



# ABIPA Health Highlights

CELEBRATING 17 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

## EVENTS & ACTIVITIES

Visit us online at [www.abipa.org](http://www.abipa.org) and Facebook for virtual events and education sessions.

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.



BANK OF AMERICA



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)



## Dust or Diamond

*I don't know how you feel, but I feel as though the last two years have been one long year.*

By JéWana Grier-McEachin, Executive Director

Photo: Pro16 Productions

As I reflect personally, two themes resonate to my core. What do you do with hard times? The pressure will turn you into dust or a diamond, and you will either elevate or evaporate.

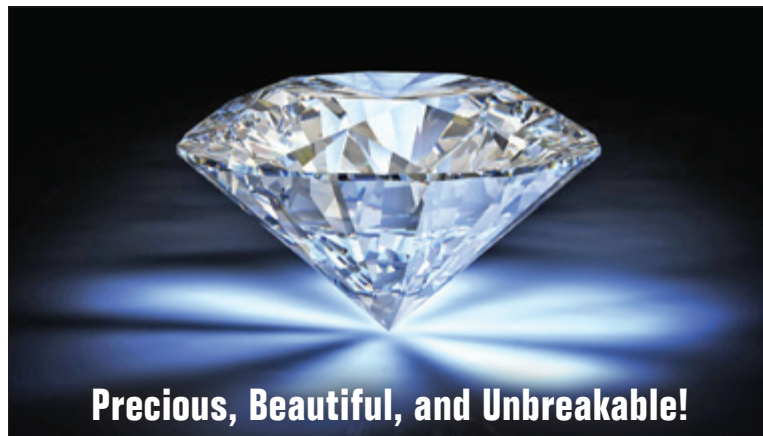
Our dream to distribute 1,000 masks was realized as more than 100,000 masks were given out to support Covid-19 prevention. We have hosted and aided numerous testing sites and vaccine events.

As partners with Manna and Buncombe County, we have served 7,281 individuals 106.17 tons of food through our Community Engagement Markets.

We have given out more than 1,000 Sanitation Care Bags and are still able to support our neighbors who live in the far west regions with aid.

We were able to host our Chronic Disease Self Management Classes virtually. We were the fiscal sponsor for three organizations, pouring \$45,000 directly back to them and supporting their service to the community.

We co-hosted pop-up house warmings for new moms who needed support. We co-sponsored an art show at the Center



for Craft that highlighted the research culminating the three year Robert Wood Johnson Foundation project (you still have time to see the exhibit in person until January 7, 2022).

Finally, this year we are collecting toys and books of color for 201 children for our 2nd annual Christmas Joy Toy Drive through.

We are small but do impactful work because of the support

of our programming funding partners, and friends of ABIPA, like you. Thank you for the financial donations you have gifted us with, and those gifts that are still on the way. May 2022 enhance your beauty as a rare diamond and elevate you so that your wildest dreams come true.

## Cultivating a Healthy Mindset for 2022

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

*It's almost hard to believe that this year has come and gone so quickly!*



Kelly White, MHE, MPH. Photo: Pro16 Productions

but we have made it through. Whatever was going on, our mental health, along with emotional wellbeing, has been tested. As we begin another year, there are a few things we can do to head into to 2022 with a different mental mindset.

We can first start off by Removing Small Annoyances by finding time to fix the things you have been meaning to fix. Whether it be the flickering light-bulb on the porch, or a relationship that needs mending, both can take up mental bandwidth and can make the year seem unfinished if not taken care of.

Stop Procrastinating! When it comes to the things we know we should be doing but have not yet gotten them done, this is one more task that could take up mental space. Next time you think about some of the items on your to-do list that you have been

dreading, remind yourself of the benefits of getting things done regardless of how long it is going to take to complete.

Clear Out Space by finding some time to clean out the clutter. There is no better way to feel good than by packing a bag full of those unused items stuffed in a corner, or tidying up the small office space within your home that you may have been procrastinating about. The end of the year is a great time to clean. Cleaning not only spruces up the place, but also helps by getting rid of items that have held mental or emotional space you no longer have the capacity for. This could also include your long list of acquaintances as well. It may be time to let go of those who hold emotional space, but do not mean well.

The last thing you can do is to Think About Your Future! Think about some of the things you can do to make next year a little better than the last. What are some of the things on your list that you would like to accomplish? How about those things you would like to experience or learn to do?

Remember the past and some of the things that shaped you to become the person you are today, and think about what you can do to continue staying resilient in an ever-changing world. Writing

down some of your long- and short-term plans or goals can help to put your mind at ease.

Source: Forbes

## Help Us Support 100 Children for Christmas



ABIPA is collecting black and brown books and toys again this year. You can drop off gifts at our Engagement Markets, or at any of these locations: Stefanie's Hair Design Studio, Strictly Wings, Smallcakes Cupcakery, New York Fashion, The Grind.