



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



Black History Is Always Being Made

To ground our observation this month, we have to acknowledge that the precursor to Black History Month was Negro History Week.

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

In 1926 historian Carter G. Woodson and the Association for the Study of Negro Life and History declared the second week of February to be Negro History Week. Woodson's broader vision was that this history would ultimately be integrated into the curriculum of the United States educational system.

This month is a time to pause and intentionally reflect and revere individuals who contributed to shaping the landscape of America through their various vital contributions. Some of these historic figures we hear about all of the time. However, this is the perfect time to lift up those who aren't on the tip of your tongue. This month I am sharing three women you may or may not know.

Since we are experiencing the chill of winter, Alice H. Parker is the perfect person to highlight first. One hundred and one years ago she patented a central heating furnace design in December 1919, which was the first time natural



Alice H. Parker

dealt with during the cold winters in Morristown, New Jersey.

When you use your home security system, or the now famous Ring door bell, think of Marie Van Brittan Brown. In 1966 she

and her husband patented an early version of the security systems we use today. Her invention was cre-



Marie Van Brittan Brown

gas would be used to keep homes warm. Her invention was inspired by the inefficiency of fireplaces, in addition to the smoke and ash that she personally

ated because she felt unsafe due to the high crime rate and slow police response in her neighborhood. Her non-traditional hours of work as a nurse were the catalyst for her to create a motorized camera to record her home entryway. The camera displayed the images on a TV monitor.



Dr. Patricia Bath

Finally, as a nod to how we see each other, Dr. Patricia Bath was the first female, African American medical doctor, to receive a medical patent in 1988 after developing her invention in 1986. She invented the Laserphaco Probe, which is a laser cataract treatment device.

As you move through the rest of this month, and 2021, take a moment to absorb a piece of Black history that is not on your

Covid-19 Vaccination Opportunities

Sunday, February 14

AdventHealth, Fletcher, NC.

Friday, February 26

Tried Stone Missionary Baptist Church. Sponsored by Buncombe County Health & Human Services.

Sunday, February 28

Arthur R. Edington Education and Career Center. Sponsored by AdventHealth.

If you or anyone you know who is 65 or older are still in need of a vaccine call us at (828) 785-3470 to get scheduled for one of these events. ABIPA seeks to support African Americans in having equitable access.

radar, in addition to acknowledging the Black history that is being made around you every day. Keep elevating our achievements and those who are making history.

Self-Care for Our Hearts

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

February is a month filled with lots of love, Black history, and it's American Heart Month!



Kelly White, MHE, MPH. Photo: Pro16 Productions

We spent January getting ourselves motivated and thinking about the ways to reclaim our lives from the pandemic. This month and beyond we want to make a promise to continue to take better care of ourselves beginning with our hearts.

Born facing multiple social determinants and barriers to healthy lifestyles, African Americans are less likely to have the resources needed in order to achieve our highest potential in life. Dr. King quoted that, "Of all the forms of inequality, injustice of health is the most shocking

and the most inhumane."

It surprises me that today we are still dealing with health inequality decades later. While there is still a lot of work to be done, we are thankful for the vision of Dr. Blair for the creation of entities such as ABIPA. Working with our community partners, we seek to build relationships within our communities and assist with healthy living education and prevention of the chronic diseases that plague us the most, including heart disease.

A few hard truths about heart disease and the African American community:

- We are dealing with multiple risk factors.

- Multiple chronic diseases, one or more uncontrolled.
- We are not seeing our primary care the way that we should for preventative care.

All changes do not have to happen overnight. The National Heart, Lung, and Blood institute suggests that this year we can begin by joining forces with others and complete seven days of self-care for our hearts. Participate by taking a picture and using the following hashtags:

- #SelfcareSunday** – Begin the week by creating a self-care checklist.
- #MindfulMonday** – Know your blood pressure numbers and

heart stats (pulse).

#TastyTuesday – Try a new heart healthy recipe.

#WellnessWednesday – Get your heart pumping by exercising. (Know your limitations)

#TreatyourselfThursday – Relax or doing something fun.

#FollowFriday – Show some love by sharing who inspires or motivates you to be a better person!

#SelfieSaturday – Show us your favorite thing to do to take care of your heart.

Source: NHLBI, NIH

