



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,
August 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



Meet Our Summer Interns

This month I would like to introduce you to our CAYLA (City of Asheville Youth Leadership Academy) summer interns.

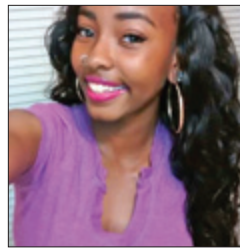
by JéWana Grier-McEachin, Executive Director
Photo by JaiEssence McEachin

Shamóne Jones

Growing up all I heard was “the sky is the limit,” and “hard work and dedication pays off.” These two quotes, heard mostly from my mother, father and oldest sister, stuck with me and remain with me today. These quotes make me the person I am today and will become in the future.

My name is Shamóne Jones and I’m going into my senior year at Asheville High School. I would say I am a hardworking person, very passionate at anything I put my mind to, and also ready for anything that life has to throw at me. My older sister is my role model. She motivates me and has my back one hundred percent at anything I decide to do. She just recently graduated from the University of Pembroke and is now studying Criminal Justice. She was the first person in my family to go to college, and I told myself I will be the second.

I would like to study business and become an entrepreneur with my own fashion line, or become a Forensic Pathologist. I’m leaning more toward business because I love numbers. I also love also cutting up and transforming my own clothes into something new and improved.



Shamóne Jones

Next year by this time I will be attending one of these colleges: Winston-Salem State, NC State, or Pembroke. I refuse to become another black statistic. Many people told me I wouldn’t become anything, or they simply didn’t support my goals. The people who told me I will never be anything will have to eat their words: they will soon see me blossom into a beautiful and successful black woman.

D’Angelo Elliot

Hi, my name is D’Angelo Elliot. I’m a student athlete and rising junior at Carolina Day School. As a sixteen-year-old high school basketball player, I aspire to make it to the collegiate level through hard work and dedication. I have a great support system pushing me to get better at my craft every day. I’m constantly in the gym working on developing a higher skill level. I hope to one day play in the professional leagues.

But there is more to me than



D’Angelo Elliot

just playing the game of basketball. I also enjoy helping out people in my community through organizations such as ABIPA and Manna Food Bank. I’ve volunteered at places such as the Monford Center to help with the after-school program and Manna Food Bank to help package food. I’m now interning at ABIPA this summer to help better my community even more.

Just doing the smallest act of kindness, like carrying a box of food to an elderly woman’s car, gives me the sense that I’m making a difference in people’s lives, and

I plan on continuing to do so in the future.

My long-range goal is to attend a four-year university, preferably in state, majoring in business or engineering. I’ll have something to fall back on just in case something happens to my basketball career.

In conclusion, I just want to be the type of person who inspires the next generation. I want to be the type of person

kids can look up to and say, “I hope one day I’ll grow up and be just like D’Angelo.”

Minority Mental Health Month

by Kathey Avery, RN

*If we have emotions
and live, we will all
need support during
our lifetimes.*

The World Health Organization defines mental health as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Discrimination exacerbates health and healthcare disparities for our communities causing a lack of access to quality, affordable care and can lead to prolonged and unnec-



Kathey Avery, RN

can prevent it.

There is also a lingering distrust of healthcare professionals and behavioral health service providers. Providers and institutional bias can impact the quality of care that is administered to patients. These factors often lead to barriers that can

What You Need to Know

keep individuals from seeking and receiving the help and treatment leading to recovery and promoting health equity.

Source: J. Nadine Gracia, MD, MSCE, Deputy Assistant Secretary for Minority Health; Director, Office of Minority Health; Pamela S. Hyde, J.D., Administrator, SAMHSA

National Minority Mental Health Awareness Month

BeBe Moore Campbell was an author, advocate, and co-founder of NAMI Urban Los Angeles. She passed away in 2006. In May of 2008, the U.S. House of Representatives proclaimed

Lunch & Learn

Every Wednesday

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



Summer Block Party

Saturday, August 13

Join us at Pisgah View from
1 to 4 p.m.

PRAISE

2nd Annual PRAISE Awards

Sunday, August 14

Join us to celebrate the
health efforts of area
churches. Mountain View
Room from 4:30 to 7 p.m.

Ladies Night Out



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

FREE physicals,
mammograms,
and health
education for
qualifying unin-
sured or under-
insured women.
Transportation

provided. Free childcare,
refreshments, blood-
pressure checks, cho-
lesterol screenings, and
pap smears. Call (828)
250-6006 to make your
appointment.

July as Bebe Moore Campbell
National Minority Mental
Health Awareness Month.

The resolution was sponsored by Rep. Albert Wynn (D-MD) and cosponsored by a large bipartisan group to achieve two goals: improve access to treatment and services and promote public awareness of mental illness; name the month Bebe Moore Campbell National Minority Mental Health Awareness Month to enhance awareness of mental illness especially among minorities.