



# ABIPA Health Highlights


CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

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**ON SITE ACTIVITIES**  
56 Walton St., Asheville

## Building Brothers BREAKFAST

**Saturday, September 12**  
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 and community partner agencies for making our work possible.



## ABIPA

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## 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)



## Now it's Time to Say Goodbye

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

### We have truly enjoyed our Summer CAYLA intern, Ms. Cedetria Tranchant.

Ms. Cedetria Tranchant served as the summer CAYLA intern and as a member of the ABIPA team. From her arrival early in the summer to her farewell appearance in a new car that she had worked and saved for, the ABIPA team served as her personal pep squad and cheerleaders. "It takes a village, and she is one of ours." We're glad of the opportunity to share Cedetria's parting words with the faithful readers of the *Urban News* family.

"I want to start off by thanking everyone who gave me a chance. I remember like it was yesterday when I applied for CAYLA my freshman year. At the time I was just applying because everyone else was. It took me a full year to realize, CAYLA is a program that will help you become that person you always dreamed of.

"Applying and being accepted into CAYLA has been the best experience ever. It has taught me the basic steps to becoming a successful young lady, it has also given me a better feeling of the working environment that I could possibly work in. I would definitely encourage everyone to apply for CAYLA. It cannot get any better than this.

"When I came into my internship, I doubted myself every single day. But I realized there is always

someone out there who wants to see you succeed. While interning at ABIPA, I met the most outstanding women! They made me feel good inside and out. They would constantly ask me questions that I didn't know the answer to. I would give those different answers each time they asked, which made me seem uncertain of my future.

"I told them the story of how my heart was telling me to go into the medical field, but I didn't think I would be able to do it because I suck at science. They always encouraged me to follow my dreams. I will always remember Ms. Je'Wana told me, 'Surround yourself with people who have your back, you need others in your life that will be the wind beneath your wings.'

"While working at ABIPA my favorite assignment was going door to door throughout the neighborhood, giving out surveys to the community. I thought it was such a good opportunity for me to hear the different stories behind the individuals of my community.

"The results we received touched me in many ways because the main reason why others didn't attend college, or didn't finish school, was because they didn't have the proper



Cedetria Tranchant, at right, was a wonderful addition to the ABIPA team.

support system! I could only imagine how that must feel.

"At times I, too, have honestly just wanted to give up, but since I joined CAYLA I have held my head up high. That's because I have such a strong support system behind me.

"I also enjoy going to the "lunch and learns," when the ABIPA team holds a meeting with many elders to discuss different healthy activities. And you get to have an amazing healthy lunch while you learn!

"Seeing the smiles on these women's faces just brightens my day. They would come into the lunch and learn every Wednesday telling each other about their different diets, and the different exercise activities they're involved in. It's amazing seeing how one person can have a major impact on someone's life. No matter what you do, make sure to uplift those who are around you."

## Immunizations

by Kathey Avery, RN

### August is National Immunization Awareness Month.

This month is a great time to promote vaccines and remind family and friends to stay up-to-date on their shots. ABIPA's motto is "Preventive care saves lives."

Parents and grandparents are listing what they need to do to get their little ones ready for "back-to-school." It can be daunting buying clothes, school supplies, and providing lunch money, but don't forget the thing that will protect all our children all year long: Immunizations.

#### Here are the facts

The first round of vaccinations



Kathey Avery, RN

## What You Need to Know

should happen within the first six months of life, according to KidsHealth.org, and include prevention for tetanus, polio and hepatitis B. Infants get two HBV doses by the time they are two months old. They receive doses of the

DTaP, Hib, IPV, PCV and Rota vaccines at least twice by the time they are six months old.

When children are one years old, they get the measles, mumps, and rubella vaccine. They also receive the hepatitis A vaccination. When children are about four years old, they receive doses of DTaP, MMR, IPV and Varicella. The final round of childhood vaccines happens around

age 11, and includes HPV, a Tdap booster, and meningococcal vaccine.

If pregnant, talk with your doctor about getting the whooping cough shot, called Tdap, to protect yourself and your baby. CDC recommends you get your Tdap vaccine between the 27th and 36th week of each pregnancy.

As a grandmother, when my daughter became pregnant, the doctor informed us that the newborn would need to be vaccinated, so off I went to Walgreens to do my duty as a new nana.

The CDC explains that vaccine schedules for children are important to protect vulnerable members of society from getting fatal diseases. Vaccines are a safe and effective form of prevention.

## Community Lunch & Learns

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

## Ladies Night Out

**First Thursday of each month from 4-8 p.m.**  
FREE physicals, mammograms, and health education for qualifying uninsured or under-insured women. Transportation provided. Free childcare, refreshments, blood-pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

## PRAISE



### FREE Know Your Numbers Screening

**Saturday, August 22**  
Tabernacle Missionary Baptist Church, 10 a.m. to 1 p.m. If you haven't made it to one of the Know Your Number Screenings, there is still time for you to join us. Don't forget to come after fasting!

## Congratulations!



### Congratulations to Mount Zion!

*Our Most Recent Living Healthy Class*  
You made a 6-week investment that will last for the rest of your lives.