



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, July 13

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



Meet Our 2019 CAYLA Summer Intern

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

As it has been our custom over the years, I am proud to introduce you to our 2019 CAYLA summer intern. When you see her out and about this summer, give her an encouraging word as she is being introduced to community health in action.

Cedra Goodrum

My name is Cedra Goodrum, a 16-year-old kid from Asheville who will be 17 in September. I am proud of my Jamaican/West Indian heritage and love to celebrate my culture every chance I get.

I have lived in Asheville the majority of my life aside from the year I lived in Jamaica. Growing up it was hard to resonate with my identity because of the things I heard, like, I'm too American to be considered Jamaican, but I'm too Jamaican to be considered American. For a long time I wondered where I really fit and who I am meant to be.

Throughout this time period it was my goal to learn about me

and accept me for me, and to also love myself. Positivity is a word that I live by because of the change that it made in my life and how it has helped with the way that I think.

My family means the absolute world to me because of their perseverance and their support. My family is the reason why I try so hard and keep a positive mindset. In the future, I would love to give back to my family and not have to see them struggle anymore.

Many of the role models that I have are part of my family, especially my mom. The reason I am so proud of my mom, and why she is my biggest role model, is because she came to a country wanting a better life but had no idea what was waiting for her outside of the plane. She came here not only for her but to have a better life for the daughter she birthed a year after arriving.

It is my duty to repay my mom by showing her I am grateful for her and the sacrifices she made



Cedra Goodrum

"I would like to own my own practice and help a broad range of people who endured trauma, or people who might just need someone to talk to."

~ Cedra Goodrum

to get me the best education she could. I am now a senior in high school and so excited to start my career and my higher education.

After graduating high school I plan on attending a four-year university, majoring in Psychology and minoring in Spanish. The reason I want to become a psychologist is because the thought of how the mind works has always excited me. I am intrigued by trying to figure out why people do the things that they do.

I have also been told that I am a great person to talk to—it is easy for people to feel comfortable with me. For these reasons I feel like this career is made for me. If I don't use my communication skills for helping people it would be a waste of my innate talents and gifts.

Eventually, I would like to own my own practice and help a broad range of people who endured trauma, or people who might just need someone to talk to.

Minoring in Spanish is something I recently decided after my trip to the Dominican Republic for service work. Going there

Lunch & Learn

Every Wednesday

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

SAVE THE DATE



5th Annual Praise Awards

Sunday, August 25

Held at UNC Asheville beginning at 6 p.m. in the Mountain View Room.

opened my eyes to a lot of disparities in the medical field for people who speak Spanish because there is not always a translator or someone there for their best interest.

There is plenty to write about my story and I am excited to experience many more life events, but for now this is me. I look forward to the work that I will do with ABIPA this summer that will give me more insight into ways I can impact disparities locally and possibly abroad as I continue to live out my story.

National Minority Mental Health Awareness Month



By Kathey Avery, RN, BSN, Director of Clinical and Community Connection
Photo: Pro16 Productions

First, let me thank the men who came out in June to participate in

ABIPA's annual prostate screening, and the churches who participated in the Know Your Numbers Screening.

I also want to recognize Oric Coleman of O's Place Barbershop, as ABIPA's 2019 Prostate Health Ambassador. He gave out the most health information this past year—information provided by me as the clinical nurse for ABIPA on men's health and specifically prostate cancer. I hope to work with more barbershops to grow

this partnership for the African American men in our community. Learn more later.

June is National Minority Mental Health Awareness Month. Let's talk about addiction. Addiction is a brain disorder characterized by compulsive engagement in rewarding stimuli despite adverse consequences.

Despite the involvement of a number of psychosocial factors, a biological process, one which is induced by repeated exposure to an addictive stimulus, is the core pathology that drives the development and maintenance of an addiction.

The two properties that characterize all addictive stimuli are that they are reinforcing and intrinsically rewarding (i.e., they are perceived as being inherently positive, desirable, and pleasurable).

Addiction is a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful conse-

quences 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.

Trauma, poverty, mental illness (diagnosed and undiagnosed), and homelessness can all lead to addiction in African Americans. Unfortunately, they may be less likely to seek out recovery programs and may experience more barriers to treatment than other groups.

Sources: wikipedia.org and recovery.org.