



# ABIPA Health Highlights

CELEBRATING 15 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

**ON SITE ACTIVITIES**

56 Walton St., Asheville

**Building Brothers BREAKFAST**

**Saturday, March 9**

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



## Who Don't We Know?

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

*As we reflect on Black History Month, we know that there is so much to learn that there should be a focus on our history 365 days per year.*

For every notable name that we know, there are probably 100 that we don't know: those who worked in the trenches and were really the fuel behind the movement.

Much of the writing on civil rights history in Montgomery has focused on the arrest of Rosa Parks, and she has rightfully been heralded as a civil rights heroine. However, there are so many people who participated in the boycotts that we will never see their faces or know their names.

A good example is Claudette Colvin, an American nurse and also a pioneer of the Civil Rights Movement.

On March 2, 1955, Colvin was arrested at the age of 15 in Montgomery, Alabama for refusing to give up her seat to a white woman on a crowded, segregated bus. Colvin acted a few months before Rosa Parks. The NAACP briefly considered using Colvin's case to challenge the segregation laws, but they

decided against it because of her age. She had become pregnant and they thought an unwed mother would attract too much negative attention in a public legal battle. With that said, the more widely known incident is that of Rosa Parks, secretary of the local chapter of the NAACP, who played the lead role, sparking the Montgomery Bus Boycott which began that year.

Even though the NAACP decided not to use Colvin for the face of the movement, she was among the five plaintiffs originally included in the federal court case filed by civil rights attorney Fred Gray on February 1, 1956, as *Browder v. Gayle*, to challenge bus segregation in the city. Colvin testified before the three-judge panel that heard the case in the United States District Court.

On June 13, 1956, the judges determined that the state and



Claudette Colvin at age 15.



Claudette Colvin

local laws requiring bus segregation in Alabama were unconstitutional. The case went to the United States Supreme Court on appeal by the state, and it upheld the District Court ruling on December 17, 1956. Colvin was the last witness to testify. Three days later, the Supreme Court issued an order to Montgomery and the state of Alabama to end bus segregation, and the Montgomery Bus Boycott was called off.

As we reflect on all of the advancements that we benefit from, think of those who didn't seek glory, or those who would have been lifted up from it, but never received recognition.

*To those pioneers we say "Thank you!"*

## Heart Awareness and Black History Month



By Kathey Avery RN, BSN

*This month is a good time to bring ABIPA's holistic approach to healing into celebrating Black History month, and Heart Awareness month.*

Kathey Avery, RN Photo: Pro16 Productions

Rev. Dr. Martin Luther King Jr., at the second annual convention of the Medical Committee for Human Rights, stated, "Of all the forms of inequality, injustice in health care is the most shocking and inhumane."

ABIPA wants our African American community to know that we are proud to serve you with love and purpose. Preventive care

education will help save lives in Western North Carolina and help every individual become their best self.

When we holistically look at our hearts, we know that physically the heart is defined as a pump of the circulatory system. Spiritually, the heart is thought of as the center of the physical workings of the body on which life depends. The heart is the seat of emotions of joy and sorrow.

I have written about the extreme importance of our heart for our physical being, but heart

is extremely important for our spiritual well-being. Charity, the Greek word agape, means love. In the Bible it is greater than faith and hope, (I Cor. 13:13). In 2019 it will be more; that we love our physical heart, and love others this month with our spiritual heart.

We are responsible in protecting our heart and our vital organs by learning the foods that will keep our heart pumping freely, and avoiding things that slow or stop this beautiful pumping organ, such as foods that contain

**Lunch & Learn**

**Every Wednesday**

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

**MDPP Classes**

Learn how you can delay or prevent type 2 diabetes at these Medicare Diabetes Prevention Programs.

**Saturdays:** 11:30-12:30 p.m. at Tried Stone Missionary Baptist Church, 100 Carroll Avenue in Asheville.

**Sundays:** 1:30-2:30 p.m. at the Edington Education & Career Center, 133 Livingston St. in Asheville.

**Begins Thursday, February 21:** 6-7 p.m. at the Reuter YMCA, 3 Town Square Blvd. in Asheville.

**MDPP Spanish Classes**

**Tuesdays:** 7-8 p.m. at the Kellogg Center, 1181 Broyles Rd. in Hendersonville.

**Begins Thursday, February 21:** 7-8 p.m. at the Kellogg Center in Hendersonville.

**Movies for Grown Ups**

**Tuesday, February 26**

*The Power to Heal:* Documentary & Discussion, 12 noon at the YWCA of Asheville. RSVP required.

**Thursday, February 28**

*Black Klansman:* FREE viewing begins at 3 p.m. at the Regal Biltmore 15 Grand. RSVP required.

RSVP at [local.aarp.org/asheville-nc/aarp-events](http://local.aarp.org/asheville-nc/aarp-events).

too much saturated fat and trans (unsaturated) fats, lack of exercise, and stress. We hope all our churches will contact ABIPA, and be part of our 5th annual PRAISE initiative, Prevention Health Education Resulting in Action Inspiring Success for Everyone.

ABIPA collaborates and partners with many organizations to continue to keep your health a priority, but our most important collaboration is with you.