



ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers BREAKFAST

**Saturday,
June 13**

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

ABIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



Minority Medical Mentoring Program Celebrates 10 Years

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

Have you noticed how many minority physicians practice in Buncombe county?

The Minority Medical Mentoring Program (MMMP) is a jewel of a program that works to overcome the lack of diversity of physicians in our area. One solution for the minority and African American communities is to address the serious lack of physicians who represent them.

Out of the 974 physicians actively practicing medicine in Buncombe County; only two percent (2%) are underrepresented minorities (self-reporting)? The latest numbers are seven African Americans (0.72%), eight Indian (.82%), two Vietnamese (0.21%), one Latino (0.10%), one Korean (0.10%) and one Asian/Pacific Islander (10%). Source: Western Carolina Medical Society physician database, May 29, 2013

These statistics reflect a serious need to increase the numbers of underrepresented minorities in the health professions in order to promote culturally consistent care. It is in our best interest to support the effort of growing our future leaders in healthcare; leaders that will potentially return to Western North Carolina to practice.

The Minority Medical Mentoring

Program (MMMP) began in the fall of 2005 as an internship for underrepresented minority high school students who had an interest in practicing medicine.



2014-15 MMMP interns and program administrators.

Photo courtesy of Pro16 Productions

Today the program is managed by a steering committee composed of representation from ABIPA, MAHEC, Mission Health, Western Carolina Medical Society, Asheville City Schools and other community members at large.

The program pairs minority high school students with a diversity of health professionals in Buncombe

County. This program is designed for high school seniors who have a serious interest in becoming dentists, pharmacists, physicians, physician assistants or physical therapists.

MMMP is open to students who are participating in a school-sanctioned internship for course credit through Asheville City or Buncombe County Schools. The program provides a minimum of 135 intern hours for one semester.

Student interns are exposed to a variety of healthcare fields such as cardiology, internal medicine, optometry, palliative care, geriatrics, dentistry, public health, OB/Gyn, dermatology and family medicine, to name a few. The rotations

will take place in clinics, hospitals, private practices, education centers, resident didactics, Grand Rounds and MAHEC's Library and Knowledge Services.

In addition to scheduled rotations, students may use internship hours to participate on ABIPA Outreach Teams, MAHEC health career programs for academic enrichment, college planning, and conferences and service learning opportunities. Each student is also assigned a leadership mentor who provides guidance and coaching during the internship.

As of June 2014 MMMP will have 40 program completers. It is evident that the program has had great success and is continuing to grow. As the program celebrates its 10th anniversary in 2015 we are proud to see the fruit of its investments reflected in the work of one of the first interns, Derrick Beasley, MPH, who wrote a case study, *A Cancer Center's Approach to Engaging African American Men About Cancer: The Men's Fellowship Breakfast, Southeastern Michigan, 2008-2014*.

To support the work of the MMMP and to make a financial impact on the sustainability of the program, on December 4, 2008 the WCMS Foundation Board of Directors voted to establish a grant in Dr. Blair's name to honor and

Upcoming Events

Community Lunch & Learn

Every Wednesday

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

Living a Healthy Life with Chronic Conditions

May 13 – June 17

Wednesdays from 6-8:30
p.m. Mt. Zion Missionary
Baptist Church.

Living a Healthy Life with Diabetes

May 14 – June 18

Thursdays from 12 noon
to 2:30 p.m. 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, cho-
lesterol screenings, and
pap smears. Call (828)
250-6006 to make your
appointment.

SAVE THE DATE

Free Prostate & Know Your Numbers Screening

Saturday, June 20

From 8 a.m. to 12 noon.
Call (828) 251-8364 to
make your appointment.

May is Stroke Awareness Month

by Kathey Avery, RN

Stroke causes the part of the brain that is blocked by a clot to die. A blood vessel in the brain can also burst causing that area to die. 43% of African Americans have hypertension.

Warning signs include:

- Numbness or weakness of the face, arm, or leg, especially one side of the body.
- Confusion, trouble speaking or understanding speech.
- Trouble seeing in one or both eyes.
- Trouble walking, dizziness loss of balance or coordination.
- Severe headache with no known cause.



Kathey Avery, RN

"Mini stroke" is like a warning sign of a stroke and should be treated as an emergency. Symptoms clear quickly.

Women may not have classic symptoms and may have sudden: hiccups, nausea, general weakness or tiredness, or racing heart.

Thank You!

I want to thank over seventy people for helping our fourth annual fundraiser and my big birthday be a fun community and family event.

Your donations help us provide lifesaving education that will improve your life and that of our community.

remember him for his years of service. Following Dr. Blair's specific request, the Dr. Charles Blair Health Parity Fund will provide scholarships for minority youth pursuing health careers.

HOPE Banquet

Tuesday, May 21

Please join us at 6 p.m. at MAHEC. Your \$50 ticket purchase will assist us in growing our own through the Minority Medical Mentoring Program.