

ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT



JéWana Grier-McEachin. Photo: Pro16 Productions

Introducing our 2022 CAYLA Summer Interns

By JéWana Grier-McEachin, Executive Director

It is always a pleasure to kick off our summer by introducing our City of Asheville Youth Leadership Academy (CAYLA) interns.

Every year we host remarkable young people who seek to impact our community with their talent and innovation. This year we welcome Angelina and Londyn to the ABIPA team!



Angelina Cartagena

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My name is Angelina Cartagena and I am 15 years old. I was born and raised for most of my childhood in Boca Raton, FL, and relocated to Asheville around

six years ago. This year I will be entering my junior year at Buncombe County Early College. During my free time, I enjoy watching my all-time favorite TV show, "The Golden Girls," and being with my dogs, Bruno, Luna, and Lila. I also love spending time with my friends and family.

After high school, I plan to pursue my goal of becoming an E.N.T. (Ear Nose Throat) Specialist and attend my dream school, Chapel Hill University.

Growing up, I have had to face several health challenges that came in between me feeling like a normal kid. Due to my mom having a difficult pregnancy I was born at six months with an Eustachian tube dysfunction for which there is no cure. I have had a total of 15 surgeries, 10 of which have been performed on my ears. With this dysfunction, I have to deal with a great amount of pain and being deaf in both of my ears. This inspires me to want to study and specialize specifically in this field in order to help other kids who have this dysfunction and those who are ill, because I know it's not easy and it's difficult to keep going.

As an E.N.T. Specialist my ultimate goal is to treat young children who may have this dysfunction or are facing other ear issues and to be a doctor who is not going to give up on them.

Through ABIPA, I hope to gain more inside knowledge about what I want to do as a career, gain valuable work experience, and give back to my community in any way possible.



Londyn Suber

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My name is Londyn Suber. I was born and raised in Asheville and am currently 16 years old and attending Buncombe County Early College. One of my favorite things to do is go to the

River Arts District and roller skate while I listen to music, preferably 90s rap. I also enjoy films of all kinds, but especially psychological ones.

When thinking about a career path, I've leaned towards the medical field, specifically psychiatry. Ever since I was asked the question, "What do you want to be when you grow up?" I've always thought of ways that could help someone in need, but I never answered with a career completely to my liking. It wasn't until I took time to seriously think about the things I would enjoy doing that I became interested in the psychiatric field. Within this field, I would like to become a psychiatrist. As a psychiatrist, I would like to be able to help different communities with mental health issues.

I am excited and fortunate to be doing my summer internship at ABIPA! I am very excited about the new people I will meet and interact with. As a result of this internship, I hope to gain more experience interacting with people from different communities.

48 & 18 Celebration



Saturday, August 6

Join us to celebrate JéWana's 48th and ABIPA's 18th birthday! Music, food, fellowship, and a silent auction 8 p.m. at the Friendship Community Center. Semi-formal white attire requested. There is no cost to attend, but thank you in advance for your gift of a donation to ABIPA. RSVP to jewana@abipa.org.

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CELEBRATING 18 YEARS OF SERVICE TO THE COMMUNITY

Help Us Celebrate Our 18th Birthday by Gifting Us a Donation of \$18

Tax deductible donations can be made by sending a check to ABIPA, PO Box 448, Asheville, NC 28802; or online at www.abipa.org. Thank you for your support!



Kelly White, MHE, MPH. Photo: Pro16 Productions

I've Got My Eye on You!

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

July is healthy vision month.

Have you had your yearly eye exam? If you have not, please take a moment over the next few weeks to schedule an exam with your eye care professional, not just for you, but for everyone in your household! Poor vision can be linked to so many things we do not think about daily.

Studies from the National Institute of Health show that African Americans have some of the highest rates of vision loss and it's projected to get worse—glaucoma is the leading cause of irreversible blindness. Uncontrolled chronic diseases, such as diabetes and hypertension, can also lead to eye health and vision problems.

Your family physician may also suggest that you get the recommended amount of daily physical activity as well as eating a healthy diet full of foods that are good for eye health, such as dark leafy vegetables and meats, such as fish, which are high in omega 3s.

Many eye diseases or vision loss can be caught early on, and treatment may be more effective and reduce the chance

of complete vision loss. Most insurance plans cover the cost of the recommended yearly exam. Make sure your specialist knows about any other health conditions, such as diabetes, so they can complete a dilated eye exam which helps the ophthalmologist look for nerve damage. Lastly, watch for any eye changes and see your eye care specialist if you notice any changes in your vision, whether suddenly or over time.

If you are unable to see an eye care specialist regularly, follow these tips to help you protect your vision.

5 Ways to Protect Your Vision

- Get regular eye exams.
- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.
- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.

Source: National Institute of Health, Centers for Disease Control

AdventHealth Community Meet and Greet

Monday, July 18 • 6-8 p.m.

Linwood Crump Shiloh Recreational Complex, 121 Shiloh Road in Asheville.

Rooted in Wellness Statewide Health Fair



Saturday, July 30 • 11 a.m. - 3 p.m.

Learn about community resources that benefit your mind, body, and soul—essential health screenings, ways to add more movement into your day, and how Black elected officials are working to address healthcare disparities.

Hosted by ABIPA in partnership with the North Carolina Black Alliance at the Linwood Crump Shiloh Recreational Complex in Asheville. Register online at rebrand.ly/NCBA-Health.

If you are interested in vending to offer education, services, or to sell goods, please contact JéWana Grier-McEachin at (828) 778-7122 or jewana@abipa.org.

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.

