



EVENTS & ACTIVITIES

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Call (828) 251-8364 to schedule ABIPA for your organization or church events.

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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.



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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

ABIPA Health Highlights

CELEBRATING 17 YEARS OF SERVICE TO THE COMMUNITY

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It's All About the Men in Our Lives

ABIPA loves the men!

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

Everyone reading this page has fathers, brothers, sons, grandfathers, and friends who are men! Men are so important that both Kelly and I are writing about them this month.

We want the men in our lives to be healthy, happy, and with us for a long time! Make an intentional point to encourage the men in your life to take care of themselves to stay strong and formidable.

We know it can be hard to find time to do the things you love to

do, but Men's Health Week is a good reminder that health is also about happiness. Take a hike, go on a walk, play a round of golf, dance, read a book, take a nap. Do what relaxes you! It's all healthy!

This is the second year in a row that we haven't held our Annual Prostate Screening, but we will never stop honoring men. This year we want to simply celebrate the health of the men and fathers in our community.



Gift of Health Event

Our annual tradition is to do something the Saturday before Father's Day. This year we will host a simple drop-in and drive-through event at the Eddington Center on Saturday, June 19 from 11-2 p.m.

We will have something special for the first 100 men who roll through as part of our Gift of Health Event series sponsored by Bank of America. So, whether you are a man or just love them, take some time this month to celebrate the male form and keep it in tip-top shape!



Men's Health Tips

In Your 20s? Lead an active lifestyle. Diet and exercise are important.

In Your 30s? Exercise daily. Schedule routine check-ups and screenings.

In Your 40s? Eat a well-balanced diet with plenty of fruits and vegetables.

In Your 50s? Schedule a colonoscopy. Cut out unnecessary sugars. Drink alcohol in moderation.

In Your 60s? Keep your mind active. Read more, join a club or senior league.

In Your 70s and up? Keep your home safe. Consider adding safety handles in the bathroom.

Celebrating Philip Cooper



Last month we celebrated the Ladies of ABIPA. This month we want to give a formal shout out to Change Agent Philip Cooper, friend and partner of ABIPA. If you know Philip, you know he is a force to be reckoned with—his presence shifts or “CHANGES” the atmosphere of every room and space he enters.

Philip, we want to recognize you as a father, brother, and friend. Keep fighting the good fight. Keep dancing that Holy Dance. Keep recovering others as you are daily re-covered. Keep acknowledging the King of Kings as you step up as a King.

Focusing on Men's Health

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

The month of June brings about Father's Day as well as Men's Health month.

Thousands of men die each year due to cancer, chronic disease, and other reasons. Studies show that many black males do not live past the age of 70 and many African American women live no further than the age of 80. Armed with this information, what are the things we can do to make sure that we are taking time to uplift our kings so that they will be able to live longer and healthier lives starting today and beyond?

Due to ethnicity and other factors, African American men are more prone to chronic disease than



Kelly White, MHE, MPH. Photo: Pro16 Productions

men of other races. Social determinants of health as well as cultural beliefs about western based medicine can cause men to overlook certain health risk factors and ignore dangerous health problems for years. What's unfortunate about this scenario is that most of the time we are not ready to make the changes that we need until something bad happens. But, why wait until then when we can start today?!

Good health for anyone could potentially be achieved by making the right changes as needed and making good conscious decisions about the way we treat our bodies.

Things like eating a balanced meal with the food pyramid in mind and getting in the recommended 30-minute workout that the doctor suggests are both physical things that can be done to get on the right track. Also, checking in mentally can help to create a total health package.

African American men's health is seemingly put on the backburner causing Black men to face greater health challenges than other races. We want to continue to stay vigilant about the things that need to be done to keep our men healthy and mentally thriving.

Start the conversation by creating awareness within the household so that the male in

your life knows that their health is on your mind and that it is important. Talk about your family health history and what this looks like for the males in the family, especially immediate relatives. Think about any chronic conditions or hereditary diseases that should be discussed at the next yearly check-up.

Lastly, seek to understand what it means to be healthy overall, which could include asking the healthcare provider what are some actions that could be taken to get to optimal health, then putting those actions into play.