



ON SITE ACTIVITIES 56 Walton St., Asheville

Building Brothers BREAKFAST

**Saturday,
September 8**

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.



Going Back to School and Getting Back to Fundamentals

*By JéWana Grier-McEachin,
Executive Director*

Photo: Pro16 Productions

It's that time of year when summer seems to fly by and school will be in session again in the blink of an eye.

Historically we value education while some people would die trying. With so many distractions and varied priorities it seems that simply reading or going to school, something that used to be forbidden by class and by color, has lost its luster.

When I went to Kenya a few months ago I was reminded of how valuable education is and how many Americans take it for granted. I was energized by the commitment to and the thirst for knowledge. Kids still had to walk miles to a school with no plumbing, conventional bathrooms, or air conditioning. Yet

they were eager to learn and excited to receive a pencil, even if they didn't have a sharpener.

Last month, we had our annual family reunion, and as we celebrated our graduates of the past, present, and future, my aunt reminded us how important education was to my grandfather. Because he came from a farming family the only time he could go to school was in the winter.

One winter he really wanted to go to school, but he didn't have shoes to wear. His father said he could go to school under one condition, that he find shoes that he could walk to school in. The only



School in Kenya

pair of shoes he could garner were a pair of high heels belonging to an aunt. And yes, he walked miles to school in her shoes.

Just hearing that story again made my heart weep. There are so many who have been afforded free education, though not always the best, yet they still don't value or take advantage of it. The next time a child in your life enters your presence, encourage them to find something that they love to do, or a place where they can get away and simply read. Reading is truly fundamental.



*Tenia Finley, 2018
ABIPA Intern.*

contributed to the health and wellness of the community of Asheville. Some of the people who stood out were Christine, with Mission Children's Hospital, and

Now It's Time to Say Goodbye

by Tenia Finley

It's hard to believe that my internship is over and it's time to say goodbye.

During my work with ABIPA I have met many important people who have

Melinda S., who works in Asthma Disease Management. I was able to attend a lot of meetings due to the collaborative work that ABIPA does with organizations like Mission, MAHEC, the Shiloh Community Association, AARP, Dementia Friendly, and the YMCA of Western NC.

I've learned to give back to the community in different ways: educating people on health issues;

letting them know about different resources they may need; and distributing food boxes from MANNA during weekly free Community Pop Up Markets to those in need. Working with ABIPA has taught me that there are a lot of individuals who may be sick and may not be able to do for themselves, so if you are in a position to help or give, back please do. Even if it's not much, a little goes a long way.

Being a part of the CAYLA program is really a great opportunity because it's gives you a feel of what your career would be like, and you gain invaluable experience. During the program, I experienced the different challenges people may face trying to get a job, or the way they are treated because of who they are, or because of their background. Not everyone is given the chance to go to college, or to get a decent job, because of where they come from. I am thankful for this opportunity and look forward to continue my journey to become a nurse.

Pain Awareness Week

By Kathy Avery RN, BSN

It seems the opioid epidemic is the talk of our country.

How did we get here? Let's talk about addiction.

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the individual who is addicted and to those around them. Drug addiction is a brain disease, because the abuse of drugs leads to changes in the structure and function of the brain. Although it is true that for most people the initial decision to take drugs is voluntary, over time the changes in the brain caused by repeated drug abuse can affect a

person's self control and ability to make sound decisions, and at the same time send intense impulses to take drugs.

When pain medications are required for acute or chronic pain, it has been found that physicians undertreated pain because of their concern about dependency and addiction. Until recently, pain management specialists and addiction specialists rarely communicated.

Non-steroidal anti-inflammatory drugs (NSAIDs) used to reduce



*Kathy Avery, RN
Photo: Pro16 Productions*

What You Need to Know

swelling and soreness are often used alone for mild to moderate pain. To manage the moderate to severe pain after surgery, NSAIDs are often used in combination with opioids. Some examples of NSAIDs include aspirin, ibuprofen, and naproxen.

Alternative approaches, such as medical hypnosis and acupuncture, are being used by more surgeons and their patients. A combined approach to pain management is often the best option because it allows the surgeon to tailor pain control methods to each individual patient.

Eat your way to better health!

If you deal with chronic pain and inflammation due to arthritis, try foods like papaya, prunes, grapes, blueberries, mangoes, peaches, and apples. Eating foods that feed our cells can alleviate pain. Turmeric and ginger are recommended spices; other foods include olive oil, fish oil, green tea, and yogurt.

*Source: Pain-free Living, June/
July 2018*