



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,
January 9, 2016**

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.



ASHEVILLE
Parks, Recreation
& Cultural Arts
Department

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



The Greatest Gift

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



What is the greatest gift?

The answer may vary depend-
ing on who you ask. If you ask
someone at ABIPA the answer
just may be HEALTH.

Without your health what do
you have? What can you do? You
know that we are champions for
self care and preventative health
education and implementation.

As I type my submission for
this month, I have an excruciat-
ing, debilitating
headache. What am I to
do? Well, first,
I'd better fin-
ish this so I
can meet the
press deadline.
However, as
soon as busi-
ness is done,
I will listen to

the red flag that my body is wav-
ing and slow down long enough to
assess what is going on and take
care of it.

The gift that we encourage
you to give yourself this year is
time focusing on your health. It
has been said that we don't think
about our health until we don't
have it. Let's agree that as a com-
munity that is not the way we are
going to operate.



Thank you for the gift of
support you have given us
throughout 2015 – from our
annual events, like the Prostate
Screening and Sista 2 Sista
Fashion Show, to our new
PRAISE project which has been
funded for a second year. So,
churches, get ready! Start look-
ing at your calendar now to see
how you will integrate ABIPA
into your new and improved life-
style in 2016.

We could not do the work we
do without advocates like you
who support us through heartfelt
donations, and simply showing
up to our educational events.
Thank you for all that you have
done and all that you will con-
tinue to do in the future.

Happy Holidays!

December is HIV Awareness Month

by Kathey Avery RN, BSN

**One of the things
we do at ABIPA
is give education,
support, and
awareness to our
community.**

Thank you for help-
ing make our Sista-Sista
Support Group and our
breast cancer survivors
feel loved and supported.
We had over eighty people come
and enjoy the fashion show and
evening. Way to build community!

This month we are giving
awareness of HIV/AIDS that
affects our community. AIDS is
a chronic, potentially life-threat-
ening condition caused by the
human immunodeficiency virus
(HIV). By damaging your immune
system, HIV interferes with your
body's ability to fight the organ-
isms that cause disease.

HIV is a sexually transmitted
infection. It can also be spread
by contact with infected blood, or
from mother to child during preg-
nancy, childbirth or breast-feed-



Kathey Avery

What You Need to Know

ing. It can take years
before HIV weakens
your immune system to
the point that you have
AIDS.

There's no cure for
HIV/AIDS, but there
are medications that
can dramatically slow
the progression of the
disease. These drugs have reduced
AIDS deaths in many developed
nations. But HIV continues to
impact lives everywhere.

Black/African Americans
accounted for 46% of all new HIV
infections in 2013, and make up
43% of the total number of people
living with HIV in the USA.*

Despite making up only 13%
of the population between 2009-
2013, blacks/African Americans
accounted for:

- 63% of all HIV infections
among women
- 67% of all HIV infections among
children below 13 years old



- 42% of all HIV infections
among males

The majority of people infect-
ed by HIV develop a flu-like ill-
ness within a month or two after
the virus enters the body.

For your health, whenever
there is a screening or you see
your healthcare provider, "get
screened." As we say at ABIPA,
"Preventive care saves lives."

*Source: www.avert.org

Community Lunch & Learns

Every Wednesday

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

Creation Health Education

Every Thursday beginning in January.

January 7, 14, 21, 28 from
12 noon to 2:30 p.m. Arthur
Edington Educational and
Career Center.

Ladies Night Out



**First
Thursday of
each month
from 4-8
p.m.**

FREE physi-
cals, mam-
mograms,
and health
education for
qualifying
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

PRAISE is Back!

PRAISE – Preventive
Health Education Resulting
in Action Inspiring Success
for Everyone.

**Register your church
to participate today!**

Congregation Awards:
\$250, \$500, and \$1000.
Call 251-8364 or email us at
info@abipa.org

**STOP
AIDS
GET TESTED**