

ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT



JéWana Grier-McEachin. Photo: Pro16 Productions

Now It's Time to Say Goodbye

By JéWana Grier-McEachin, Executive Director

The Summer truly flew by and we hate to see our CAYLA interns leave.

Thank you again to the City of Asheville for continuing to provide the invaluable experience to the students and the invaluable supportive resources to area organizations like ABIPA. I am proud to share their thoughts on their experience with us. We truly enjoyed our time with Sara and Harmoni and will miss their support.



Harmoni Jackson

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The experience I have had with CAYLA and ABIPA this summer has been phenomenal. At ABIPA I

have learned so much about different things, from diabetics to your food choices.

Every other Thursday we meet at Skyland Ingles to shop for more than 60 families and deliver their food. Sometimes this experience is very stressful and tiring, but knowing that we are able to help someone get the things they need feels very rewarding. My favorite activity at ABIPA takes place on Wednesday's, when we meet at Maple Crest and play games with the youth.

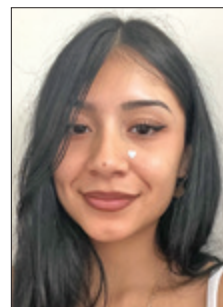
The opportunity to join CAYLA has truly been a blessing. I've been able to experience and see things that most people don't have the opportunity to do. I've met so many amazing people and connected with a lot of people. This program is a great eye-opening experience and I would recommend it to everyone who is interested in it.

CAYLA comes with many different benefits, but to me the best benefit was making connections, getting to learn things you didn't know about, and helping others.

This Wednesday we got to play bingo with an older group of people and they are really and truly amazing and wise. I got the opportunity to be on a radio show, and be in a newspaper, which I would've never thought I would be able to do. We also organized tables for food banks, which was pretty cool. Going to different communities to give people food is really fulfilling knowing you get to help these people without them having to stress about trying to go out

and get everything themselves.

If you are an upcoming junior or senior, please apply for CAYLA! You will not regret it at all, even if you aren't interested in it at first. Trust me, it is astonishing to visit different sites and have so many golden opportunities.



Sara Benitez-Cerritos

Sara Benitez-Cerritos

Applying to CAYLA was extremely important because it opened many doors for me and gave me many opportunities I would never have had if I hadn't join. I am currently

interested in the psychology field, but I never knew where to go from there since it is a large field with many different careers. I feel like CAYLA gave me that opportunity to try something new for myself and meet new people, allowing me to expand my knowledge and connections within the community.

After joining CAYLA, I was placed into ABIPA as an intern. I had no idea what I was about to do but after being a part of it, I learned that ABIPA does so much for the community. I truly learned that there are so many disparities in healthcare, and how just living a comfortable life can be difficult for minorities. Being a part of ABIPA showed me that you don't necessarily have to be in the medical field or be a therapist to help those in need.

Some of the things that affect people's mental health include their outside environments, like their living situations, having enough food, and being healthy overall. I think that this experience has widened my knowledge overall and given me more insight that will be useful when I take the steps to join the psychology field.



CELEBRATING 19 YEARS OF SERVICE TO THE COMMUNITY

Help Us Celebrate Our Birthday by Gifting ABIPA a Donation of \$19

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!

Gratitude Works

Are you afraid, angry, lonely, sad, stressed, worried, or grieving?

Gratitude may be the best-kept secret to help reduce stress and feel better. Practicing gratitude every day can improve your physical and emotional well-being.

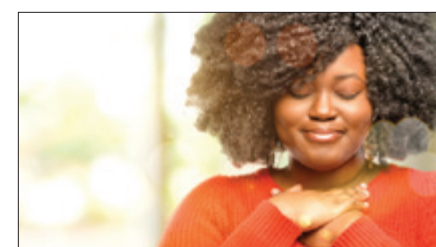
Finding things you are grateful for helps you focus on what you have, rather than what you don't have. Discover more to be grateful for in your life by listing something good that happened this week. List the reasons you are grateful for your family or friends. Be grateful for who you are because... Think of something silly you care grateful for.

Make a gratitude jar. Write down things you are grateful for on little slips of paper and place them in a jar. If you need a quick pick-me-up, take a few notes out of the jar to remind yourself about the goodness in your life.

Create a gratitude rock. Find a stone you like and carry it with you. Or leave it somewhere not far from sight. Whenever you see it or touch it, pause to think about at least one thing you are grateful for.

You can also write a gratitude letter. Not only will your sense of happiness increase, any depression you are experiencing could be minimized.

First, take a moment to think about someone who has positively impacted your life (a boss, a family member, a friend, a parent) that you appreciate, yet may not have thanked properly. Next, write that person a letter describing how you



feel about what they have done for you and why you are grateful to them. Your letter should be specific and about three hundred words. Mention how often you think about what they did for you.

You might find it helpful to reflect on how you met. What are your earliest memories about this person? How did you feel about your life at that time? What did that person do for you? How did that make you feel then and now?

You can also feel gratitude to people whose actions improved your community or society as a whole. Identify a historical figure who did something that you are grateful for. What did they do that you are grateful for? How have you benefited from their actions?

People who regularly practice gratitude experience more positive emotions and less envy, sleep better, have more compassion and kindness for others, and even have a stronger immune system.

For a list of additional exercises that help you express gratitude, visit positivepsychology.com/gratitude-exercises.

Listen to ABIPA's Body & Soul Radio Show on WRES 100.7 FM, Tuesdays and Thursdays at 10:30 a.m. on wresfm.com.

Rooted in Wellness Statewide Health Fair



Saturday, August 26

Visit ABIPA from 11 a.m. - 2 p.m. in the Health Village, part of the East End Valley Street Heritage Festival in MLK Park. Community is where so many of us find support, bringing us closer to resources that benefit our mind, body, and soul. Stop by to learn how you can be #RootedInWellness.

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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.