

ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT



Back to School

By JéWana Grier-McEachin, Executive Director
Photo: Red Angle Photography

ABIPA's CAYLA Intern's Final Reflections

It is always a pleasure to host CAYLA interns each summer, and this summer is no different. We wish the ladies who spent time with us this summer an awesome school year and much success!

Aaliyah Myerbell

My internship with ABIPA and the CAYLA program has been an incredible experience, and I can't believe it's coming to an end. I've loved working alongside my peers and learning more about community health. This program didn't just teach me, it helped clarify the career path I want to pursue. I gained valuable insight into the development of my community. Working with CAYLA has opened so many doors and introduced me to a network of new connections.



Aaliyah Myerbell

The workshops we participated in were impactful. Some weeks, we met with local nonprofits; other weeks, we engaged in activities like mock trials and debates. I saw many of my peers grow from being quiet and unsure to stepping up as confident leaders. It was inspiring to watch. Through these experiences, I developed a deeper understanding of the challenges and opportunities within Asheville's nonprofit sector. I also strengthened my skills in project management, communication, and collaboration, which are all essential for my future.

As I wrap up this internship, I'm incredibly grateful to have contributed to such meaningful work. The lessons I've learned and the relationships I've built will undoubtedly shape my future. I leave this experience with a renewed commitment to community service and a drive to make a lasting impact, regardless of my age. My time with ABIPA and CAYLA has not only sharpened my professional skills but also deepened my appreciation for the power of investing in youth and giving back to the communities that raised us.

Catalina Serna



Catalina Serna

As my internship with ABIPA and the CAYLA program wraps up, I want to express how incredibly thankful I am for all the opportunities I've been given to learn more about community health while working with my peers as we take steps into our future careers. The hands-on experience and knowledge I've gained this summer is something I will take into all my future work, whether it's school work or my professional career.

Being at ABIPA, I've seen how dedicated they are to helping people who don't always get the care or necessities they need. It's up to each of us to make sure everyone has a chance to be healthy and well-rounded in all matters of health. Whether I was helping out at events or even just working with data, I could see how important ABIPA is in making healthcare more accessible.

One of the most significant takeaways from my time here has been witnessing the impact of the CAYLA program on the youth in our community. From mentorships to our educational workshops, I've seen how these opportunities empower young people to make informed and important decisions about their future. And I've gained valuable insight into the collaborative efforts needed to address complex challenges while working alongside passionate professionals dedicated to creating positive change.

This experience has taught me a lot about the importance of working closely with our communities. This experience was a great motivation for me to find my own ways and grow in my career by helping communities become healthier places for everyone.



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!

Under the Sunshine Vitamin!

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



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

While some of us could use some sun for health reasons, we should also be mindful of how to be safe in the natural light and know when to head inside.

Natural light is one way to get a good source of vitamin D. This useful vitamin supports bone health and hormone regulation. It can also help with boosting our mood as well as our immune system.

How do we know when we have had enough of the sunshine vitamin? What are the warning signs to look for if we get too much sunshine?

We are all at risk of sunburn, yes, even those of us who are deeply melanated! Always protect your skin with a sunscreen that has a SPF of 30 or more. Plan to be in the sun no more than 10 to 30 minutes if you can, and be mindful of the time of day.

Darker skin tones need more sun to produce the same amount of vitamin D than those of lighter or fair skin tones.

Skin cancer is the most preventable type of cancer. If you are out in the sun frequently, a monthly skin

check can be key in catching sunburn and any abnormal changes to your skin. You will want to check from head to toe—see your provider if you notice something new or different about moles or birthmarks.

The **ABCDE Rule** is a great way to remember signs of melanoma. Be on the lookout for spots, and tell your doctor about any spots that may have the following features:

A is for Asymmetry: One half of a mole or birthmark does not match the other.

B is for Border: The edges are irregular, ragged, notched, or blurred.

C is for Color: The color is not the same all over and may include different shades of brown or black, sometimes with patches of pink, red, white, or blue.

D is for Diameter: The spot is larger than 6 millimeters across, about ¼ inch (the size of a pencil eraser), although melanomas can sometimes be smaller than this.

E is for Evolving: The mole is changing in size, shape, or color.

Source: American Cancer Society

A Successful Summer Soirée

We partied at our Scarlet Sankofa Summer Soirée with the purpose of raising money for ABIPA's Life Center. Darius Starks and his band did not disappoint! The evening was simply beautiful and the room was full of inspiring community energy. We want to say thank you to everyone who attended and donated. If you were not able to attend we do not want to leave you out! There is still time to give. Whether you donate \$20 or \$2,000, every gift helps sustain the work of ABIPA by helping us to purchase our forever home.

We welcome donations sent to our mailing address, PO Box 448 Asheville, NC 28802, made online at abipa.org/support, or scan the QR code shown to the left.



Thank you in advance for your gift!

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.

