



ON SITE ACTIVITIES

56 Walton St., Asheville

Building Brothers BREAKFAST

Saturday, July 14

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
underserved populations
in Buncombe County
through advocacy,
education, research, and
community partnerships.*

www.ABIPA.org

ABIPA Health Highlights

CELEBRATING 14 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

Lunch & Learn

Every Wednesday

Led by Kathy 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 mam-
mograms and
health education
for qualifying
uninsured or
under-insured
women.

Participants will
also have access

to blood pressure checks,
cholesterol screenings, and
pap smears. FREE trans-
portation and childcare
are available upon request.
Call (828) 250-6006 to
make your appointment.

PRAISE

SAVE THE DATE

4th Annual PRAISE Awards



**Sunday,
August 19**

Held at UNC
Asheville
in the

Mountain View Room
beginning at 6 p.m.

If you are interested in
learning more and par-
ticipating in our 5th year of
programming, please come
to the awards ceremony, call
(828) 251-8364, or email
info@abipa.org today so
that we can get on your cal-
endar for 2018-19.



Our 2018 CAYLA Summer Intern

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

It's Officially Summer!

For the last few years we have
been hosting a CAYLA intern for
the summer in partnership with
the City of Asheville.

This is a remarkable opportu-
nity for ABIPA to share its unique
form of community engagement
with a home grown future leader.

The City of Asheville Youth
Leadership Academy (CAYLA) is
committed to providing its stu-
dents with:

- A meaningful summer work
experience
- Leadership development
through seminars and commu-
nity service
- College preparatory activities
including yearlong academic
support

CAYLA is an integral part
of the City's 'Grow Our Own'
initiative, as envisioned by the
Asheville City Council. The City
is committed to giving Asheville's
young people the opportunity
to stay and work in Asheville,
as well as to have valuable work
experiences that will advance
their future careers wherever they
go. The program is a partnership
with the Asheville City Schools
Foundation and is supported in
part by Buncombe County.

I proudly introduce you to our
2018 CAYLA Summer Intern.

Tenia Finley

"My name is Tenia Finley.
I'm 15 and I will be interning at
ABIPA for the summer. I love
to be around others and to help
whenever I can.



Tenia Finley, 2018 ABIPA Intern.

"My mother, Nicole Compton,
and my father, Theodore Finley,
raised me here in Asheville. My
parents have always instilled in
me to go after what I want and
don't stop until I reach my goal.
They've pushed me to become
who I am today.

"I've always been a person
who wants to help others when-
ever I am able to do so. This is
why I would like to go to college
to become an RN so that I can
help others when they really need
it the most."

If you are interested in finding out more about CAYLA, please go to www.ashevillenc.gov/departments/community/community_development/youth_leadership.htm.

National Minority Mental Health Awareness Month

By Kathy Avery RN, BSN

Mental health has recently been on everyone's mind.

Few people know
enough about the issue,
but I see many people
suffering as I do my
work in the community.
This issue is cognitive
impairment.

What is Cognitive Impairment?

It's the condition under which
a person has trouble remember-
ing, learning new things, con-
centrating, or making decisions
that affect their everyday life.
Cognitive impairment ranges
from mild to severe. With mild
impairment a person may notice
changes in cognitive functions,



Kathy Avery, RN
Photo: Pro16 Productions

What You Need to Know

but still be able to do
their everyday activi-
ties. Severe levels of
impairment can lead
to losing the ability
to understand the
meaning or impor-
tance of something
and the ability to
talk, write, and make

decisions based on judgment.

Judgment is necessary to
attempt to comprehend a situa-
tion, to create adequate strate-
gies to approach a problem,
identify appropriate goals, and
make choices between more than
one idea. The person may not
evaluate potential consequences
of different courses of action, or
inhibit inappropriate responses,
initiate purposeful behaviors and

monitor the effects of a chosen
solution. Having impaired judg-
ment may mean a person needs
more assistance than the person
are family realizes.

In our communities many
people suffer from cognitive
impairment involving judgment
from many different causes, and
many need more assistance than
our healthcare and mental health
community can provide.

The number of people living
with cognitive impairment in the
United States—15,000,000—is
equal to twice the population of
New York City. The growth in
the number of people living with
cognitive impairment will place
ever greater demands on our sys-
tems of care.

Where to get mental health help?

C3 356 Comprehensive
Care Center provides a com-
fortable and safe environ-
ment to discuss mental and
substance use needs, which
includes the National Alliance
on Mental Illness (NAMI). For
more information, or espe-
cially if someone you know is
exhibiting signs of cognitive
impairment, please contact
them for assistance.