



ABIPA Health Highlights

CELEBRATING 12 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

ON SITE ACTIVITIES
56 Walton St., Asheville

Building Brothers BREAKFAST

**Saturday,
February 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.



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

Legacy

*The word “legacy”
is frequently used to
describe the property
that people leave their
heirs when they die.*

But every human being also
leaves behind a nonmaterial legacy
— one that’s harder to define but
often far more important. This
legacy comprises a lifetime of rela-

tionships,
accomplish-
ments,
truths, and
values, and
it lives on in
those whose

lives we’ve touched.

This month is the perfect time
to think about legacy. We are cel-
ebrating African American History
Month and the lives of famous
heroes past and present. Let us
not fail to honor those personal
heroes in our lives, those regular

people who have
inspired us to be
extraordinary.
The impact that

they’ve had on our lives, which
has resulted in our living as a
reflection of their examples, is
true legacy.

In a time where there is so
much uncertainty and springs of
hateful actions and words in our
society, let our legacy be love.

*“And now abide faith, hope,
love; but the greatest of these is
love.” ~ Corinthians 13:13*



by Je’Wana Grier-McEachin,
ABIPA Executive Director

Photo by JaiEssence McEachin



February is All About Heart

by Kathey Avery RN, BSN

This is Black History Month, and Heart Awareness Month

It is also a wonderful
time to show your love
for what we do at ABIPA.
Whether a church we have
contacted for your annual
love offering, or an indi-
vidual with spare coins, we
appreciate your support.

For Black History Month,
ABIPA wants our community to
find one way this month to learn
about what is going on in our com-
munity. Who are the organizations
working for our African American
communities? Call us at the office,
251-8364, and let us know. All
month we will share this informa-
tion during our *Body and Soul*
radio segment on 100.7 WRES.
You can call us live at the station
on the first and third Tuesday.

This is Also Heart Awareness Month

Heart disease is the lead-
ing cause of death for people of
most racial/ethnic groups in the
United States, including African
Americans, Hispanics and whites.



Kathey Avery

Heart Health Awareness

For Asian Americans
or Pacific Islanders
Indians or Alaska
Natives, heart dis-
ease is second only to
cancer.

- Since 1984, more
women than
men have died each year
from heart disease.

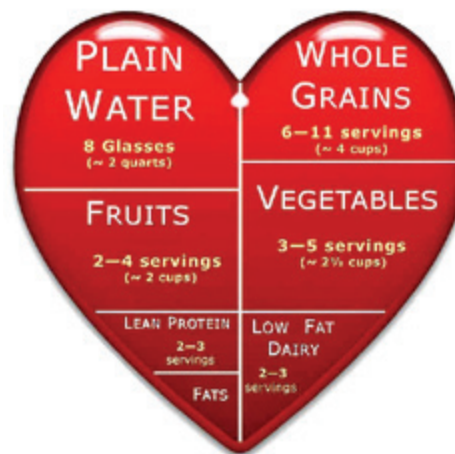
- Ninety percent of
women have one or more
risk factors for developing
heart disease.

We are proud of the
LINKS organization for
conducting their “With
Every Heart Beat Is
Life” series for women
at the YMI. At ABIPA
we say, “Preventive Care
Education Saves Lives.”

This year, our
“Churches with Heart”
program will again give churches
the opportunity to show their
“agape” (love) by helping us con-
tinue our preventive care educa-
tion through a “love” offering.
This month, those offerings will

allow us to educate your church
members on heart health. Fifty-
two of our community churches
continue to provide lifesaving
education to their congregation,
and lifesaving support to ABIPA.

*Thank you, from our hearts
to yours!*



Sources:

CDC.gov – Heart Disease Facts
American Heart Association, 2015
– Heart Disease and Stroke Update,
compiled by AHA, CDC, NIH, and
other governmental sources.

Lunch & Learn

Every Wednesday

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

Creation Health

Every Thursday

From 12 noon to 2:30 p.m.
at the Arthur Edington
Educational and Career
Center. We start with lunch
in the Community Kitchen
at 12 noon.

Ladies Night Out



**First
Thursday of
each month
from 4 p.m.
to 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

Is Your Church Going For The Gold?

The 2016 Praise Project is
underway. Make sure your
congregation isn't left out.

Congregation Awards:

- Gold: \$1000
- Silver: \$500
- Bronze: \$250

All participating churches
must:

- Complete a Church
Assessment
- Complete Two Surveys
of Congregation, at
Beginning and End
- Schedule Education
Session(s) with ABIPA
- Participate in Two “Know
Your Numbers” Screenings
- Improve or Initiate a
Church Food Policy
- Conduct a Weekly Physical
Activity Opportunity for
Members

To get started, call us at
(828) 251-8364.