



ABIPA Health Highlights

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Summer Events

Save the Date

August 12, 2011

ABIPA Summer Concert Series

Featuring the Westsound Band at the YMI Cultural Center, 6 p.m. to 9 p.m. Tickets \$20. Call ABIPA at (828) 251-8364.

Ladies Night Out

First Thursday of the Month 4-8 p.m. FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided, free childcare, refreshments, mammograms, blood pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

Sponsored by Mission Hospitals, Asheville Radiology Breast Center, Buncombe County Health Center, Asheville Buncombe Institute of Parity Achievement, Housing Authority of Asheville, and YWCA.



It Takes A Community

*Je'Wana Grier-McEachin,
Director of Programs*

ABIPA is dedicated to improving the health of African Americans and all people of color in Western North Carolina. The task that we have been commissioned to do is expansive. We realize that we cannot do it alone because health is not just about avoiding illness.

The programs we provide are holistic in nature, encompassing spiritual, physical, mental, social, and financial health. Because our work is multifaceted we know that we cannot do it alone. We thrive through the contribution of the time, talent, and financial resources of friends like you.

Our dedication to your health and the health of our community remains strong. We are excited about the success of our recent free Annual Prostate Screening, where more than 50 men were screened and four men were notified of abnormal results.

At first glance it could have been viewed as just another screen-

ing. But, when you look below the surface, there is so much more when you acknowledge that Dr. Robert Abernathy, Dr. Ronald Caldwell, Dr. Bridgett King, and Dr. Larry Rosenberg volunteered their Saturday morning to conduct DREs (Digital Rectal Exams), and Park Ridge Health and Mission Hospital System worked side by side to provide the PSA (Prostate-specific antigen) test, and the Know Your Numbers Screening respectively. This warms my heart, because I know that our medical partners know it takes a community.

We have conducted three of five Community Summer Block Parties that have resulted in more than 130 screenings and people being educated in the atmosphere of good food and good music. We appreciate our community collaborators that continue to make our Community Block Parties a success. The support of these organi-

It has been said that it takes a village to raise a child. In the work that we do I believe that it takes a community to heal it's residents.

zations is a reflection of the fact that it takes a community.

Within the last thirty days ABIPA received a \$3,900 grant from the Buncombe County Medical Society and Alliance Endowment. This grant will support the Faithful Families Eating Smart Moving More Program being introduced to area African American Churches.

The MAHEC Heart Disease and Stroke Prevention Department awarded us \$2,500 to support the Body & Soul Program in four churches, and the Buncombe County Department of Health was awarded a \$6,750 American Cancer Society grant to work with ABIPA to increase cancer screenings for breast, cervical, and colorectal cancer in the African American community. This will allow ABIPA to expand our lay health advisors by training members from five churches to provide one-on-one counseling to encourage

screening. Financial support from these entities reaffirms that it takes a community.

With the support of our community partners and friends like you, our work continues to be elevated to higher levels, and for that we are grateful. So, the next time you attend an ABIPA event, hear us on one of our radio shows, or continue to read our health page remember "It Takes a Community."

Find ABIPA on Facebook!

Listen to the BODY & SOUL RADIO SHOW 10:30 a.m. WRES FM 100.7 Tuesday and Thursday mornings.

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ABIPA promotes economic, social, and healthy parity achievement for Africa Americans and other people of color in Buncombe County through advocacy, education, research, and community partnerships.

Meet ABIPA's Summer Intern

My name is Tequila Porter and I am an intern with the CAYLA program, which is part of the City of Asheville's Youth Leadership Academy.

During this summer internship, a group of thirty students from Asheville High School are selected for jobs with the City of Asheville.



Tequila Porter is an intern at ABIPA.

In addition to the job, participants are awarded a \$2,000 scholarship each year they complete the program. I am currently working with ABIPA for my internship.

ABIPA is the acronym for Asheville Buncombe Institute of Parity Achievement. ABIPA is here to help improve the health issues African Americans and all people of color deal with in our community.

A little bit about me

I am a senior at Asheville High School, I am 17 years old, and I have big dreams for my life. I plan to graduate from school, then go on to a four-year university in North Carolina to major in biology and claim pre-med. I want to then go on to medical school to get my MD in Obstetrics/Gynecology (OB/GYN).

The reason I made this choice is that I love kids and believe that there is nothing more powerful than

bringing little lives into this world that will possibly make a big impact on their families and the world. Humorously I admit that as a little girl I would always watch the Cosby Show and Bill Cosby's role on the show inspired me. From that point on I said I wanted to work in the medical field, not only as an African American female doctor but, as an African American female doctor who will be the inspiration, encouragement, and motivational role model others may need.

As my AVID teacher says to younger females growing up, "hit the ground running, young lady." I want to make a difference in my world, in my community. That is why I am putting my best foot forward with everything I do. So watch out! One day you will be reading a highlight story written while I am at my desk with a white collared jacket on, embroidered with the name, "Dr. Porter."

Community Block Parties

The ABIPA Summer Community Block Parties are in full swing. We at ABIPA believe everyone should have education and information for a healthier lifestyle. Preventive care is the key.

Most cancers if diagnosed early are curable. Chronic illnesses such as diabetes, hypertension, and heart disease can be reduced. It is up to us to make sure we are there to give information to people who may not be able to get the information, and support them as they try to make necessary changes.

We believe the best way to get information to people who need it is to go where the people live. On Saturday, July 9 we held the third in our summer series at Aston Park Towers. The community came out for music, food, and free information from people who care.

ABIPA would like to thank our community collaborators that have made the Community Block Parties a success: Asheville Housing Authority; Asheville Parks and Recreation; Building Bridges; Park Ridge Health System for offering free Know Your Numbers Screenings; North Carolina Lifeline Assistance Program for being available to sign people up who qualify for free phones; Greenlife for providing gift cards for a raffle at the end of each block party; Earthfare for providing fresh fruits and vegetables; and Circle B Barbeque, and the Fairview



Kathey Avery and Gary Brown at the June Block Party.

Subway for supplying equipment and food at a reduced price to us for the cook outs.

We hope that you were able to join us on July 9, and we invite you to come out and bring a friend on August 13 to learn practical ways to live a healthy and productive life.

Community Block Party

Saturday, August 13,
Pisgah View Apartments,
1 Granada St., 1-4 p.m.

Sponsored by:

