

# ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT

## Moving Forward Together

By JéWana Grier-McEachin, Executive Director

*Women's History Month is a celebration of women's contributions to history, culture, and society.*

Women's History Month originated from a weeklong celebration of women's contributions to culture, history, and society organized by the school district of Sonoma, California in 1978. Presentations were given at dozens of schools, hundreds of students participated in a "Real Woman" essay contest, and a parade was held in downtown Santa Rosa.

A few years later the idea caught on within communities, school districts, and organizations across the country. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8 as National Women's History Week. The US Congress followed suit the next year, passing a resolution establishing a national celebration.

Six years later, the National Women's History Project successfully petitioned



JéWana Grier-McEachin. Photo: Red Angle Photography

Congress to expand the event to the entire month of March. The official, annual observation began in March 1987.

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2025 theme, "Moving Forward Together," celebrates "Women Educating and Inspiring Generations." This theme celebrates the collective strength, equality, and influence of women who have dedicated their lives to education, mentorship, and leadership, shaping the minds and futures of all generations.

We hope that the women reading our page know that they are history makers. We celebrate your commitment to your children, your churches, and your communities. We challenge our readers to celebrate a woman in your life by simply letting her know how much her life has inspired you.

### Women Educating and Inspiring Generations

**"Women are like teabags. We don't know our true strength until we are in hot water."**

~ Eleanor Roosevelt (1884-1962), political figure, diplomat, activist, First Lady

**"The most difficult thing is the decision to act, the rest is merely tenacity."**

~ Amelia Earhart (1897-1937?), aviation pioneer

**"You must never be fearful about what you are doing when it is right."**

~ Rosa Parks (1913-2005), civil rights activist

**"If they don't give you a seat at the table, bring a folding chair."**

~ Shirley Chisholm (1924-2005), US Congresswoman

**"My mission in life is not merely to survive but to thrive and to do so with some passion, some compassion, some humor, and some style."**

~ Maya Angelou (1928-2014), memoirist, poet, civil rights activist



(L-R) Maya Angelou, Alice Walker, Malala Yousafzai

**"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent."**

~ Madeleine Albright (1937-2022), US Secretary of State

**"Champions keep playing until they get it right."**

~ Billie Jean King (1943 - ), tennis champion

**"The most common way people give up their power is by thinking they don't have any."**

~ Alice Walker (1944 - ), novelist, short story writer, poet, social activist

**"One child, one teacher, one book, one pen can change the world."**

~ Malala Yousafzai (1997 - ), Pakistani female education activist, Nobel Peace Prize laureate

### ABIPA

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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.



Celebrating 21 Years of Being the Community Health Connection for Asheville and Beyond

### Help Us Celebrate Our Birthday by Gifting ABIPA a Donation of \$21

Tax deductible donations can be made by sending a check to ABIPA, PO Box 448, Asheville, NC 28802, or donate online at [www.abipa.org](http://www.abipa.org). Thank you for your support!



Kelly White, MHE, MPH. Photo: Red Angle Photography

## Early Screening Saves Lives

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

*A message for Colon Cancer Awareness month.*

Early Screening Saves Lives, otherwise known as E.S.S.L., rings loud and clear this month as we observe Colon Cancer Awareness month. Joe Greene was diagnosed with colon cancer before the "textbook" screening age of 50. Greene tells us that his focus is all about preventative health and being able to get screened at the age of 45.

We should also think about screening sooner if the symptoms present as such. If you missed Greene during the recent health equity summit, you can read his story by going to his website, [www.essl2021.com](http://www.essl2021.com).

Studies show that colon cancer is still the third most common cancer, and the second leading cause of death worldwide for both men and women, with men dying more frequently than women. A startling fact is that African Americans continue to have a higher mortality rate and are diagnosed more often than other racial groups. As with most illnesses, there are factors that may be within our control. Other

factors may be outside our control, including genetics which can create the perfect storm if given the opportunity to mix with other uncontrolled health conditions.

Unfortunately, disease diagnosis can take years unless a screening takes place, or if symptoms begin to present themselves. Knowing what your risk factors are, and paying close attention to your body when something does not seem right, is important. Every factor can be a puzzle piece, allowing your provider to put a plan of care together during your visit.

This month I challenge you and your loved ones of screening age to schedule your first exam if you have not already done so. If you have already had your physical, make a plan this year to get a colonoscopy screening. We all know that early detection is our best protection, but if you do not feel comfortable with the colonoscopy screening—it can be a bit scary—seek out other testing methods that can be less invasive and speak with your provider about what your next course of action should be.

Source: American Cancer Society

### Upcoming Events at ABIPA's Life's Center

#### Black Family Health Expo

**Saturday, March 15** – 11 a.m. to 4 p.m.  
Sponsored by The Asheville, NC Chapter of the Links, Incorporated. ABIPA's Free Shop will be open for supplies.

#### Free Sunday Shop

**Sunday, March 23** – 3-7 p.m.

**Directions:** From Hendersonville Road turn left onto Old Airport Road (Ingles will be on your right). Turn Left onto Continuum Drive (you will be at the Fletcher Commerce Park sign). The building is at the end of the cul-de-sac, 220 Continuum Drive, Fletcher, NC 28732.

