



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.



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 16 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



Mask Up!

ABIPA's core values include prevention.

By JéWana Grier-McEachin, Executive Director

In order to prevent the spread of COVID-19, we are encouraging community members to wear a mask as part of your daily routine, just like wearing a seat belt. Some people wear a seat belt for safety. Some people wear a seat belt to avoid getting a ticket. Some people still don't wear a seat belt. Seat belts have become the norm even though there was a time that their use was not a requirement.

There are many things systematically that must happen in tandem to conquer Covid-19, however in the spirit of utilizing many measures of protection against COVID-19, we are encouraging people to Mask Up!

When funding for COVID-19 response was announced in late March, we knew that marginalized communities would be in need. We secured funding for the ABIPA CARE (Community Activated Relief Equitably) program. There are three specific goals for the program:

1. Mass mask distribution
2. Wellness calls to include Covid-19 Prevention education tips and a Social Determinants of Health (SODH) survey
3. Delivery of ABIPA Sanitation Care Bags

With our initial funding we were able to purchase 1,000 masks from Eagle Market Streets Development

Block By Block program, which will not only help get masks out to at-risk individuals within the African American community, but it will also create income for African American Women who sew.

The free Sanitation Care Bags will be delivered by Everyday Details Co-op Members, which will allow co-op members to serve with pay, utilizing no contact deliveries. The Care Bags effort is coupled with a COVID-19 Prevention Education Brief and SDOH survey. The bags will be limited; delivered according to direct need identified in the surveys. The bags, valued at over \$45 each, include:

- FREE Mask
- Paper towels (2 rolls)
- Toilet paper (4 rolls)
- Clorox wipes
- Disinfectant Spray
- Dish washing liquid
- Laundry liquid
- Bleach
- Water
- Alcohol
- Vitamin C

Contents of each bag will vary according to the availability of products.



For a Free Mask or Sanitation Care Bag, call 828-242-8655. Limited supply available for those in need.

Our plan includes mask distribution integration into the service that our ladies provide at the Community Engagement Markets they facilitate. An education bag that includes a mask will be placed in the boxes that are distributed.

Additionally, we are delivering masks to people who live in our historically African American neighborhoods, to churches, to individuals who are still working, to our program participants, and to organizations that need masks for their workers and clients.

We started off with funding for 1,000 masks, however that was leveraged to acquire in-kind donations of an additional 6,860 masks, which are a combination of reusable masks and disposable surgical masks. We are partnering with the Change Agent, Philip Cooper, who has delivered more than 2,000 of the masks mentioned to Burke and Rutherford counties.

It is our goal to acquire and distribute 12,000 reusable masks so that each individual can receive at least two masks as part of prevention. To date we have secured 5,080 reusable cloth masks, so we are half

Happy Mother's Day!



The last month has been hard. I have heard of mothers hiding in the closet because they are overwhelmed and just need a moment alone. Whether you are a mother who is financially comfortable or a mother who is barely surviving, we want you to know that we see you.

We hope that this Mother's Day you are surrounded with light and love.

way there. We are asking that community members assist us by either donating funds, or by donating masks to further our efforts of mask and CARE bag distribution.

If you would like additional details in order to get involved, you can email us at info@abipa.org or call us on our line committed to COVID-19 response, 828-242-8655. You may also make a donation by paypal, or by mail to ABIPA, PO Box 448, Asheville, NC 28802.

Thank you to the Community Foundation of Western North Carolina, Dogwood Health Trust, the Poor People's Campaign, and community friends for their donations of masks and funds to further our efforts.

Before, During, and After Covid-19

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



Kathey Avery, RN
Photo: Pro16 Productions

No one is escaping the effects of COVID-19, whether economically, socially, or with our health. The social determinants I taught in classes held for the last seven years in our communities and organizations is now being played out in real time.

Remember, you learned that the social determinants of health, as defined by the CDC, are "economic and social conditions that influence the health of people and communities." These conditions are shaped by the amount of money, power, and resources that people have, which are

all influenced by policy choices.

Social determinants of health do effect factors that are related to health outcomes. Factors related to health outcomes include:

- How a person develops during the first few years of life (early childhood development)
- How much education a person obtains

- Being able to get and keep a job
- What kind of work a person does
- Having food or being able to get food (food security)
- Having access to health services and the quality of those services

- Housing status
- How much money a person earns
- Discrimination and social support

Why Address the Role of Social Determinants of Health?

The best way to achieve health equity is to address the social determinants of health. According to the CDC, health equity is when everyone has the opportunity to attain their full health potential, and no one is disadvantaged from achieving this potential because of their social position or other socially determined circumstance.

When Covid-19 is over, I will continue to teach in churches, apartment complexes, community centers, public and subsidized hous-

ing, educating our communities on making health a priority. I will be helping individuals prevent or control their diabetes or cardiovascular disease, while learning ways to improve nutrition and increase physical activity.

COVID-19 has at least proven why this education is vital to saving our communities lives. The statistics about who is disproportionately affected by this virus should make everyone rethink their health in all the ways described in the points above.

I will be back out there helping make our community healthy in a holistic way, and I hope to see more people who now know why their health is my priority!