

## PROJECT EMPOWER

Education Means Power



### Message from Shari L. Smith



Caryn Bria  
Monroe

The Project EMPOWER Program is currently implementing the Reducing the Risk (RTR) and 'Making Proud Choices' curriculum to over 215 students this semester at Asheville High and Asheville

Middle School respectively. Both curriculums are ETR Health Promotion evidence-based programs.

Thank you parents, students, the Asheville City Schools District, and community partners for your support. All

programs ETR selects to publish are based on theoretical approaches demonstrated to be effective in reducing health-related risky behaviors.



### Project EMPOWER 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  
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County Health & Human Services

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## Mount Zion Community Development, Inc.

### Attitudes & Beliefs

This activity will help parents share their attitudes and beliefs with their children.

Directions: With pen in hand, complete the statements below. Ask your son or daughter at the same time to also complete the statements. When you're both finished, exchange and discuss the answers with each other. What similarities do you notice? What differences?

Source: *Advocates for Youth*

#### About Pregnancy ...

My mother would say:

My father would say:

I believe:



#### About HIV/AIDS ...

My mother would say:

My father would say:

I believe:

#### About Sex Education ...

My mother would say:

My father would say:

I believe:

### Tips for Women with Diabetes



**Plan for Pregnancy** – Before getting pregnant, see your doctor.

**Eat Healthy Foods** – Eat healthy foods from a meal plan made for a person with diabetes.

#### Exercise Regularly

– Exercise is another way to keep blood sugar under control. It helps to balance food intake.

**Take Pills and Insulin** as directed by your doctor.

**Control and Treat Low Blood Sugar Quickly** – Keeping blood sugar well controlled can lead to a chance of low blood sugar at times.

#### See Your Doctor Early and Often

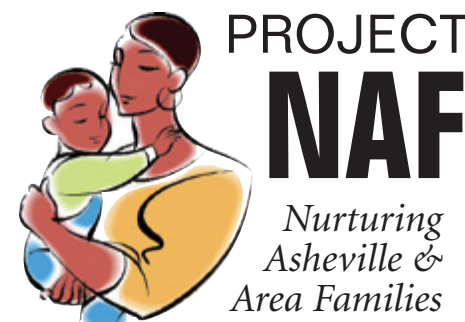
– During pregnancy, a woman with diabetes needs to see the doctor more often than a pregnant woman without diabetes.

#### Monitor Blood Sugar Often

– Because pregnancy causes the body's need for energy to change, blood sugar levels can change very quickly. You need to check your blood sugar often, as directed by your doctor.

#### ~ Your Day to Quit ~

November 19th is the American Cancer Society's Great American Smokeout. This event challenges people to stop using tobacco. Source: CDC



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

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Blood sugar that is not well controlled in a pregnant woman with Type 1 or Type 2 diabetes could lead to problems for the woman and her baby.

#### Gestational Diabetes

Diabetes is a type of diabetes that is first seen in a pregnant woman who did not have diabetes before she was pregnant

For most women with gestational diabetes, the diabetes goes away soon after delivery. When it does not go away, the diabetes is called Type 2 diabetes

Even if the diabetes does go away after the baby is born, half of all women who had gestational diabetes develop Type 2 diabetes later

It's important for a woman who has had gestational diabetes to continue to exercise and eat a healthy diet after pregnancy to prevent or delay getting Type 2 diabetes. She should also remind her doctor to check her blood sugar every one to three years.

Source: *Centers for Disease Control*

### Project NAF Planning Advisory Committee

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ZaKiya Bell-Rogers,  
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### Take Time to Make It Your Time

November is National Diabetes Month. This month, take charge of your Type 1 or Type 2 diabetes for a longer, healthier life.

More than 29 million people in the U.S. have diabetes, but one out of four don't know they have it. Most people with diabetes—9 out of 10—have Type 2 diabetes. With Type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels.

Risk factors include: being overweight, being 45 years or older, having a parent or sibling with Type 2 diabetes, or being physically active less than three times a week. Ask your doctor if you should be tested for diabetes.

Source: *Centers for Disease Control*

Infographic Source: *National Center for Disease Prevention, Division of Diabetes,*  
[www.diabetes.org](http://www.diabetes.org)

