



EVENTS & ACTIVITIES POSTPONED

All in-person group education sessions have been canceled until further notice.

Be on the lookout for virtual group session opportunities. Visit us online for updates at www.ABIPA.org

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 partners and community partner agencies for making our work possible.



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

ABIPA Health Highlights

CELEBRATING 16 YEARS OF SERVICE TO THE COMMUNITY

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Spring 2020 Blooms in an Unprecedented Way

Dealing with the COVID-19 pandemic.

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

The Community Health Coalition shared these ABC's for good health and prevention of COVID 19:

Allow space between people so not to spread disease. Always wash your hands and practice social distancing.

Be positive. Be informed about constant changes and updates with local, state, and national guidelines.

Connect virtually to your community, faith, family, friends, work, and healthcare provider.

It is important that we adhere to these recommendations!

Statistics suggest that the coronavirus is proving particularly devastating for African Americans. We must be vigilant about knowing the facts, avoiding myths and hearsay, and being proactive as a community.

Several U.S. states have released data highlighting racial disparities. The most recent figures from Chicago show that African Americans have accounted for 69% of all COVID-19-related deaths despite comprising just 30% of the city's population. In Louisiana, African Americans account for 32% of the population but comprised more than 70% of all deaths from COVID-19 on April 6, 2020.

In Illinois and Michigan, the African American share of the population is 15% and 14% respectively, and the group's share of total coronavirus deaths was just over 40% across both states on April 6.

In New Orleans, where close to 60% of all residents are African American, rates of obesity, diabetes, and hypertension are all above the national average, placing the population at increased risk of death from COVID-19. Chicago's African American community also has a higher than average level of pre-existing conditions with diabetes, heart disease, and respiratory illness all highly prevalent.

Chicago Mayor Lori Lightfoot said that the situation is "devastating," adding that the figures "take your breath away." She has pledged to launch an aggressive public health campaign aimed at the communities worst impacted by the coronavirus. Remarking on the plan, Lightfoot said that "we can't simply stand by and let this disease wreak havoc in our communities," and that "lives are truly at stake."

There is no way to go through a situation like this without stress, however we must intentionally manage it. Fear and anxiety can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

We need to acknowledge and address the ways that stress may manifest itself:

- Fear and worry about your own health and the health of your loved ones



- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

Sharing the facts about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. If you are a parent or

grandparent don't forget this can be stressful for the children in your life too.

As you Stay Home and Stay Safe, nurture yourself and those in your nucleus. Remember that local resources and information are at your finger tips.

Updates for Buncombe County are posted online at www.buncombecounty.org/covid-19. Visit www.cdc.gov for the latest information about COVID-19.

If you need help with resource navigation call 211. If you have an immediate need, please call an ABIPA team member:

- JéWana Grier-McEachin, 828-242-8655
- Kathey Avery, RN, 828-242-8962
- Jennifer Pooré, 828-242-9093
- Angelique Scott, 828-242-9579
- Yvette Singleton, 828-280-0289

Thank you to Dogwood Health Trust for funding to support direct access to us as we work remotely during our community based COVID-19 response effort.

Stay Home. Stay Safe.

Why "Stay Home, Stay Safe"?

By Kathey Avery RN, BSN
Director of Clinical and Community Connections

There is someone you love that you want to keep safe.

We all have a duty to each other. If Native Americans had known how to distance themselves, or the Europeans had known the inhabitants of their "New World" had no immunity to their diseases, what a different history we would have.

History of epidemics

After European explorers reached the West Coast in the 1770s, small-



Kathey Avery, RN
Photo: Pro16 Productions

pox rapidly killed at least 30% of northwest coast Native Americans. For the next 80 to 100 years, smallpox and other diseases devastated native populations in the region.

After first contact with Europeans and Africans, some believe that the death of 90-95% of the native population of the New World was caused by Old World diseases. It is suspected that smallpox was the chief culprit and responsible for killing nearly all of the native inhabitants of the Americas.

For more than 200 years, this disease affected all new world popu-

lations, mostly without intentional European transmission, from contact in the early 16th century until possibly as late as the French and Indian Wars.

What is a Pandemic?

A pandemic is a disease epidemic that has spread across a large region, for instance multiple continents, or worldwide. A widespread endemic disease with a stable number of infected people is not a pandemic. Further, flu pandemics generally exclude recurrences of seasonal flu.

Throughout history, there have been a number of pandemics of diseases such as smallpox and tuberculosis. One of the most devastating pandemics was the Black Death, which killed an estimated 75-200 million people in the 14th century.

Current pandemics include HIV/AIDS and the 2019 coronavirus disease. Other notable pandemics include the 1918 influenza pandemic (Spanish flu) and the 2009 flu pandemic (H1N1).

SYMPTOMS OF COVID-19

Symptoms for COVID-19 are fever, cough, and shortness of breath. If you believe that you may have COVID-19, please call the health department at (828) 349-2517. The call center is open Monday through Friday from 8 a.m. to 5 p.m.