

# ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT

## Awareness, Advocacy, Action

By *JéWana Grier-McEachin*, Executive Director

As I searched the internet for reference content for this month's article, this is what showed up in the banner for on the CDC page for Breast Cancer:

"The Trump Administration is working to reopen the government for the American people. Mission-critical activities of CDC will continue during the Democrat-led government shutdown.

"Certain federal government activities have ceased due to a lack of appropriated funding. During the government shutdown, only web sites supporting excepted functions will be updated.

"As a result, the information on this website may not be up to date and the agency may not be able to respond to inquiries."

Of course I can still share some facts I know about Breast Cancer.

- Each year in the United States, about 270,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.
- Triple-negative breast cancer accounts for about 10-15% of all breast cancers. These cancers tend to be more common in women younger than age 40 who are Black, or who have a BRCA1 mutation.

Today as you flip through the pages of *The Urban News*, I urge you to be aware of what is going on in plain sight around us. Many of us have not knowingly been directly impacted the actions of the federal government. We are all being affected by this administration in both subtle



*JéWana Grier-McEachin*. Photo: Red Angle Photography

and boldly visible ways.

I urge you to help organizations like ABIPA be proactive in solidifying our resources—support us in being a store house and a space that provides essential resources as times continue to get worse. Whether it is financial or actual donations of food, supplies, access to information, or simply gathering in a safe space in hard times, we need you now more than ever.

You can send your financial donations directly to us at ABIPA, PO Box 448, Asheville, NC 28802. You can ship or drop off supplies at 220 Continuum Drive, Fletcher, NC 28732.

You can also donate online at [www.abipa.org/support](http://www.abipa.org/support) or by scanning the QR code below.



**Be Aware.  
Advocate. Take Action.**

### October Events

#### Gospel Brunch Extravaganza

**Sunday, October 19  
from 2-4 p.m.**

Presented by the Links, Incorporated. Tickets are \$25. Scan the QR code for details.



#### Free Sunday Shop

**Sunday, October 26 from 3-6 p.m.**

Join us for this monthly event!

#### Trunk or Treat

**Friday, October 31 from 6-9 p.m.**

Put us on your map for this night of family fun! We'll have a costume contest, raffles, live entertainment, food, drinks, and monster mash line dancing!

*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

## Health Literacy Month

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

*The saying that "knowledge is Power" is so true especially when it comes to your health status.*

Health literacy is foundational to chronic disease management, mental health,

and caregiver empowerment. Some studies show that people who do not know much about their health or understand their health status may have more hospitalizations, may not take their medications as prescribed, may not trust the healthcare system, they may face more health challenges, or have other long-term illnesses that go untreated.

Health literacy is not just about being able to read the information your health professional provides. It is about understanding what is being read, being able to trust the information, and doing what is needed in order to achieve the best outcome possible.

One way you can become more involved in your healthcare planning

with your physician is by using the "Ask Me 3" method.

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

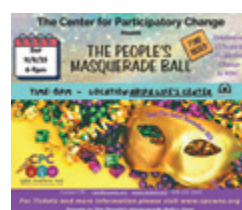
Asking these questions will show your provider that you want to be a part of your healthcare decision making and can improve communication with your provider.

Everyone deserves to understand their health and how to achieve the best health outcome possible. I encourage you to learn when important screenings like your mammogram or colonoscopy are due. Even learning more about your A1C and your risk for diabetes is a great start for prevention.

**Better health starts with better communication!**

### Upcoming Events at ABIPA Life's Center

#### The People's Masquerade Ball



**Saturday,  
November 8  
from 6-9 p.m.**

Presented by the Center for Participatory Change, this fundraiser

celebrates 25 years of collective change in WNC. Contact [info@cpwnc.org](mailto:info@cpwnc.org) for details. For tickets and more information visit [cpwnc.org](http://cpwnc.org).



#### 80th Charter Anniversary Celebration

**Saturday,  
December 6  
from 7-10 p.m.  
Doors open at 6:30 p.m.**

The Zeta Phi Beta Sorority

Inc., Beta Lambda Zeta Chapter celebrates 80 years of serving Asheville and Buncombe County. Guests will be treated to a night of luxury with fine dining and dancing. Tickets are \$50. Dress Code: Formal. RSVP by November 22 with a Zeta chapter member.

All events take place at ABIPA Life's Center, 220 Continuum Drive, Fletcher, NC 28732.

**ABIPA**  
220 Continuum Dr., Fletcher, NC 28732  
Mail: PO Box 448, Asheville, NC 28802  
Office (828) 251-8364 • Fax (828) 251-8365  
Facebook.com/ABIPA.CARES • [www.abipa.org](http://www.abipa.org)

