



# ABIPA Health Highlights

CELEBRATING 16 YEARS OF SERVICE TO THE COMMUNITY

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## EVENTS & ACTIVITIES

### Creating Advocates of Change

Thursday, August 20

Part 1: Racial Justice and Equity, held from 12-1 p.m. RSVP for this free online event at <https://bit.ly/AdvocatesForChange>.

If you need support with masks or sanitizer, please call JéWana directly at (828) 778-7122.

### 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](http://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

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



## Now It's Time To Say Goodbye

*It's hard to believe that our City of Asheville Leadership Academy (CAYLA) interns summer stay with us has already expired.*

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

Their experience was far from the normal ABIPA summer matriculation due to COVID-19, however they were able to get a glimpse into how public health intersects with everyday life, on warp drive, during a pandemic. Thank you in advance for encouraging them when you see them out in the community.

### Leno Ramirez

My internship with ABIPA has unfortunately come to an end just like our summer. Sadly, I was unable to be present for most of my internship due to contracting COVID-19. Contracting the virus

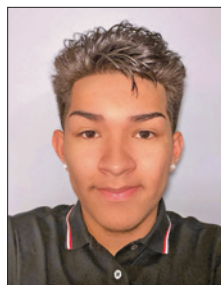
was a very scary experience and even indescribable. Luckily, the virus didn't affect me the same way it has affected others, but I would say I was more affected emotionally than I was physically.

Just as I told my supervisor, Ms JéWana, the only symptoms I had were loss of taste and smell, which were the starting point of my ride of emotions.

You hear about COVID-19 everyday and everywhere, whether it be in the news, social media,

work, etc. But, you're never really aware of how scary it actually is until it hits. All I could think about was family and how I was a new "threat" to them.

There were certain rules I had to follow in order to keep my family safe and not spread the virus. For example, I had to self-quarantine in my room.



Leno Ramirez

I'll just tell you right now, being stuck in your room sounds nice until minutes turn into hours and hours turn into days and days turn into weeks.

I must give thanks to my supervisor, Ms. JéWana. She was very much present throughout my experience and made

adjustments to the program so I could work virtually through research, writing, attending meetings, and appearing on the radio show by phone. She would constantly ask how I was, and although that may not seem like much, it was a huge help.

Being stuck in my room for so much time did help me come to the realization that we truly only have one life to live. We must not sit and dwell on the things that we can't change. We must

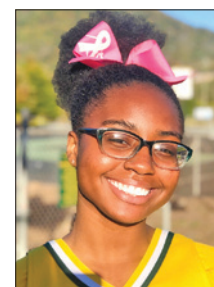
not stress over what's been done or what has happened. As the brilliant actor Matthew McConaughey said, "You just gotta keep livin', LIVIN'!"

### Kamariah Hentz

August is here and unfortunately my internship with ABIPA is over. I have definitely grown as a person and learned a few things about myself.

For one, making connections with people is absolutely important, especially when you have big goals and aspirations. This internship has given me many opportunities to be on the radio, virtually talking with community influencers from various organizations, including Antony Chang, the CEO of Dogwood Health Trust, and even the opportunity to enter an essay contest after Ms. Eula Shaw read my first submission in the Urban News!

Another thing I learned was self efficiency, finding a way to pack bags for churches in a timely manner, and making sure that all the material that was needed was included accurately. I learned that talking with people isn't such a scary thing, and that meeting new people isn't bad at all.



Kamariah Hentz

Having anxiety is something that I struggle with, but, with this internship I realized that once you get

comfortable, and the conversation is flowing, there's really nothing for me to worry about.

Through ABIPA I was able to help community members avoid this pandemic. I learned that coming to help people who need it is an absolutely amazing thing, and I wish everyone, at least once in their lives, gets to experience that feeling.

Not only was I able to experience these amazing things but I also got to meet some new friends. This was a bonus and made things like packing boxes for the Community Engagement Markets a whole lot more fun.

I am grateful for everything that this ABIPA internship has taught me. I will continue to look back on this experience as a blessing. I hope that I will continue to receive amazing opportunities like these in the future and help my fellow community members.

## How Did We Get Here?

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

*The United States knew what a global pandemic would do the country.*



Kathey Avery, RN  
Photo: Pro16 Productions

Everyday life would be disrupted because people in so many places would become seriously ill at the same time. The United States public health and other government protective agencies knew that the impact could range from school and business closings to the interruption of basic services such as public transportation and food delivery.

The United States has plans for

every contingency!

The Influenza Risk Assessment Tool was created as an effort to develop a standardized set of elements that could be applied for decision making when evaluating pre-pandemic viruses. The tool's ultimate goal was the identification of an appropriate candidate vaccine virus and the preparation of a human vaccine before the virus adapts to infect and efficiently transmit in susceptible human populations. This pre-pandemic preparation would allow production of a vac-

cine strategy that could prevent deaths and morbidity during a pandemic.

The Defense Productive Act should have been implemented. The Defense Productive Act, a United States federal law, was enacted on September 8, 1950 in response to the start of the Korean War. It was part of a broad civil defense and war mobilization effort in the context of the Cold War. Since 1950, the Act has been reauthorized more than 50 times. It has been periodically amended and remains in force.

If the United States worked with the information we already had, followed our own guidelines, had a National cohesive response, and began producing needed PPE and ventilators immediately, more lives could have been saved. My fellow nurses, doctors, respiratory therapists, and others would not have had to endure the many deaths and suffering we are witnessing. The economic impact would be shorter and we would flatten the curve together. When this is over, let's learn, put a protocol back in place, and follow it as a nation.

Data source: Wikipedia