



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,
December 13**

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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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



Being Thankful in the Midst of Turmoil

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

When you think of Thanksgiving what is the first thing that comes to mind?

Is it the scene depicted by attendee Edward Winslow of the "First Thanksgiving" feast that lasted for three days as a celebration by 53 Pilgrims with 90 Native Americans after their first harvest in the New World in 1621? Or does your mind go straight to the four "F's": Food, Family, Football, and Friday – Black Friday to be specific?

Whatever comes to mind, I challenge you to be more mindful of the day, the season and your moments as they unwind.

At a time when we as a nation still experience remarkable political and personal divides, I think it is very relevant for us to reflect on the words of Abraham Lincoln and his proclamation of Thanksgiving as a national observance in the midst of the civil war.

"It has seemed to me fit and proper that they should be sol-

emnly, reverently and gratefully acknowledged as with one heart and voice by the whole American people. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea, and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving and Praise to our beneficent Father who dwelleth in the Heavens.

"And I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings, they do also, with humble penitence for our national perverseness and disobedience, commend to his tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon

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Abraham Lincoln



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"In testimony whereof, I have hereunto set my hand, and caused the seal of the United States to be affixed."

Done at the city of Washington, this third day of October, in the year of our Lord one thousand eight hundred and sixty-three, and of the independence of the United States the eighty-eighth.

*Proclamation of
President Abraham Lincoln,
October 3, 1863.*

Diabetes and Alzheimer Awareness Month

by Kathey Avery, RN

First, let me thank all the ladies surviving breast cancer for joining us at our annual fashion show so we could celebrate your survival.

ABIPA also thanks our wonderful models, volunteers and you the audience who came to help us celebrate the survival of so many wonderful women and men in our community.

This month we focus on Diabetes and Alzheimer's disease. We know that this community has a large number of people with both these chronic illnesses. We know November is also the start of the holiday season. We want to help you stay healthy.



Kathey Avery, RN

with diabetes are more likely to be diagnosed with dementia.

Kidneys: Diabetes is the leading cause of kidney failure. The number of people with end-stage kidney disease is 202,290 and the number is growing. They are living on chronic dialysis or with a kidney transplant.

What You Need to Know

Did You Know?

Diabetes kills more Americans every year than AIDS and breast cancer combined.

Brain: People with diabetes are more likely to be diagnosed with dementia.

Your Thanksgiving Tip: Fruits

The natural or "intrinsic" sugar found in fruit has two great advantages over "extrinsic" sugar we buy to put in our foods, especially if those foods are refined: it is better tolerated by diabetics, and less fattening.

Fruit has fiber that slows absorption of sugars, thus less insulin is required. The less insulin that is secreted, the less fat produced.



Can you have diabetes and not know it?

Know the warning signs of diabetes.

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Constant hunger
- Unusual weight gain
- Extreme fatigue and irritability
- Blurred vision

Type 2 Diabetes

- Any of the type 1 symptoms
- Frequent infections
- Cuts or bruises that are slow to heal
- Tingling/numbness in hands or feet
- Recurring skin, gum, or bladder infections

Community Lunch & Learns

Healthy Living

Every Wednesday

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



Living a Healthy Life with Diabetes Holiday Version

**Held every Thursday,
November 6, 2014
through December 18**

From 5:30 to 7:30 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, refreshments, blood-pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.