



# 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,  
November 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. 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**



## Think PINK, Think PURPLE, Live With Purpose

by JéWana Grier-McEachin, Executive Director.

Photo by JaiEssence McEachin

This month two major awareness campaigns truly impact our community—Breast Cancer and Domestic Violence. Kathey has addressed Breast Cancer Awareness below, so I will share about Domestic Violence. President Obama summed it up best in his Presidential Proclamation for National Domestic Violence Awareness Month, 2015.

Domestic violence impacts women, men, and children of every age, background, and belief. Nearly 1 in 4 women and 1 in 7 men in the United States have suffered severe physical violence by an intimate partner. Victims are deprived of their autonomy, liberty, and security, and face tremendous threats to their health and safety.

During National Domestic Violence Awareness Month, we reaffirm our dedication to forging an America where no one suffers the hurt and hardship that domestic violence causes—and we recommit to doing everything in our power to uphold the basic human right to be free from violence and abuse.

While physical marks may often be the most obvious signs of the harm caused by domestic violence, the true extent of the pain goes much deeper. Victims not only face abuse, but often find themselves left with significant financial insecurity. And children who witness domestic violence often experience lifelong trauma. These heinous acts go against all we know to be humane and



decent, and they insult our most fundamental ideals. We all have a responsibility to try to end this grave problem.

Buncombe County's ENOUGH campaign and the establishment of the Justice Center are all steps in the right direction to ensure that Domestic violence is eradicated from the culture of our county. This month remember to think pink and think purple, but, beyond that, LIVE with purpose.

## October is Breast Cancer Awareness Month

by Kathey Avery, RN

African American women are at a lower risk for breast cancer, but have a higher mortality rate, are diagnosed with more aggressive forms, and are younger than their white counterparts.

African American women with breast cancer are less likely than white women to survive five years. This difference can be attributed to late stage at detection and poorer stage-specific survival. Breast cancer in general is diagnosed more in white women. Aggressive tumors associated with poorer prognosis appear to be more common in African American women and may contribute to their lower survival rates.

The Breast Cancer Research Foundation (BCRF) is committed to addressing the diverse factors affecting disparities in breast cancer outcomes. In 2016-2017 BCRF has committed nearly \$2 million in studies to understand the differences in genetic and



Kathey Avery, RN

## What You Need to Know

biological risk factors across populations, improve access to genetic testing in high-risk minority groups, as well as access to quality care and affordable medications to underserved populations, and increase minority participation in clinical trials.

This year, BCRF will be funding a research study through the Metastatic Breast Cancer Project (MBC Project) aimed specifically at examining the genomics of African American women with metastatic breast cancer in hopes of understanding new approaches to preventing or treating metastatic

ses—a problem that is especially prevalent for black women.

Susan B. Komen for the cure has affiliates that do fundraisers in WNC, but there is no official office in WNC. Please check your local organizations and support local efforts to support our cancer survivors. ABIPA has a Sista Sista Support group led by Barbara Allen, Johnice Jackson. Contact ABIPA at 251-8364 for information.

On November 19 ABIPA will present the 5th annual Sista Sista Fashion Show to raise money and awareness for our breast cancer survivors support group. The event takes place at the Masonic Temple, 80 Broadway Street in Asheville, at 6 p.m. with dance from 8:30 until 11 p.m. Tickets are \$20.

For more information on breast cancer, visit [bcrcure.org](http://bcrcure.org).



## Lunch & Learn

**Every Wednesday**

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

## SAVE THE DATE

## ABIPA's 5th Annual Sista 2 Sista Fashion Show



**Saturday,  
November 19**

Raising money and awareness for our breast cancer survivors' support group. Fashion

Show at 6 p.m. Dance from 8:30 – 11 p.m. Masonic Temple, 80 Broadway St., Asheville, NC 28801. Tickets are \$20 and are now on sale.

## 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



## PRAISE Churches Unite!

It is time to start programming for year three of PRAISE! Call (828) 251-8364 or email [info@abipa.org](mailto:info@abipa.org) today so that we can get on your calendar for 2016/17.