



PROJECT NAF

Nurturing Asheville & Area Families

National Breastfeeding Month

Improving the health of Americans is a primary goal of the Centers for Disease Control and Prevention (CDC). Breastfeeding, with its many known health benefits for infants, children, and mothers, is a key strategy to accomplish this goal.



Benefits to Mothers: Breastfeeding lowers a mom's risk of breast and ovarian cancer, enhances the bond between with her baby, and speeds recovery from child-birth.

Benefits to Babies: Breastfed babies have less risk of obesity, Type 2 diabetes, asthma, ear infections, diarrhea, vomiting, and Sudden Infant Death Syndrome (SIDS).

Benefits to Everyone: Breastfeeding-childcare helps everyone by improving breastfeeding rates, leading to healthier people in NC.



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

Message from Shari L. Smith



Did You Know?
August is National Immunization Awareness Month

Vaccines are an important component of a healthy pregnancy. Women should be up to date on their vaccines before becoming pregnant. Pregnancy is a great opportunity to learn about safe, proven disease protection that vaccines can provide to babies once they are born. Please consult with your prenatal provider for more information.

Source: CDC

Back-to-School

It's almost time for enrollment forms, orientation schedules, and immunizations. But what about their eyes? August is Children's Eye Health & Safety Month. Make vision a priority, schedule an eye exam for your child(ren), and for yourself; Encourage others to have their eyes examined as well.

Project NAF Planning Advisory Committee

- Charlene Galloway
Mount Zion Missionary Baptist Church
- Cynthia Yancey, MD
Western NC Community Health Services
- Denise Duckett
Care Partners of Western NC
- Karla Ambrose, MD
Western NC Community Health Services
- Luci Sparks
Western NC Community Health Services
- Royanna Williams
Business Owner, N'Tyced
- Steffie Duginske
Mission Fullerton Genetics Center
- ZaKiya Bell-Rogers, ABCCM

A Very Special Thank You to Project EMPOWER's Community Action Council

- Cameron Edmonds-Raley,
WNC AIDS Project (WNCAP)
- Chrysta Burris, Buncombe County
Health & Human Services
- Johnnie Grant, *The Urban News*
- Michele Lemell, Volunteer Management,
Educational Leadership
- Peggy Weil, WNC AIDS Project
- Sara Green, former member,
former staff of Buncombe County
Health & Human Services

Saluting Jayla Bunn, CAYLA Intern

Mount Zion Community Development, Inc. has been blessed to work with Jayla Bunn, CAYLA Intern, this summer. Jayla has provided invaluable services to Mount Zion Community Development, Inc.

CAYLA services were approved and listed as in-kind services to the Project EMPOWER program for FY 2015/2016. CAYLA services were inclusive of but not limited to the following:

Assisted Caryn Monroe in implementing the "Making Proud Choices" curriculum at the CWA Learning System; CiCi Weston, Executive Director.

Assisted with the 2015 "Back-to-School Block Party." More than 150 K-12 students, attended this event with parents, guardians, relatives, and well-wishers.

The "Back-to-School Block Party" was sponsored by the Mt. Zion Missionary Baptist Church of Asheville, Inc., and Mount Zion Community Development, Inc. Donations helped to make this a successful event. Minister Ann White coordinated this event. She is the Executive Assistant to Dr. John H. Grant, Pastor.



Jayla provided invaluable services to Mount Zion Community Development, Inc.



The 2015 Back-to-School Block Party.

Message from Caryn Bria Monroe



Services from the CAYLA Program have enhanced program planning and initiatives to reach our goals and objectives for this fiscal year. Jayla is so insightful and intelligent, and she seems to have a passion for providing services to individuals and families. It has been great having a youthful viewpoint to enhance our services. Best wishes for your senior year at Asheville High School, Jayla!

PROJECT EMPOWER is a Teen Pregnancy Prevention Initiative
Let's Say NO to Teen Pregnancy!



Parents can do a number of things to impact a healthy future of their child; one of which is to make sure our children are up-to-date on their immunizations. Preteens and teens need vaccinations because they are at greater risk for certain diseases like meningitis, septicemia (blood infection), and the cancers caused by HPV infection.

Being vaccinated not only protects against certain diseases but helps stop the spread of diseases to others in the family, classroom and the community.

Source: CDC

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Board of Directors

- Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.
- Verita Woods, Chair
- Meryl McDonald, Vice-Chair
- Vanessa Penix, Secretary
- Sophie Dixon, Treasurer
- Sarah Wilcher, Fund-Raising Co-Chair

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PROJECT EMPOWER

Education Means Power

Collaboration Partnership Plans for FY 2015-2016

- Parents/Guardians of Project EMPOWER Participants
- Dr. Pamela Baldwin, Superintendent, Asheville City Schools
- Mrs. Cynthia Selling, Principal, Asheville Middle School
- Ms. Joyce Best, Principal, Asheville High School
- Mr. Greg Townsend, Principal, SILSA
- Mr. Rocky Cunningham, Coach, Asheville High School
- Ms. Lauren Powell, Coach, Asheville High School
- Ms. Sonita Warren-Dixon, Coach, Asheville High School
- Buncombe County's Community Health Advisory Committee & Community Partnerships