

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

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Holistic Health Part 2

BY KATHEY AVERY RN, BSN, CN

A look at how our holistic health is being affected by local, national and world events.

We are being affected by the chaos and conflict happening both globally and nationally.

Again, the term “mental wellness” is aptly described by the Global Wellness Institute as an internal resource that enables us to think, feel, connect, and function—an active process fostering resilience, growth, and flourishing.

What can we hold onto as African Americans? The racial trauma and history of our ancestry in this country was formed from the invention of race in order to maintain free labor through slavery.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness".

Part of "U.S. Declaration of Independence" 1776

During slavery, and throughout history, we have endured being betrayed as three-fourths of a human being, the era of Jim Crow, KKK, segregation, redlin-

ing, gerrymandering, poll taxes to prevent voting, and now banning Black books. The list is endless!

As we again approach the crossroads of having an equitable America and finally realizing the dream of founder Thomas Jefferson, who, in 1776 wrote that all men are created equal; that they are endowed by their Creator with certain unalienable rights; that among these are life, liberty, and the pursuit of happiness. Note that even then it was “men,” and those leaders were all white men.

Now we are at the crossroads again, and here comes the push back from those who need to feel superior and maintain power in this country.

What has made me pause and feel shocked is the low requirements needed to hold the highest office in this country, the presidency of the United States of America. If you are like me, you didn't really think about the requirements. The “norms” have seemingly been in place since the office was created.

Before Barack Obama—and, by the standards the office holds now, he may have been over qualified—I know it was required to be a white male with some type of expertise and ability to run a nation. At least that is what I thought until 45 was elected—he let us find out “norms” are not laws. He showed us that yes, you can break all the norms.

Even though as a people we continue



Happy Black History Month

to fight for equal rights in this country, what will be pledged so we can at least continue the fight to make every vote count and pursue life, liberty, and happiness?

Locally we need to continue to work in good faith with the city, county, and reparations commission to heal the racial trauma, created over years of systemic racism in Western North Carolina, one county at a time.

What will make an immediate and long-term difference in building up the mental wellness that will enable us to think, feel, connect, and function? This is an active process that will help us foster resilience, growth, and the ability to flourish.

Educating ourselves before we vote is one way. We must also understand what is at stake if we don't vote.

Become active and knowledgeable at the local level about the community we live in. At least support those trying to make a difference, whether in health, economics, or leadership. These are good first steps.

Qualifications & Requirements for the Presidency

What are the three qualifications that the Constitution establishes for the President?

The Constitution lists only three qualifications for the Presidency—the President must be 35 years of age, be a natural born citizen, and must have lived in the United States for at least 14 years.

What are five informal qualifications for President?

- Experience in government or high military rank.
- Ability to raise large amounts of money.
- Political beliefs—be a fit for a major party.
- Personal characteristics—mental stability.

- Skill in debating and in fielding leading questions from reporters.

Under Article II of the Constitution, the President is responsible for the execution and enforcement of the laws created by Congress. Fifteen executive departments, each led by an appointed member of the President's Cabinet, carry out the day-to-day administration of the federal government.

They are joined in these duties by other executive agencies such as the CIA and the Environmental Protection Agency, the heads of which are not part of the Cabinet, but who are under the full authority of the President.



The President also appoints the heads of more than 50 independent federal commissions, such as the Federal Reserve Board or the Securities and Exchange Commission, as well as federal judges, ambassadors, and other federal offices.

The Executive Office of the President consists of the immediate staff to the President, along with entities such as the Office of Management and Budget, and the Office of the United States Trade Representative.

Source: The White House