



# 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,  
February 14**

Prostate & Diabetes  
Health. 8 a.m. at the  
ABIPA office.

Healthy Breakfast  
Options provided  
by



Call (828) 251-8364 to schedule  
ABIPA for your organization or  
church events.

## 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  
and community partner agencies for  
making our work 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**



## Show Your Love

**Have you ever had someone  
say "I love you," and it meant  
absolutely nothing to you?**

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

It is amazing how a four-letter  
word can be power-packed and  
mean so much when it comes out of  
someone's mouth and reflected in  
their actions, yet it is empty and void  
when it rolls off of the tongue with  
nothing to back it up.

This month we reflect on the love  
of those that are personally special  
to us and those that have historically  
demonstrated their love through  
strength and sacrifice. We cannot  
control the way that people love us  
but we can control the way that we  
love. I challenge you to be present in  
each moment and interaction of love  
that you display this month.

Personally say I love you to some-  
one and deepen it with an action at  
least once a day for the rest of the  
month. Share a hug, a simple smile, a  
word of encouragement, or an unex-  
pected call. All of which are free for  
you but priceless to others. You will  
be surprised by how deep the impact  
will go. I remember when I had my  
first daughter, one of the ladies of my  
church gave me a pack of Pampers  
every Sabbath for her first year.

As a newlywed with my first baby  
that gift truly gave my household  
budget a bit of relief. Not only did  
she give the Pampers, through the  
years she has sent cards with special  
notes, and simply called to pray for  
me. That's what I call deep impact,

because 15 years later it still feels  
very special when I remember that  
someone thought enough of me to be  
consistently kind because they loved  
me.

Purposefully say I love you to  
your community in some way this  
month. Go to a community meet-  
ing or show up at city hall. Share a  
piece of your personal history and  
journey with a young person. You  
could inspire and empower them to  
go to the next level in their journey.  
When I think about people whose  
names I have never read and will  
never know, people who sacrificed  
their time and their lives for a cause,  
the only option I have is to try and  
move things forward with the talent  
that I have.

My heart is full when I think of  
one of the participants in one of our  
Diabetes Self Management Classes.  
He brought a little black bag, you  
know those bags that men of a  
certain age use to store their shav-  
ing supplies. It makes me tear up  
because my deceased father used to  
have one. Anyway, after one of our  
classes, he came to Kathey and me  
and said that he had something that  
he wanted to give us. And you know  
us, there is no donation to large or  
too small we really appreciate it all.

Kathey said it just made her  
day to be able to take that bag full

of change to the change counting  
machine because she loves to hear  
the clink of coins dropping.

Isn't it beautiful to find joy in  
the little things? His donation to  
us was \$123.55. The donation was  
a priceless investment in ABIPA –  
it helps us to keep showing up in  
the community. That he shows up  
every week to invest in himself and  
live a healthier life, that's what I  
call a deep impact. That's how you  
show your love.



Kathey Avery, RN

## Heart to Heart

by Kathey Avery, RN

**ABIPA is working on ways in  
2015 to increase our outreach  
and provide preventive care  
education and screenings.**

We know  
the way to  
save lives and  
to provide  
our communities with holistic health  
is to engage your support and par-  
ticipation.

February is Black History Month,  
our Heart to Heart education series,  
and our Churches with Heart fun-  
draiser. The percentage of African  
Americans diagnosed with heart  
failure is 20 times higher than that  
of whites.

Four risk factors are the stron-  
gest predictors of heart failure: high  
blood pressure (also called hyperten-  
sion), chronic kidney disease, being

overweight, and having low levels of  
HDL, the "good" cholesterol. Three-  
fourths of African Americans who  
develop heart failure have high blood  
pressure by age 40.

Our first PRAISE screening with  
our African American churches was  
held January 31 at the Wesley Grant  
Center. We were able to screen for  
high cholesterol, high blood pres-  
sure, and BMI's. We found sev-  
eral elevated readings and felt good  
about getting people educated and  
hopefully saved lives.

We ask again this year that our  
African American churches, and the  
Asheville community, show their  
love for ABIPA's work by giving a

heartfelt love offer-  
ing. Your donation  
during the month  
of February allows  
us to provide  
preventive care  
education for our  
community. As the  
nurse for ABIPA, I  
stand by ready and waiting to make  
sure you have the education that  
could save you or one of your loved  
one's lives.

We encourage you to give us a  
call, or send an email to jewana@  
abipa.org to let us know when you  
would like ABIPA to be present at  
your church or in your community  
for heart education anytime this  
month.

We again take this time to  
educate our community on heart  
issues. We hope to engage your  
heart to help us continue what we  
believe is our purpose – helping  
our people live healthy, happy, pur-  
poseful, and holistic lives.



## 2015 Celebration of Health Conference

**Saturday, February 28**

10 a.m. to 5 p.m. at UNCA's  
Sherrill Center. Free.

- 9 Registration
- 10 Keynote Address
- 10:45 Break Out Session I
- 11:35 Activity Break I
- 11:45 Break Out Session II
- 12:30 Lunch
- 1:45 Break Out Session III
- 2:30 Activity Break II
- 2:45 Break
- 3:45 Closing

We are asking that each church  
and community organization send  
at least 10 representatives.

Show your love! Register online  
at [celebrationofhealth.wordpress.com](http://celebrationofhealth.wordpress.com), or call (828) 251-8364.

## Community Lunch & Learns

### Every Wednesday

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

### Every Thursday

**Living a Healthy Life  
With Diabetes** – February  
5, 12, & 19 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 educa-  
tion for qualify-  
ing 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.

## PRAISE

Help your congregation  
be designated as a Health  
Church by participating in  
PRAISE activities. Churches  
will be designated as a  
Healthy Church and award-  
ed up to \$500 for reaching  
Praise Goals!

## FREE Community Health Screenings

**Saturday, February 28**  
from 10 a.m. to 5 p.m. at  
UNCA's Sherrill Center.

**Saturday, March 14**  
from 10 a.m. to 2 p.m. at  
Tried Stone Missionary  
Baptist Church.

**Saturday, March 28**  
from 10 a.m. to 2 p.m. at  
Shiloh Center.

## Churches with Heart



Don't forget to give a  
Special Offering at church  
this month for ABIPA.