



# 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, March 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](http://www.abipa.org). Thank you for your support!

Thank you to our  
funding 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](http://www.ABIPA.org)



## What Do We Do With Our Power?

*It has been said that "The hand that rocks the cradle rules the world."*

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

As you have been reading through this issue you know that it is Women's History Month. Have you ever really thought about women's impact on history?

This month I want you to take a moment to think about the lead quote and how powerful it really is. You are here because a woman birthed you. You are who you are because of what your mother breathed or did not breathe into you during your developmental years.

The power of a mother's love, or the lack thereof, has truly shaped our society. Yes there are other factors that shape us, but what our mothers ingest while they are carrying us, how much they hold and nurture us as infants and adolescents is the foundation for our core being. With that said, what do we do with our power?

It is a belief of mine that we should use our power for good. We all have power whether we acknowledge it or not. Women are often referred to as a minority and this has often been reflected in the amount of power we have had in politics, in pay, and in making decisions for ourselves. But are we really a minority?

What was the ratio of girls to boys when you were in school? When you go to church what is the ratio of women to men? In many settings women are always the ones that show up.

Michelle Obama said it perfectly: "As women we must stand up for ourselves. We must stand up for each other. We must stand up for justice for all."

People say profound things, but it is up to us to live profound lives.

"As long as you keep a person down, some part of you has to be down there to hold him down, so it means you cannot soar as you otherwise might." ~ Marian Anderson

## Colorectal Cancer Awareness Month

### WHAT YOU NEED TO KNOW

by Kathy Avery, RN

African Americans have the highest colorectal cancer incidence and mortality rates of all racial groups in the United States. The link between diet, weight, exercise, and colorectal cancer risk are some of the strongest of any types of cancer.

Minorities benefit from more sophisticated colon cancer screening. Current guidelines may be inadequate in at-risk African American and Latino populations.

African Americans should be screened at an earlier age. Our people, age 40 to 49, were more likely than those age 50 to 59 to develop high-grade dysplasia, while older African Americans, age 75, were at increased risk of adenomas. We know obesity puts people at risk for many cancers including colon cancer.

African Americans with private health insurance have a 30% higher relative 5-year survival compared with that of uninsured African Americans.

Deaths from colon cancer could be avoided with health screenings. Take advantage of the free screenings with **The Affordable Care Act**. In 2011 colorectal cancer ranked third in mortality incidence in both men and women.

### Risk Factors

- Age
- Personal history of colorectal polyps or colorectal cancer
- Personal history of inflammatory bowel disease
- Family history of colorectal cancer



Kathy Avery



Shirley Chisholm



Audre Lorde



Coretta Scott King



Marian Anderson



Maya Angelou



Oprah Winfrey

"I am, was, and always will be a catalyst for change."

~ Shirley Chisholm

"Your silence will not protect you."

~ Audre Lorde

"Hate is too great a burden to bear. It injures the hater more than it injures the hated."

~ Coretta Scott King

"If you are always trying to be normal you will never know how amazing you can be."

~ Maya Angelou

"Where there is no struggle, there is no strength."

~ Oprah Winfrey

- Inherited syndromes such as Familial adenomatous polyposis (FAP)
- Racial and ethnic background
- Lifestyle-related factors such as physical inactivity, obesity, certain types of diets.

### Heart-to-Heart

ABIPA wants to thank every church who made our Heart-to-Heart February fundraiser a success again this year. We know you understand that for us to continue to help our community we need the support of each of you. We know education and prevention are essential to a healthy community.

It is extremely important that our churches participate in our screenings and healthy church initiatives over the next several months as we help you save the lives of our community.

## Special Events

**Every Wednesday**  
**Community Lunch & Learns** – From 1 to 2 p.m. at the Linwood Crump Shiloh Recreation Complex.

**Every Thursday**  
**Living a Healthy Life With Diabetes** – From 6:30-8 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.

## PRAISE

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

### FREE Community Health Screenings

**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.

## SAVE THE DATE

### Kathy's Birthday

**Friday, April 17**  
6-9 p.m. at the Battery Park Apartments.

### Celebration of Health Conference 2015

**Saturday, April 18**  
10 a.m. to 5 p.m. at UNC Asheville, Sherrill Center. FREE. Register on line at [celebrationofhealth.wordpress.com](http://celebrationofhealth.wordpress.com) or by calling (828) 251-8364.