



ABIPA Health Highlights

CELEBRATING 13 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

ON SITE ACTIVITIES
56 Walton St., Asheville

Building Brothers BREAKFAST

**Saturday,
February 11**

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



The History of Black History Month

*You know that February is Black History Month.
Do you know its origin?*

By JéWana Grier-McEachin, Executive Director
Photo: Pro16 Productions

Americans have recognized black history annually since 1926, first as “Negro History Week” and later as “Black History Month.” What you might not know is that black history had barely begun to be studied, or even documented, when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in history books.

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard.

The scholar was disturbed to find in his studies that history books largely ignored the black American population—and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation’s history. He established the Association for the Study of Negro Life and

History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected *Journal of Negro History*.

In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history. Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history.

The expansion of Black History Week to Black History Month was first proposed by the leaders of the Black United Students at Kent State University in February 1969. The first celebration of the Black History Month took place at Kent State one year later, in February 1970.

In 1976 as part of the United States Bicentennial, the informal expansion of Negro History Week to Black History Month was officially recognized by the U.S. government. President Gerald Ford spoke in regard to this, urging Americans to “seize the opportunity to honor the too-often neglected accomplishments



Dr. Carter G. Woodson

of black Americans in every area of endeavor throughout our history.

The recent story depicted in *Hidden Figures* is the perfect example of why Black History is still relevant and needed. The credit for these women is long overdue. Katherine Johnson, Mary Jackson and Dorothy Vaughan were African American mathematicians who played an integral part in NASA’s space-race successes — but their collective contribution was largely left out of the history books.

How many more stories need to be brought to light? There are many unsung heroes. For this reason we must intentionally celebrate the resolve and resilience of African Americans during Black History Month, and must make sure that we expose our children to our history 365 days a year.

February is All About Heart

By Kathey Avery RN, BSN

This is Heart Awareness month.

Time once again to show your love for ABIPA. Our churches can support us by being involved in the third annual PRAISE project, and our annual February love offering. Individuals can show their love by giving generously this year.

This year for Black History month it is vital that we support our community. We learned at the MLK Prayer Breakfast to “Stand Up, Speak Out and Unfold the Dream for Today.”

It is my purpose to not let one person die from lack of health education, so here are some facts our community needs for Heart



Kathey Avery, RN
Photo: Pro16 Productions



Awareness month.

Heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and whites. For Asian Americans or Pacific Islanders, American Indians or Alaska Natives, heart disease 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.

Major symptoms prior to heart attack

- Unusual fatigue
- Difficulty sleeping
- Shortness of breath, anxiety
- Indigestion

Our annual fundraising program, “Churches with Heart,” will give you an opportunity to show your “agape” (love) by helping us continue our preventive care education with a “love offering” this month. Contributions allow us to educate the community on heart health. Call our office at (828) 251-8364 to schedule your heart prevention education for February.

Fifty-two of our community churches continue to help us serve our community with lifesaving education to their congregation while giving lifesaving support to ABIPA.

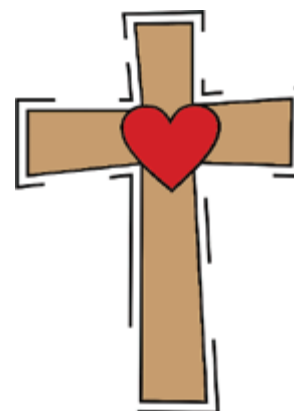
*Thank you,
from our hearts to yours!*

Lunch & Learn

Every Wednesday

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

Churches with Heart



Plan to wear Red and give a \$10 donation, or whatever is laid on your heart, during the LOVE offering that your church will host this month to support ABIPA’s work in the community.

Ladies Night Out



**Second
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, refresh-
ments, blood-pressure
checks, cholesterol screen-
ings, and pap smears. Call
(828) 250-6006 to make
your appointment.

PRAISE



PRAISE 2017 is Underway!

Programming for year three of PRAISE has started. Call or email us today so that we can get on your calendar for 2017. 828-251-8364 or info@abipa.org