



PROJECT NAF

Nurturing Asheville & Area Families

Tribute to Dr. John H. Grant



Dr. John H. Grant, President, CEO of Mount Zion Community Development, Inc.

Congratulations on 26 years of service to Mt. Zion Missionary Baptist Church of Asheville, Inc., as well as for services rendered locally, statewide, nationally, and beyond!

As Founding Chairman, President & CEO of Mount Zion Community Development, Inc., we thank you for your vision, your insight, your commitment, and your dedication in the establishment of Mount Zion Community Development, Inc.

Under your leadership, MZCD Programs continue to soar and excel as state and national models — fulfilling its mission to serve individuals, families and children; addressing the need for jobs, housing, crime prevention, education, health care; and in redevelopment initiatives on the block.

Again, we commend and congratulate you for your continued devotion to the service of others, coupled with impeccable standards, dignity, and intelligence as a solutions-evolver.

~ From the Board of Directors & Staff, Mount Zion Community Development, Inc.



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

Message from Shari L. Smith



Remember: Back to Sleep and Stomach to Play!

Place your baby to sleep in a safe crib, bassinet or portable crib. Never let your baby sleep

on a chair, sofa, water bed, cushion or anywhere else.

Lay Your Baby On Back to Sleep



and Stomach to Play

A safe crib must meet all of the following requirements:

Cribs should:

- Have a firm mattress that is the correct size
- Be less than 10 years old
- Have slats that are no more than 2 3/8 inches (60mm) apart
- Be assembled according to manufacturer's instructions

Cribs should NOT:

- Having missing, broken, or loose parts
- Have chipped, cracked, or peeling paint
- Have a drop side
- Have corner posts that protrude above the sides of the crib
- Have cut-out designs in the headboard or footboard

Source: Centers for Disease Control

Project NAF Planning Advisory Committee

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Sudden Infant Death Syndrome

Sudden Infant Death Syndrome (SIDS) is the sudden death of an infant under one year of age which remains unexplained after a thorough case investigation, including performance of a complete autopsy, examination of the death scene and review of the baby's clinical history.

While overall rates have declined, disparities persist. African American babies

are still more likely to die from SIDS as Caucasian babies. Babies ages 0-6 months are at the highest risk.

It is believed that better investigations of unexpected infant deaths and greater adoption of safe sleep practices have contributed to lower SIDS deaths.



Message from Caryn (Bree) Monroe

October is National Bullying Prevention Month

Caryn Bria Monroe

Youth violence refers to harmful behaviors that can start early and continue into young adulthood. The young person can be a victim, an offender, or a witness to the violence. Youth violence includes various behaviors. Some violent acts—such as bullying, slapping, or hitting—can cause more emotional harm than physical harm.

Others, such as robbery and assault (with or without weapons) can lead to serious injury or even death. The ultimate goal is to stop youth violence before it starts. Several prevention strategies have been identified.



Intimate Partner Violence – a Public Health Problem

Data from CDC's National Intimate Partner and Sexual Violence Survey (NISVS) indicates the following:

An estimated 9% of women and 1% of men experienced attempted or completed rape by an intimate partner during their lifetime. Severe physical violence was experienced by an estimated 22% of women and 14% of men. This includes being hit with something hard, being kicked or beaten, or being burned.

An estimated 9% of women and 2% of men were stalked by an intimate partner during their lifetime.

Among victims of sexual violence, physical violence, or stalking by an intimate partner,

an estimated 71% of women and 58% of men first experienced these types of violence before the age of 25.

Twenty-nine percent of women and nearly 10% of men in the United States have experienced contact sexual violence, physical violence, or stalking by an intimate partner and reported that the violence impacted them in some way (e.g., made them feel fearful or concerned for their safety, resulted in an injury or need for services, or they lost days from work or school).

Contact sexual violence includes rape, being made to penetrate, sexual coercion, and unwanted sexual contact.

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Premature Birth is the #1 Killer of Babies!

Of the estimated 6.3 million deaths of children under the age of 5 in 2013, complications from preterm births accounted for nearly 1.1 million deaths. Source: March of Dimes/Birth Defects Foundation

PROJECT EMPOWER

Education Means Power



A Very Special Thank You to Project EMPOWER's Community Advisory 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, Fundraising
Peggy Weil, WNC AIDS Project
Sara Green (Former Member), Buncombe County Health & Human Services