



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, April 11

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

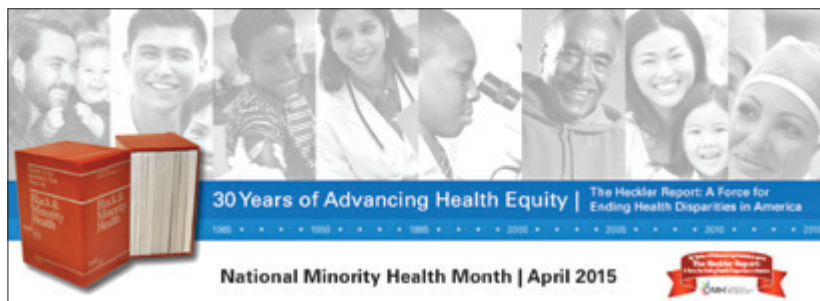


Celebrating National Minority Health Month

**30 Years of Advancing Health Equity –
The Heckler Report: A Force for Ending
Health Disparities in America**

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

Spring is the perfect time to focus on making simple changes in our lifestyle to be more healthy. This month I am sharing an article that can be found on the U.S. Department of Health and Human Services Office of Minority Health website. This article gives a simplified view of how national efforts translate to local work, and why ABIPA is committed to continuing our work in the community.



This year marks the 30th Anniversary of the Report of the Secretary's Task Force on Black and Minority Health, released in 1985 under the leadership of former HHS Secretary Margaret Heckler. This landmark report marked the first convening of a group of health experts by the U.S. government to conduct a comprehensive study of racial and ethnic minority health and elevated minority health to a national stage.

This milestone anniversary serves as a paramount opportunity to highlight national and local efforts towards eliminating health disparities and advancing health equity, including legisla-

tive policy and actions such as the Affordable Care Act, the HHS Action Plan to Reduce Racial and Ethnic Health Disparities, and the National Partnership for Action to End Health Disparities.

Despite our country's progress towards ending health disparities, racial and ethnic minorities continue to face significant health disparities. This means our work is not yet done and we need your help.

Throughout the year OMH – in conjunction with its federal, state, tribal, territorial, and local partners – will raise a clarion call for all Americans to take action towards ending health

Celebration of Health Conference 2015

Saturday, April 18

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 on line at celebrationofhealth.wordpress.com, or call (828) 251-8364.

disparities in their community. Together through our collective efforts we can accelerate momentum towards achieving a nation free of disparities in health and health care.

I challenge you to SPRING into action! Attend our upcoming Celebration of Health Conference, and encourage your family and friends to join you as we continue to impact the culture of health in our community. Be an advocate for yourself and others around something you are passionate about.

Join us for our 4th Annual Birthday Celebration for Kathey – you can help us celebrate our work, catch up on what we've been doing, and find out how you can become involved.

April is Stress Awareness Month

by Kathey Avery, RN

**Spring is in our
hearts this month.**

I am thinking of flowers and about my birthday celebration this month. April also marks the fourth annual ABIPA Birthday Fundraiser, held April 17 on my dear friend the late Fred Simms's, and my big brother's, birthday, to celebrate my birthday, which is actually April 21. This is a great fundraiser for ABIPA, and a wonderful way to relieve stress by being with fam-



Kathey Avery, RN

ily and friends. So drop in and help me relief stress.

Relieve Stress & Anxiety

ABIPA has a Chronic Illness Management class that helps with stress. Here are five easy ways to relieve anxiety.

Sip green tea for fast relief.

Green tea triggers production of GABA, an amino acid that calms activity in the brain that controls emotion.

Sing. No one has to hear you. Turn on the radio and dance and sing to songs that move you. Research suggests singing out loud slows breathing rate and lowers hormone production. It can lower blood pressure by 10 points and 5 points for heart rate. Singing increases relaxing endorphins. (Researchers at Indiana University South Bend).

If you like cats, chill out with one. A recent study of 4000 folks shows it can reduce anxiety and reduce heart attack risk by 33%!

Take a walk down memory lane. Harvard research shows recalling a relaxing experience or imagining taking a tranquil

Community Lunch & Learns*

Every Wednesday

From 12:30 to 2 p.m. at the Linwood Crump Shiloh Recreation Complex.

Every Thursday

From May 7 to June 10, Living a Healthy Life With Diabetes. 12 noon to 2:30 p.m. at the Wesley Grant South Side Center.

*Lunch is provided.

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 Healthy Church by participating in PRAISE activities. Churches will be awarded up to \$500 for reaching Praise Goals!

Kathey's Birthday Celebration

Friday, April 17

Battery Park Apartments
Roof Garden, 6 to 9 p.m.

walk in the woods helps your body produce anxiety taming chemicals of its own.

Write out your frustrations. Studies show a 30% decrease in worry, stress, and insomnia. Try for 15 minutes, three times a week.

Help me relieve my stress, join us on Friday, April 17, Roof Garden, 1 Battery Park Apartments at 6 p.m. There will be live music and food.