



### ON SITE ACTIVITIES 56 Walton St., Asheville

### Building Brothers BREAKFAST

**Saturday, March 10**  
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.



MAHEC



MISSION  
COMMUNITY INVESTMENT



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](http://www.ABIPA.org)

# ABIPA Health Highlights

CELEBRATING 13 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY



## What Do We Do With Our Power?

*It has been said that, "The hand that rocks the cradle  
rules the world."*

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

This month, as we celebrate  
Women's History Month, have you  
ever really considered women's  
impact on history?

Take a moment to think about  
how we find and use our power.  
You are here because a woman  
birthed you. You are who you  
are because of what your mother  
shared or did not share with you  
during your developmental years.

The power of a mother's love or  
the lack thereof has truly shaped  
our society. Yes, there are other  
factors that shape us, but what our  
mothers ingest while they are car-  
rying us, how much they hold and  
nurture us as infants and adoles-  
cents, is the foundation of our core  
being. With that said, what do we  
do with our power?

It is my belief that we should  
use our power for good. We all  
have power whether we acknowl-  
edge it or not. Women are often  
referred to as a minority and  
this has often been reflected in  
the amount of power we have in  
politics, in pay, and in making  
decisions for ourselves. But are we  
really a minority?

What was the ratio of girls to  
boys when you were in school?  
When you go to church, what is  
the ratio of women to men? In  
many settings women are always  
the ones who show up.

People say many profound  
things, but it is up to us to live  
profound lives.

Michelle Obama said it per-  
fectly: "As women we must stand  
up for ourselves. We must stand  
up for each other. We must stand  
up for justice for all."

**"If you are always trying  
to be normal, you will  
never know how amazing you  
can be."**

~ Maya Angelou

**"I am, was, and always will  
be a catalyst for change."**

~ Shirley Chisholm

**"I believe all Americans who  
believe in freedom, tolerance  
and human rights have a  
responsibility to oppose  
bigotry and prejudice based  
on sexual orientation."**

~ Coretta Scott King



Maya Angelou



Shirley Chisholm



Coretta Scott King



Audre Lorde



Michelle Obama



Oprah Winfrey

**"Your silence will not protect  
you."**

~ Audre Lorde

**"Where there is no struggle,  
there is no strength."**

~ Oprah Winfrey

## March is Colorectal Cancer Awareness Month

By Kathey Avery RN, BSN

*This time of year  
I always think of  
our dear Isaac  
Coleman—what  
a loss to our  
community.*

It makes me want to  
continue to sound the  
alarm on colon cancer, which,  
if caught early, has an excellent  
5-year survival rate.

### Survival rates for colon cancer\*

Stage I colon cancer is about 92%.

Stage IIA colon cancer, the 5-year  
relative survival rate is about 87%.

For stage IIB cancer, the survival  
rate is about 63%.

Stage IIIA colon cancer is about



Kathey Avery, RN  
Photo: Pro16 Productions

89%. For stage IIIB  
cancers the survival  
rate is about 69%, and  
for stage IIIC cancers  
the survival rate is  
about 53%.

If the cancer has  
spread to other parts  
of the body it often  
becomes harder to  
treat and tends to have  
a poorer outcome.

Metastatic, or stage IV colon  
cancers, have a 5-year relative  
survival rate of about 11%. There  
are still many treatment options  
available for people with this  
stage of cancer.

**First:** African Americans have  
the highest colorectal cancer  
incidence and mortality rates of  
all racial groups in the United  
States. There is a strong link

between diet, weight, exercise,  
and colorectal cancer risk.

**Second:** Screenings for African  
Americans may need to take  
place at an earlier age.

**Third:** If you have private health  
insurance there is a 30% higher  
relative 5-year survival rate com-  
pared with that of uninsured  
African Americans.

### Colon Cancer Risk Factors:

- Age
- Personal history of colorectal  
polyps or colorectal cancer
- Personal history of inflamma-  
tory bowel disease
- Family history of colorectal  
cancer
- Inherited syndromes such  
as Familial Adenomatous  
Polyposis (FAP)

### Lunch & Learn

#### Every Wednesday

Led by Kathey Avery RN,  
BSN, from 12 noon to 1 p.m.  
at the Linwood Crump  
Shiloh Recreation Complex.

### 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.

## PRAISE

### Health Fair & Know Your Numbers Screening



#### Saturday March, 17

10 a.m. - 1 p.m. at  
Triedstone Missionary  
Baptist Church, 100 Carol  
Avenue. Join us for healthy  
activities and food! Learn  
how you can live a longer,  
healthier life. Programming  
for PRAISE 2018 has begun.  
Is your congregation par-  
ticipating? Call or email  
us today! 828-251-8364 or  
info@abipa.org

- Racial and ethnic back-  
ground
- Lifestyle-related factors  
such as physical inactivity,  
obesity, certain types of  
diets.
- Type 2 diabetes

Deaths from colon cancer  
could be avoided with health  
screenings. Follow the guide-  
lines your doctor suggests.  
On your 50th birthday get  
your first screening, it can  
save your life.

\* Statistics from 2004 to 2010

Source: H/OT, American Cancer  
Society