



# 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](http://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](http://www.abipa.org). Thank you for your support!

Thank you to our funding partners and community partner agencies for making our work possible.



DOGWOOD HEALTH TRUST  
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](http://www.ABIPA.org)



## The Gift of 2020

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

*The gift of another year has come and gone.*

When we started 2020, many of us were looking forward to a new vision and new horizons. 2020 was eye opening and life changing, to say the least. We would like to take this time to thank you and all of our community partners for making this year of uncertainty a year that we were able to continue to dream and develop as an organization.

I liken this year's experiences to the development of diamonds and pearls. Pressure and debris can produce some of the most sought-after gems. During this global pandemic and civic unrest we did not come out unscathed, we lost some funding, and two

team members transitioned on to new opportunities. However, we also received new funding, gained four new team members, and have surpassed our normal reach of 6,500 individuals in Buncombe County alone.

As a small grass roots organization celebrating our 16th year, we were able to impact food insecurity by distributing 41 tons of food through local Engagement Markets. We held a virtual baby shower with a drive-through gift and pamper pick-up, produced a three-part cooking series that focused on voter engagement, conducted hundreds of Covid-19 self-check surveys, were hostess-



es at Covid-19 testing sites, and passed out more than 30,000 masks and hundreds of sanitation care bags, both locally and to eight additional counties. We were able to distribute \$10,000 in micro grants to new partner organizations and programs in our region.

Our partnerships that you see listed on our page every month have proven to be proof of what community can do when we work together.

*Happy Holidays from the ABIPA team!*



## Beating the Holiday Blues!

by Kelly White, MHE, MPH, ABIPA Health Education Program Manager

*The holidays this year will look very different for a lot of us since we are all working to beat this year's virus.*

With social distancing in place, some of us will not get to go out and shop like in the past, nor will we get to go out and spend the holidays with the ones we love the most.

Gloomy days and cold winter nights could bring on the dreaded Holiday Blues. The holiday blues can be described as a temporary feeling of depression and anxiety that comes on during the holidays. However, if we are not in tune with what may be going on, it is said that the holiday blues could turn into long term mental health issues.

It is estimated that about 14% of Americans deal with holiday blues. This is not exclusive to only those people who are already dealing with some sort of mental health diagnosis. So, during this time, be mindful of the way that you may be feeling.

If you do not already do so, it may be helpful to do a daily self-

mental health check-in just to make sure that you are feeling ok.

Ask yourself if you are feeling more tired than usual, or if you are finding yourself losing interest in the things or activities you normally enjoy doing. These are only two examples of what you want to watch for, but, remember to always reach out to your healthcare provider anytime you feel something is just not right.

Beating the holiday blues may be a little easier for others than it may be for you, but give these things a try to potentially get yourself ahead of the blues.

1. Learn to say NO. Although it seems a bit awkward during this time because we naturally want to be around others, saying

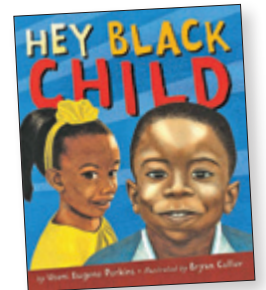


no could be the key to not putting yourself in overwhelming positions and not getting any rest.

2. Since you are likely to be sitting at home, there are a few things you can do to lift your spirits. Consider brewing a cup of your favorite tea, looking through photos from way back, or even getting lost in something on TV (with moderation of course). Lastly, try listening to some of your favorite music, or even taking up yoga. These are all ways

## Community Christmas Drive

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



Donations can be dropped off at Stefanie's Design Studio, 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](mailto:jewana@abipa.org) or call (828) 251-8364. Donate to the event at [abipa.org](http://abipa.org).



that we can try to beat the holiday blues without leaving the house, or even breaking the bank!

Not everything is going to work for everyone, but if one idea does not work to make you happy then try something different, but do not give up! As always, if you notice that things aren't working or getting any better, be sure to reach out for assistance from your loved ones or your primary care provider.