



ABIPA Health Highlights

CELEBRATING 15 YEARS OF SERVICE TO THE COMMUNITY

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COMMUNITY

ON SITE ACTIVITIES

56 Walton St., Asheville

Building Brothers BREAKFAST

Saturday,
January 12

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

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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



The Resolution

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

Happy New Year!

It's that time of the year when people are either motivated to make changes or ready for everyone around them to stop spouting lofty goals and move on. No matter where you fall on the spectrum, it is a nice time to sit with yourself, take inventory on what you loved and hated about 2018, and decide if you will do something different with 2019.

People often speak of the "new me," but when you think about it, we are who we are and we should simply strive to be the best of who we are. How we get to that place is up to us. With that said, I did a little browsing and found an article that was pretty good. Take a look at some of the key points and read the piece in its entirety on Self.com.



How to Make (and Keep) Your New Year's Resolutions

by Kelly Mickle and Amy Marturana, C.P.T.

At the start of every year, many of us find ourselves wondering how to keep the New Year's resolutions we've set for ourselves. It's a well-known joke that the gym crowds surge in January, only to thin back out by mid-February. Sometimes, it almost seems like resolutions are just meant to be broken. But trust us, resolutions are good, productive ways to set goals and intentions for the new year. Deciding to make positive changes, like ditching a bad habit and adopting a healthier one, is always a good idea.

If you want to set yourself up for the best chance of success, start with these smart tips for making better resolutions you can actually stick to.

1. Make smaller resolutions. The first key to success is zeroing in on one goal, not three.

2. Get specific with your goals. "Save money" is a good goal. But how? And how much? Without some definable parameters, your best intentions can get lost in the shuffle.

3. Write down your goals. People who write down their goals feel a greater sense of accountability and have a much higher chance

of accomplishing them.

4. Make your resolutions public. We're more likely to achieve our resolutions when we make them public. Sharing our goals holds us accountable, so it's harder to back out.

5. Plan your follow-through. Plot out a monthly budget or schedule a week's worth of workouts each Sunday so you don't have to think about how to fit it all in. And attach your goal to another activity. For instance, if you want to meditate more, plan a nightly session for right after brushing your teeth.

6. Check in with yourself regularly. Reassessing your goal throughout the weeks and months it takes to get there is essential. Once you start making changes, you may find your original goal was a little unrealistic. Instead of sticking with it, feel free to tweak the goal as you see fit.

7. Celebrate small successes. Rather than waiting until you've shed all 10 pounds, give yourself a mini "Yay, me!" celebration each time you drop two pounds. After a long run, reward yourself with a

good book, new music, or a night out with friends. To help you track important milestones and stay motivated along the way, use your journal.

8. Remember that it's OK to slip up (then get back on track!). What really matters is how you handle it; there are those who spend several days feeling guilty over their misstep, and then those who acknowledge the screw-up but get right back on track.

9. Don't rely on others to get you where you're going. Asking people for support is smart, but to make your resolution stick, now is the time to learn how to be your own cheerleader.

10. Stick with what works. Once your behavior starts to feel routine, it's easy to assume you have this in the bag and can let down your guard. But that's when you become vulnerable to missteps. You may think that because you haven't smoked in more than two months, you can lift your ban on going out with friends who do, or that you can stop keeping a food log because you've got the diet down. But those techniques

Lunch & Learn

Every Wednesday

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

PRAISE



PRAISE
2019 is
Underway!

Programming for the 2019
PRAISE initiative has
begun. Call or e-mail us
today so that we can get on
your calendar. (828) 251-
8364 or info@abipa.org.

were crucial to your success up to this point, and taking them away can dissolve your resolve. Whatever you're doing is working, so don't stop!

11. Believe in yourself. Henry Ford said, "Whether you think you can or you think you can't, you're right."

When you reach your goal, it's time to celebrate, of course. But it's also time to plan how you'll stick with them moving forward. Healthy lifestyle changes are worth sticking with for more than just the year.

Use your sense of accomplishment to fuel your healthy habits so that you can keep feeling good—and proud of how you've bettered yourself—for years to come.

Source: Self.com

Cervical Cancer Awareness and Thyroid Awareness



By Kathey Avery RN, BSN

In 2019 I hope the health education ABIPA provides will continue to help you make lifestyle changes, or possibly gain

life saving information.

January is cervical cancer awareness and thyroid awareness month. Here are the important things you need to know.

Cervical Cancer

Cervical cancer is a disease in which cancer cells are found in the tissues of the cervix. The cervix is the lower part of the uterus. Cervical cancer is caused by several types of a virus called human papillomavirus, or HPV. HPV is very common. It spreads through sexual contact.

Women should have their first Pap test at age 21. After your first Pap test, you should have a Pap test every two to three years depending on your age and other factors. Ask your doctor about how often you need a Pap test. Women who have

had the HPV vaccine still need to have Pap tests.

African American women develop cervical cancer more often than white women and are more than twice as likely to die from it. Screening is very important to help reduce this disparity. In fact, 6-in-10 cervical cancers occur in women who have never received a Pap test or have not been tested in the past five years.

Thyroid Awareness

What are the symptoms of hypothyroidism and hyperthyroidism? The most common symptoms of hypothyroidism are weight gain and fatigue.

Thousands of women are diagnosed every year.

Hyperthyroidism is the exact opposite of hypothyroidism. The thyroidal antibodies stimulate the gland to secrete and release higher amounts of hormones than normal. The thyroid gland grows in excess and produces excessive quantities of T3 and T4.

For more information, join me at the Lunch and Learn events held on Wednesdays from 12 noon to 1 p.m., (except for the 5th Wednesday of the month) at the Shiloh Center.