

ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT

The Power of Mothers

By JéWana Grier-McEachin, Executive Director

As we celebrate Mother's Day, the role of the lioness in the animal kingdom parallels the reality of the significance and impact of mothers.

The lion, also known as the "King of the Jungle," is one of the most majestic creatures on Earth. With their beautiful manes, powerful physique, and impressive roar, lions have captivated the human imagination for centuries.

Lions are known for their distinctive roar, which can be heard up to five miles away. This vocalization serves as a means of communication. With each roar, they mark their territory, and keep the pride united. Roaring is particularly important for male lions as it helps establish their presence and deter rival males from encroaching on their territory.

The Role of Female Lions

Female lions are the primary hunters of the pride. They work together to stalk and bring down their prey, which includes large herbivores like zebras and wildebeest. Their cooperative hunting strategies increase the success rate and enable the pride to survive.

Female lions are also responsible for raising the cubs. They create strong bonds with their offspring and teach them essential hunting and survival skills. If you are a mother reading this article, you and your circle of female friends and family members are the perfect real-time example of a pride.

I lead today with the power of the pack because there is indeed strength in numbers. However, I want you to remember the power of YOU. I like to remind the women in my circle that no one can do you better than you.

We can be inspired and grow thanks to women we admire and glean from, but never be overshadowed by someone else's glow. Today, in the in-between moments, I challenge you to make a mental and physical note of what your power is.

Is your power...

- Your smile?
- Your voice?
- Your innovation?



JéWana Grier-McEachin. Photo: Red Angle Photography

- Your creativity?
- Your style?
- Your spirit?
- Your organization skills?
- Your hospitality?
- The ability to heal?
- The ability to teach?
- Encouraging?
- Joy?

Whatever your power is, use it for good.

I know that one of my super powers is pouring into others.



This month we held a pre-Mother's Day spa event. Upwards of 75 mothers were pampered with massages, facials, foot detoxes, hand treatments, and more. It was beautiful to see a rainbow of women glow in community while being taken care of by an African American team of professionals that included Radiance Body & Skin Therapy from Raleigh, Christian Gilchrest from Winston-Salem, and the local gifted hands of Aneesha Banard.

As you think about women in the community, acknowledge that we are all individuals and we all hold something special. Whether you were born in the generation where it was tabu to speak about your gifts because it was haughty, or you just aren't comfortable in your own skin, you are powerful. We see you. And the world deserves to see you too.

Happy Mother's Day!



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. Thank you for your support!



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

Women's Month

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

May is the month of mothers, women's health, and mental health.

Throughout the month, it is a great idea to focus on how important mental health and wellness is and how it can impact our daily lives. This month, take some time to think about the health of the women in our lives. Let them know that it is ok to focus on themselves!

For years, women have been known to deal with multiple health issues and concerns that we sometimes never speak up about. Many of us don't have a support system to help us through tough times. Thousands of women are given a mental health diagnosis yearly. For the African American population, suicide is still the third leading cause of death among men and women, which speaks volumes and lets us know that we have some work to do. Mental health is real.

Most of us can relate to the fact that as women we want to be seen as strong since we bear children, and some of us take care of a single household. This month I would like to leave you with some things we must start to think about so that we can begin to live longer and more vibrant lives.

First thing is to become aware of your mental health. Women are more likely to experience depression and anxiety. See your doctor when things do not feel right.

Get your preventative screenings as your doctor sees fit. This includes your mammograms, colonoscopy, and other screenings your provider recommends.

Make it ok to not be ok. Remember that not all days will be ok, but being able to get out of a "funk" and see that light at the end of the tunnel is key.



Sharing experiences about how you feel with others. Join a women's group, where you can share experiences and ideas about life and encouraging words.

Prioritize your wellness by engaging in things that you love to do, including dancing classes, yoga, and other wellness activities that bring you joy.

We may not always feel our best, but putting a focus on our health and wellness, and learning to prioritize our health, are just a few ways that we women can begin to live longer and healthier lives.

Upcoming Events at ABIPA Life's Center

Free Sunday Shops

Held from 3-7 p.m.

Sunday, May 18

Sundays, June 1, 15, 29

Sundays, July 13 & 27

Juneteenth at ABIPA

Thursday, June 19

Held from 12-7 p.m.

ABIPA's Annual Dedicated Dad's Weekend

Food Truck Night for Dads,
Friday, June 13 at 7 p.m.

Dad, Dine, & Dialog,
Saturday, June 14 from 1-2 p.m.

Father's Day Free Sunday Shop,
Sunday, June 15 from 3-7 p.m.

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

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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.

