

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN, CN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com

The Institute for Preventive Healthcare & Advocacy



Promoting optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

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September is Healthy Aging Month

BY KATHEY AVERY RN, BSN, CN

Curiosity Has No Age Limit

Founded in 1992, and now in its 34th year, Healthy Aging® Month was created to highlight the positive aspects of growing older and to encourage adults to take greater responsibility for their physical, mental, social, and financial well-being.

This year's theme, "Curiosity Has No Age Limit," celebrates the role curiosity plays in helping us stay engaged, continue learning, discover new interests, and explore what comes next.

The 2026 theme recognizes curiosity as a powerful force for living a fuller, more connected life. Whether learning a new skill, exploring a new perspective, trying a fresh activity, traveling somewhere unfamiliar, or simply asking more questions, curiosity keeps us engaged with the world around us.

Ten Ways to Celebrate

1. Learn something new. Take a class, attend a workshop, watch a tutorial, or explore a subject that has always interested you.

2. Explore your community.

Visit a museum, park, historic site, restaurant, or neighborhood you've never experienced before.

3. Try a new physical activity.

Walking, pickleball, yoga, tai chi, swimming, dancing—choose an activity that challenges you in a positive way.

4. Read outside your comfort zone.

Pick up a book, magazine, or article on a topic you know little about.

5. Connect with people of different generations.

Conversations across age groups offer fresh perspectives and new ideas.

6. Embrace technology.

Learn to use a new app, device, or online tool that can enhance your daily life.

7. Pursue a creative interest.

Write, paint, photograph, cook, garden, craft, or make music simply for the joy of learning.



Curiosity keeps us engaged with the world.

8. Ask more questions. Curiosity begins with a willingness to wonder and explore.

9. Revisit an old dream. Consider a hobby, destination, skill, or goal you've always wanted to pursue.

10. Say yes to a new experience.

Healthy aging begins with purpose. Fulfill yours, stay curious, and stay engaged, at any age.

Source: Healthy Aging

Gratitude for the Tzedek Impact Awards

I want to take this time to thank Tzedek for helping me continue to be a working, curious older adult, someone who has spent decades striving to make my community better than I found it. I do this by fulfilling my purpose and staying active. My award shows that you can contribute to your community at any age.

I am honored by the recognition given to me and my fellow awardees. Even after decades of this work, I remain committed to building healthier, more equitable communities where every person feels valued, respected, and seen.

The Tzedek Impact Awards honor individuals who have engaged in systems change or community healing work in the Asheville region, using wisdom gained from directly navigating systems of oppression.

2026 Tzedek Impact Awardees

Kathey Avery is an award-winning community health leader with 52 years of healthcare experience. As the founder of Avery Health and the Institute for Preventive Healthcare & Advocacy, she has trained community health workers and emerging healthcare professionals while advancing public health education, chronic disease prevention, and access to care.

Award-winning Asheville filmmaker **Todd Gragg's** documentary storytelling has confronted racial injustice and preserved



Black history. His films have examined the enduring effects of displacement and the loss of generational wealth, while his Youth Filmmakers Initiative has expanded access to film education and community storytelling for underrepresented youth.

Through peer-led men's enrichment programs, trauma-informed mentorship, and employment opportunities, **Michael Hall** has created room for returning citizens and fathers to heal, rebuild relationships, and become steady sources of care within their families.

Chinese immigrant **Shunyu Huang** has created spaces for cultural exchange and belonging in Western North Carolina. She opened Wú Yōng Culture Space, founded Asheville's first Asian Culture Festival, and launched Five Spice, a recurring series uplifting BIPOC voices through conversation and performance.

Through specialty coffee, dignified employment, and trauma-resiliency circles, **Rev. Dustin Mailman** has built spiritual community and reentry pathways with people impacted by incarceration.

Paulina Mendez is a queer Mexican therapist and curandera who founded Alegria Counseling and led the Healing Justice arm of Colaborativa La Milpa's Rapid Response ecosystem.

Proud Asheville native **Brandy Mills** is an award-winning advocate, author, key-

note speaker, and executive coach recognized for creating transformational spaces for growth.

First-generation Filipino American **Josie Seay** is an Asheville organizer, drag artist, and spiritual leader who became the first trans woman of color to lead Blue Ridge Pride in 2025.

From civic reporting to verified updates during Hurricane Helene, **Patricia Serrano** has helped Latino communities navigate local decisions and emergencies while affirming Spanish as a language of participation, memory, and belonging.

Carmen Ybarra co-designed inclusive disaster recovery systems in the Swannanoa Valley, connecting Hurricane Helene survivors to bilingual, relationship-based support and essential resources, embedding dignity, accessibility, and trust into local response.

For more details about Tzedek, please visit tzedeksocialjusticefund.org.

Lunch & Learn



Join Kathey Avery on the third and fourth

Wednesdays of the month from 12-1 p.m. at the Linwood Crump Shiloh Community Center, 121 Shiloh Road in Asheville. The community nurse will address "Hot Topics" and provide education and knowledge to help keep you healthy. All are welcome!