poore and Yvette
Singleton, and with the support of
grants, collaborations with local
organizations, and contributions
from supporters like you.

This month we are kicking off
our Fall Fund Drive to help support
the sustainability of our current
programming and we need your
help. On Thursday and Friday,
September 25 and 26, we will be
holding a radio-thon on WRES
100.7 FM from 12 noon to 4 p.m. If
you believe in the work that we do,
please plan on calling (828) 281-
3065 to share your success stories
and to place your monetary pledges
of support.

September: Getting Ready for Change

by Kathey Avery, RN

Fall and winter are
coming, and it appears
September is giving us
many things to be aware
of and to work on in
order to improve our
health outcomes.

Things such as Adult
Immunization Week,
Alcohol and Drug addic-
tion Recovery Month,
Food Safety Education
Month, Healthy Aging Month,
Leukemia Awareness Month,
National Cholesterol Education
Month, National Suicide Prevention
Week, Ovarian Cancer Awareness
Month, Prostate Cancer Awareness
Month, Rey's Syndrome Awareness
Month, and World Alzheimer's Day
are recognized this month.

Since repetition is the best way
to learn, let's focus on Alzheimer's,
which I am sure is a growing con-
cern in our community and the



Kathey Avery, RN

nation. Here are a few
things our community
needs to remember.

Alzheimer's is a type
of dementia that causes
problems with memory,
thinking, and behavior.
Alzheimer's is not a
normal part of aging,
although the greatest
known risk is increasing
age, and the majority of

people affected are 65 and older.
Alzheimer's is the most common
type of dementia. The most com-
mon early symptom of Alzheimer's
is difficulty remembering newly
learned information.

Just like the rest of our bod-
ies, our brains change as we age.
Serious memory loss, confusion,
and other major changes in the
way our minds work, may be a
sign that the brain cells are fail-
ing. Alzheimer's changes typically

begin in the part of the brain that
affects learning.

One of the resources in our
community is Memory Care, locat-
ed at 100 Far Horizons Lane in
Asheville. Visit them on the web at
www.memorycare.org. They offer
treatment and support for those
affected by Alzheimer's disease
and other memory disorders.

ABIPA wants to make sure the
community knows we are here for
you – we'll get you connected to
the resources you may need to live
a holistic life.

To Protect Memory:

- Exercise routinely
- Challenge your mind every day
- Eat fresh fruits and vegetables
- Control cholesterol, blood sugar, and blood pressure levels
- Stay involved with family and friends
- See your doctor if concerned

SPECIAL EVENTS

Radio-Thon

**Thursday & Friday,
September 25 & 26**

12 noon to 5 p.m.

Call in: 281-3065



author of "I Cried While HE
Walked Beside Me."

Book Discussion & Signing

**Tuesday,
September 30**

**11:30 a.m. meet
Corena Pierce
Thornton, the**

We know you believe in our
work through your feedback to us
when we see you out and about.
We know you believe when you
attend the classes we provide. We
know you believe when you show
up at our events. We know you
believe when someone tells us
you told them about ABIPA and
what we do. We know you believe
when you gift us through checks,
change, and other donations.

Thank you for believing in
us. We believe that TOGETHER
we can accomplish life changing
things!

September 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.

Every Thursday

From 12 noon to 2:30 p.m.
at the Wesley Grant South
Side Center.

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, refresh-
ments, blood-pressure
checks, cholesterol screen-
ings, and pap smears. Call
(828) 250-6006 to make
your appointment.

Save the Date

Sista 2 Sista Fashion Show

Saturday, October 25

Asheville Middle School,
5 p.m.



Living Healthy with a Chronic Condition

A workshop to help people
feel better, healthier and
happier. Learn how to:

- Manage symptoms
- Work with health care team
- Lessen Frustration
- Relax and manage stress
- Eat healthy
- Set goals and work towards them

Thursday, September 11

12 noon to 2:30 p.m.

at the Grant Center,
285 Livingston Street.
Registration required,
please call (828) 251-8364.
Donations accepted but not
required.