



ABIPA Health Highlights

CELEBRATING 17 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

EVENTS & ACTIVITIES

Visit us online at 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. Thank you for your support!

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



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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



Dangerously Low Blood Supply

You Can Help

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

On December 31, 1969 the President of the United States signed a proclamation designating January as National Blood Donor Month. The observance was set in place to encourage more people to give blood. Fifty-two years later, January is still a period of critical blood shortages.

Multiple reasons are the cause for the shortage, including fewer donations made because of the holiday season, people traveling, getting sick during cold and flu season, or blood drives being impacted by snow. The impact of Covid-19 and its multiple variants has added an additional layer to an already historically difficult time.

If you log on to the American Red Cross website you will be greeted with the alarming header: Dangerously Low Blood Supply. The alert goes on to evoke the seriousness of the moment, sharing that "The Red Cross is experiencing the worst blood shortage in over a decade."

The ramifications of this new reality is that some hospitals are not able to perform major surgeries, including organ transplants. With all of this in mind, please consider donating blood



this month to fill the gap. Up to three lives can be saved from one donation. Someone will benefit from the gift of life your blood provides.

BLACK HISTORY QUOTE



Dr. Charles R. Drew

Dr. Charles Drew

"So much of our energy is spent in overcoming the constricting environment in which we live that little energy is left for creating new ideas or things. Whenever, however, one breaks out of this rather high-walled prison of the "Negro problem" by virtue of some worthwhile contribution, not only is he himself allowed more freedom, but part of the wall crumbles. And so it should be the aim of every student in science to knock down at least one or two bricks of that wall by virtue of his own accomplishment."

~ Dr. Charles R. Drew to Mrs. J. F. Bates, a Fort Worth, Texas schoolteacher, January 27, 1947.

Choose How You Want to Begin Your Year

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

Starting your new year off right does not mean that we must make a long, drawn-out resolution.



Kelly White, MHE, MPH. Photo: Pro16 Productions

Sometimes, I feel as if it is much harder to keep the resolution because I get so stressed about doing what it is that I said I was going to do, and I forget to relax and let things happen naturally. Mentally I hadn't prepared myself for what I really wanted to do, as in thinking about all that would go into whatever the resolution was, and this stressed me out even more!

This led me to think about some of the things I could do for myself to make sure that I am able to keep my resolution and not fail before I even got started.

First, think about the type of goal or resolution you are setting for yourself. You want to make sure you are making a resolution that is attainable—something you can keep up with, and not be stressed about if you are not able to stay completely on track!

A resolution to change my diet to eat whole foods may not be the best goal if I am unable to afford all whole foods. Rather than change the entire way of eating, what would be a little less stressful, and a goal I may be able to stick to, would be to try and incorporate whole foods into my current eating habits. This way I am less stressed about not being able to eat all whole foods and still get part of my resolution met

throughout the entire year.

Some other easy healthy resolutions include sitting less, and moving more, by standing every few hours to keep the blood flowing. Try cutting back on sugary drinks or try to replace one sugary drink with a glass of water instead.

Other easily achievable resolutions include cooking more with the loved ones in your home (which could become a weekly tradition), spending more time outdoors, and finding ways to practice self-care. You can even set a resolution to get more quality sleep. Even if it is not every night, you can start off by committing to two to three nights a week!

Foot Care Clinic



Opening Day:
Thursday,
January 13,
1-4 p.m.

MemoryCare is partnering with ABIPA and the Shiloh Community Association to pilot a Foot Care Clinic for older adults in the community.

Services Include
(But not limited to):

- Toenail trimming
- Filing calluses
- Checking for common medical problems that impact mobility
- Referrals to community services
- Baseline cognitive assessments

Clinic held on the 2nd and 4th Thursday of every month from 1-4 p.m. at Shiloh Community Complex, 21 Shiloh Road in Asheville. Additional locations and dates TBA.

- January 13
- January 27
- February 10
- February 24
- March 10
- March 24
- April 28
- May 12
- May 26

There is no cost for this service and no appointment is needed. Educational materials will be available about caregiving and healthy aging. For additional information, contact the MemoryCare team at (828) 771-2219.

Setting resolutions is a great way to get your year off to a great start, especially if you were unable to stick with it the previous year. However you choose to begin your year, the new year is another chance to try it all over again, and this time with an attainable goal in mind!

Source: Healthline