



ABIPA Health Highlights

CELEBRATING 16 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

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

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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



Be an Example of Excellence

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

Saying that 2020 has been tumultuous is an understatement.

It has been disheartening to see the political, social, religious, and ultimate moral divide. On November 7, 2020, I felt like the masses were able to exhale for a moment that turned into hours.

This juncture in history has been penned as one of the most divisive times of our country. I concur, yet with a little bit of a political context. America has always been divided: that is the ramification of a two-party system. With the exceptions of the Reagan Era, the one term of George H. Bush, and those years of 3rd-party candidates, ideologies have been pretty much oppositely mirrored in representation.

Ironically enough, this year's election spread and contention could, numerically, be com-

pared to what happened in 1960 between John F. Kennedy and Richard Nixon. That year the electoral college landed at 303 v 219. The popular vote shook out at 49.72% vs 49.55%.

When you look at history and reflect on this year's events, what is the common denominator that has really fueled these gut wrenching emotions? Déjà vu. How have the following words been used? Patriotism. Passiveness. Passion. Protagonist.

Exhale with the hope of breaking the yoke of a leadership that personified hate and bamboozled many to act like stripping others of their dignity was ok. When we call a thing a thing, who are we? Who am I? Who are you? Are we the example of hope



personified? Am I kind, loving, and open minded? Are you seeking common ground instead of sinking in the quicksand of divisiveness?

Racism, classism, and every other ism are all still alive and well. We see it. We feel the burden of it. What are we going to do about it? We voted, now it is time for us to continue to work toward personal and communal excellence through the ways we are present. It is time to personify our personal passions for the greater good.

God Bless America.

Community Christmas Drive

Brown baby dolls and books featuring brown characters are needed for our Community Christmas event.



Donations can be dropped off during the Community Engagement Markets held at the Edington Center, Pisgah View, and Deaverview, or at the ABIPA office by appointment.

For more information, or to arrange a drop-off, email jewana@abipa.org or call (828) 251-8364. Donate to the event at abipa.org.

Happy November!

by Kelly White, MHE, MPH, ABIPA Health Education Programming

As the holidays are upon us, we want to take some time to think about what this may mean for us.



Kelly White, MHE, MPH. Photo: Pro16 Productions

This year, things may look very different around the table; we may be wearing masks along with fewer family members gathered together within a shared space. What will also be important is maintaining our health and making sure that we are doing things in moderation.

When cooking your meals this year, think about small changes that you can take to make your meal a little healthier without taking the 'soul' out of it. This year you could try switching out the regular mac and cheese elbows for cauliflower; try using brown rice instead of white rice; and, if you are one to cook with a hamhock try using smoked turkey meat instead for flavoring. These are all ways that we can try to put a little health back into a meal cooked up with so much love!

With back-to-back holidays approaching, we also want to be mindful to keep up with our health, as in exercise, and deal responsibly with any chronic disease. Diabetes and high blood pressure are both health issues that can get out of hand quickly if we are not careful. Watch not only the foods we eat, but how much we are eating.

Alongside cooking substitutions, the Centers for Disease Control has provided us with five tips we can use, both before and after our holiday feasts.

Create a Holiday Eating Plan: Whether you are serving a meal or eating outside of the home try to stay on your regular eating schedule. If you are invited to eat, plan on bringing a healthy dish to add to the lineup on the buffet. What's most important for a diabetic is to not skip meals to save room for dinner, as it may throw your blood sugar off.

Beat the Buffet:

Make sure to be mindful of how much you are putting on your plate; try to fill your plate with vegetables first. Also taking time to eat will give your brain time to register that you are eating, and you will be able to recognize when you are full.

Fit in Favorites: During the holidays it is hard to give up eating the foods that you love the most, including the pie! Do not deprive yourself of eating pie; take a small enough piece to satisfy your craving for the sweet treats. For a diabetic, this will be key to helping you keep your sugar within range.

Keep Moving: After eating such a heavy meal, along with mama's famous pound cake, you will want to get up and get moving! Going outside and taking a walk



could become a new family tradition that you can do not only on Thanksgiving but after the Christmas holiday meal as well.

Catch Some Zzzs: During the holidays we are doing so much running around we tend to forget to take time out to rest. For diabetics this will be even more important; give your body time to rest so that it has a chance to regulate and get things back on track. The longer we are awake the more time we have to snack, even late into the night. So try and get at least 8 hours of sleep.

Staying healthy during the holidays does not have to be an overwhelming task. Remember, all changes do not have to be made overnight. Give yourself just enough wiggle room to get through the season!

Source: Centers for Disease Control