ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT

Mother's Day Turns 110

By JéWana Grier-McEachin, Executive Director

We all know that Mother's Day is meant to celebrate mothers, but did you know that the National Holiday turns 110 this year?

JéWana Grier-McEachin. Photo: Pro16 Productions

Anna Jarvis was the founder of Mother's Day in America. She was a single woman without children who relentlessly lobbied for the holiday in honor of her own mother's death, which took place on the second Sunday of May 1905. By 1914, the celebration had become so popular that it was declared a national holiday.

Jarvis later regretted lobbying for the official holiday once it became so commercialized. In 1930 she was arrested for disturbing the peace at a Mother's Day carnation sale. This is the epitome of your dream outgrowing you and your intentions. Even though she spent the rest of her life and money trying to get the day retracted, it lives on, even larger and more widely celebrated than she could have ever imagined.

In my quest to unearth other jewels about Mother's Day, I learned that Mother's Day has also been utilized to launch political or feminist causes. In 1968, Coretta Scott King used Mother's Day to host a march in support of underprivileged women and children. In the 1970s, women's groups used the holiday as a time to highlight the need for equal rights and access to childcare. Who knew?

I used pictures of me and my girls to reflect on my personal journey as a mother and daughter. My mother poured into me the idea that I could do anything I set my mind to do. Her greatest joy is to know that her children walk in truth. I pray that I have aptly encouraged my girls to realize that their talents are gifts from God, and the way they use them are their gifts back to God.

What have you learned from your mother? What is your prayer for your children? As we pause to honor the mothers in our lives, whether by birth or divine appointment, I pray that you, as well as our mothers near and far, are showered with love. Whether simple or extravagant, may your heart overflow during every quite moment.

(Left to Right): JaíEssence McEachin, JéWana Grier-McEachin, JyAire McEachin.

Mother's Day Fact

Did you know?

More phone calls are made on Mother's Day than any other day of the year. These holiday chats with Mom often cause phone traffic to spike by as much as 37 percent.

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

"Flowers are the music of the ground.
From earth's lips spoken without sound."
~ by Edwin Curran

ABIPA, 56 Walton Street, Asheville
Mail: PO Box 448, Asheville, NC 28802
Office (828) 251-8364 • Fax (828) 251-8365
Facebook.com/ABIPA.CARES • www.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.

Celebrating 20 Years of Being the Community Health Connection for Asheville and Beyond

Help Us Celebrate Our Birthday by Gifting ABIPA a Donation of $20

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

Be a Mental Health Stigma Slayer

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

May is the month of mental health and wellness.

Throughout the month, it is a great idea to focus on how mental health and wellness can impact our daily lives. We know that mental health has no specific person(s) that it effects, and it has no set or specific timing we can watch and wait for.

Millions of Americans are given a mental health diagnosis yearly. For the African American population, suicide was the third leading cause of death just four years ago, in 2020. This statistic speaks volumes—it lets me know we have some work to do, and that mental health stigmas are real.

This month I would like to leave you with some tips that even I had to lean on at times, and stigmas we all should take note of, when, or if, we are speaking about mental health to others.

When becoming aware of your mental health:

- Begin with how you are feeling.
- Encourage open dialogue and discussion on personal experiences.
- Make it ok not to be ok.
- Talk and share experiences about how you feel with others.

Breaking Down Stigmas

A stigma is when someone with a mental illness is seen to be weak, or they are made fun of because they are getting help for the way that they are feeling or the way they are thinking.

Stigmas are negative ideas that people with mental health diagnoses are dangerous, crazy, incompetent, or unwell. We all need to let our friends know that it is ok to be different, and encourage them to be open when they are not feeling themselves.

Talk about your experiences and share your feelings with others.

Be mindful of the things you say to your friends about how they are feeling. Try not to be judgmental. Discourage others who are speaking negatively about people with mental health issues.

Source: CDC