

BIPA Health Highlights

CELEBRATING 10 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • **NAVIGATE** EDUCATE • **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



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.









Buncombe County

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 JaíEssence McEachin

What is the greatest gift?

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

Without your health what do vou 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 finish this so I can meet the press deadline. However, as soon as business is done, I will listen to

the red flag that my body is waving 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 community 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 looking at your calendar now to see how you will integrate ABIPA into your new and improved lifestyle 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 continue 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 helping 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-threatening condition caused by the human immunodeficiency virus (HIV). By damaging your immune system, HIV interferes with your body's ability to fight the organisms 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 pregnancy, childbirth or breast-feed-



Kathey Avery

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

What You Need to Know

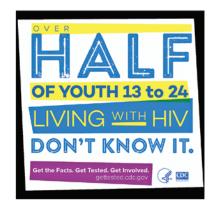
There's no cure for HIV/AIDS, but there are medications that can dramatically slow the progression of the

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 infected by HIV develop a flu-like illness 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

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 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

