



ABIPA Health Highlights

CELEBRATING 12 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers BREAKFAST

**Saturday,
November 12**

FREE! 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

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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



Lift Your Voice

by JéWana Grier-McEachin, Executive Director.

Photo by JaiEssence McEachin



It's that time of year when we as individuals have the opportunity to shift the atmosphere of our community and country by utilizing our right to vote.

There are people who are "Fired Up And Ready To Go!" We have neighbors who are apathetic, refusing to even think about voting because neither of the candidates fit the mold of their idea of a real positive change agent.

Then, there is the belief that the process is RIGGED. I am sure I am not alone in hearing so many view points, from "She's not really for us," to "Nope to the Dope." All of the clamor, propaganda, and political sidestepping has the power to cloud the importance of the November 8 election.

Every circle you fill, whether it is for a national, state, or county seat, is a vote that sways the direction of your economic and

social future. So I encourage you to not go to the polls unprepared. Use the voters guides that you can find around town or in this issue of *The Urban News*. Find out for yourself the policies each candidate stands for; research the names that you fill that circle in for.

Remember, there are those who want to forget history, they don't pass on our history to their children because of the struggle and the pain of the past. But when we forget history we are in danger of repeating history.

Historical recollection is not to be seen as quicksand that traps us in anger, it is to be used as power to press forward, constantly

becoming better. Any time I become discouraged or disgusted with the political climate, I remember those who had to go through rigorous tests so they could have the opportunity to be heard. I remember those who lost their lives because of hate and the fear of change. This is not the time to sit silently.

With every stroke that it takes to fill each circle, you lift your voice. With every word you utter to encourage someone to leave their couch for that cubicle, you lift your voice.

Whether you go in early or you wait until "V" day, "Lift Your Voice!"

Diabetes Awareness Month

by Kathey Avery, RN

Did you know?

Diabetes kills more Americans every year than AIDS and breast cancer combined.

Brain – People with diabetes are more likely to be diagnosed with dementia.

Kidneys – Diabetes is the leading cause of kidney failure. The number of people with end-stage kidney disease is growing. They are living on chronic dialysis or with a kidney transplant.

When you have too much sugar/glucose in the blood, it causes blood to become thicker and have a more difficult time moving through your arteries.

Fasting Blood Glucose is a test to determine how much glucose is in a blood sample after an overnight fast of at least eight hours.

A normal fasting blood glucose level is less than 100 mg/dl. A diagnosis of diabetes is made if your blood glucose reading is 126 mg/dl or higher after two consecutive blood tests.



Kathey Avery, RN

What You Need to Know

Can you have diabetes and not know it?

Type 1 Diabetes Warning Signs

- Frequent urination
- Unusual thirst
- Constant hunger

- Unusual weight gain
- Extreme fatigue and irritability
- Blurred vision

Type 2 Diabetes Warning Signs

- Any of the type 1 symptoms
- Frequent infections
- Cuts/bruises that are slow to heal
- Tingling/numbness in hands or feet
- Recurring skin, gum, or bladder infections

Thanksgiving is just a few weeks away. If you are diabetic, and even if you are not, exercise is key. Check with your doctor before exercising if you have been



inactive. If you do not have a physician start slow. If exercise causes you to be short of breath or in pain, cut activity in half but don't give up.

Diabetics should check with their doctor and discuss when to exercise and the potential impact of medications on your blood sugar as you become more active. Insulin or medication can cause low blood sugar (hypoglycemia). Test blood sugar 30 minutes before exercising.

Work toward 150 minutes a week of moderately intense physical activities such as fast walking, lap swimming, and bicycling.

COMMUNITY

Lunch & Learn

Every Wednesday

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

Every Thursday

From 12 noon to 2:30 p.m. at Arthur Edington Center, 133 Livingston St.

SISTA 2 SISTA

ABIPA's 5th Annual Fashion Show



**Saturday,
Nov. 19**

Raising money and awareness for our breast cancer survivors' support group. Fashion Show at 6

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

Ladies Night Out



**Second
Thursday of
this 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 today so that we can get on your calendar for 2016/17.