



The Gift of Advocacy

MESSAGE FROM SHARI L. SMITH



Shari L. Smith,
Coordinator, MZCD Programs

During the holiday season, the focus is often on being the recipient of a gift, but as said on our radio PSA, "The best gift we can give is the gift of ourselves, our time and our resources." Please feel free to contact me regarding ways you can be a blessing to our program. Thanks for your continued advocacy and support of the Project NAF Program. We appreciate you!

PROJECT NAF

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Don't Forget!

With your busy schedules and holiday demands don't forget:



Lay Your Baby On Back to Sleep and Stomach to Play

Project NAF Celebrates 15 Years of Service

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

For more than 15 years, Project NAF (Nurturing Asheville & Area Families) has been blessed to serve African American pregnant women in Buncombe County, their babies, and families. As we enter another holiday season, we are mindful of the blessings

of a new life and the opportunity to see an African American baby live to see his/her first year of life and beyond.

Thank you Asheville and Buncombe County for your advocacy and support in helping a baby to see its first birthday and beyond.



Belinda K. Grant, Executive Director of
Mount Zion Community Development, Inc.
Photo: Urban News

Do You Have Peace & Joy?

The holiday season often brings two unwelcome guests — stress and depression. Not surprising huh?

The holidays present a myriad array of demands: parties, shopping, baking, cleaning, entertaining, and decorating, to name a few. But with some practical tips you can minimize the stress that accompanies the holidays, and you may even end up enjoying the holidays rather than feeling "I will be glad when it is all over."

What causes the holiday blues?

Sadness is a truly personal feeling. What makes one person feel sad may not affect another person. Typical sources of holiday sadness include: stress, fatigue, unrealistic expectations, over-commercialization, financial stress, and the inability to be with one's family and friends.

Three Main Triggers: Holiday stress and depression is frequently associated with relationships, finances, and physical demands. (EmpowHer.com)



Tools for Dealing with Holiday Depression and Stress

BY BARTON GOLDSMITH, PH.D.

1) Keep your expectations balanced. Remember that everything doesn't have to be perfect, and don't worry about things that are out of your control.

2) Don't try to do too much. Fatigue, over scheduling, and taking on too many tasks can dampen your spirits. Learn to say no, delegate as much as possible, and manage your time wisely.

3) Don't isolate. If you're feeling left out, then get out of the house and find some way to join in. There are hundreds of places you can go to hear music, enjoy the sights, or help those less fortunate.

4) Don't overspend. Create a reasonable budget and stick to it. Remember, it's not about the presents, it's about the presence.

5) It's appropriate to mourn if you're separated from or have lost loved ones. If you can't be with those you love, make plans to celebrate again when you can all be together.

6) Many people suffer depression due to a lack of sunlight because of shorter days and bad weather. Using a full spectrum lamp for twenty minutes a day can lessen this type of depression called SAD (seasonal affective disorder)

7) Watch your diet, and remember to exercise.

8) It's normal to eat more during the holidays, but be aware of how certain foods affect your mood. If you eat fats and sweets, you will have less energy, which can make you feel more stressed and run down. It can be very helpful to take a walk before and/or after a big holiday meal.

Be aware of the Post Holiday Syndrome. When all the hustle and bustle suddenly stops and you have to get back to the daily grind it can be a real let down. Ease out of all the fun by planning a rest day toward the end of the season.

Turn Holiday Stress into Peace & Joy



- Count your blessings.
- Concentrate on what you have and not on what you don't have
- Maintain a positive attitude
- Don't worry about the things you can't control
- Exercise and eat good, nutritional foods
- Avoid caffeinated beverages
- Try to get eight hours of sleep each night
- Do something just for yourself
- Spend quality time with friends and family

Source: www.mayoclinic.com

December is AIDS Awareness Month

HIV is a virus that affects specific cells of the immune system, called CD4 cells, or T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. When this happens, HIV infection leads to AIDS.

Fast Facts

- African Americans are the racial/ethnic group most affected by HIV.

- African American gay, bisexual, and other men who have sex with men are especially at risk of HIV infection.

- African American communities continue to experience higher rates of other sexually transmitted infections compared with other racial/ethnic communities in the United States.

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