



Message from Shari L. Smith



Shari L. Smith

Did You Know?

African Americans are the racial/ethnic group most affected by HIV. The rate of new HIV infection in African Americans is eight times that of whites, based on population size.

Gay and bisexual men account for most new infections among African Americans; young gay and bisexual men aged 13-24 are the most affected.

Special Thanks to Ms. Peggy Weil, WNCAP
Advocacy Coordinator for being Project NAF's guest on WRES, December 8, 2015.

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Mt. Zion Missionary Baptist Church
- Cynthia Yancey, MD
Western NC Community Health Services
- Denise Duckett
Care Partners of Western NC
- Karla Ambrose, MD
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- ZaKiya Bell-Rogers,
Buncombe County DSS

Thank You! Mount Zion Community Development, Inc. sincerely thanks the Buncombe County Service Foundation for funding this page.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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Mount Zion Community Development, Inc.

Healthy Living The Gift That Keeps on Giving!

"Are you ready for the holidays?"

This is the question that you hear daily at the grocery store, work, post office, or the mall. Some people ask because they want to feel like they aren't the only ones struggling or trying to get things done. Others may ask "just because," and some ask because they want to boast that they had everything done in August.

But what about the stress of it all? Stress is a physical response of the autonomic nervous system. Some stress is good, too much stress is not. Good stress is called eustress, stress that excites us or motivates us and pushes us forward. Bad stress is called distress and is no longer motivating and hinders our productivity. This is when panic, anxiety, and the "I can't deal with this anymore" mentality sets in.

But, there is good news. Consider the following:

Avoid holiday perfectionism – be realistic and plan ahead.

Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend.

The Time Is Now!



HIV can affect anyone, regardless of sexual orientation, race, ethnicity, gender, or age. Help us move closer to the goal of an AIDS-free generation.

Know Your Status, Get Tested!

December is Safe Toys & Gifts Month

Beware of Choking Hazards!

Toys should be at least 1 ¼" wide and 2 ¼" long to prevent choking or swallowing.

Use a small-parts tester (choke tube) or toilet paper roll to determine if a toy can be used by a young child. If a toy fits inside the tube, it's too small.

Source: www.healthcommunities.com



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

Feeling a little down? Acknowledge your feelings. Take into account the losses that you have experienced, but remember to keep your perspective and to talk positively to yourself about the past challenges you have overcome.

Breathe! When you're especially stressed, your breathing tends to be shallow. Take a few minutes to deeply breathe in and out.

Give yourself a break if you feel stressed out. For example, treat yourself to a therapeutic massage.

Eat a healthy diet. Don't live on junk food just because you're in a rush or feeling frazzled.

Exercise regularly, and get plenty of sleep.

Ask for help if/as needed. Having someone with a sympathetic, listening ear, and sharing about your problems and stress really can lighten the burden.

Avoid drugs and alcohol. They may seem to be a temporary fix to feel better, but in the long run, drugs and alcohol can create more problems and add to your stress instead of taking it away.

Connect socially. Make sure that you are spending time with loved ones.

Remember the Reason for the Season!



PROJECT EMPOWER

Education Means Power



Message from Caryn B. Monroe



Caryn Bria Monroe

Project EMPOWER (Education Means Power) served 177 students at Asheville High School this semester, six students at Asheville Middle School through Asheville City School's Foundation IRL

Program, and twelve students through the Christine W. Avery Learning Center this summer.

These students are intelligent, creative, engaging, and are tomorrow's leaders. Many thanks to students, parents, and guardians, the Asheville City Schools District, the Christine W. Learning Center, and our collaborative partners for your continued advocacy and support!

Project EMPOWER Community Advisory Council

- Chrysta Burris, Buncombe County Health & Human Services
- Johnnie Grant, The Urban News
- Michele Lemell, Volunteer Management, Educational Leadership, Fundraising
- Peggy Weil, WNC AIDS Project



Special Thanks!

- Dr. Pamela Baldwin, Asheville City Schools Superintendent
- Ms. Joyce Best, Principal, Asheville High School
- Ms. Cynthia Sellinger, Principal, Asheville Middle School
- Mr. Bill Hillier
- Mr. Coach Rocky Cunningham
- Mr. Danny Wilkins
- Mr. Scott Buchanan
- Sonita Warren-Dixon
- Ms. CiCi Weston, Christine W. Learning Center

National Influenza Vaccination Week

December 6-12, 2015

Influenza vaccination activity drops quickly after the end of November. Even though the holiday season has arrived, it is not too late to get your flu vaccine.

Source: Centers for Disease Control and Prevention