

## PROJECT EMPOWER

Education Means Power



### Message from Caryn Monroe



#### February is... National Teen Dating Violence Awareness and Prevention Month

Dating violence can happen to any teen in a romantic, dating, or sexual relationship, ANYTIME, ANYWHERE. But it doesn't have to happen at all.

Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name calling, are a "normal" part of a relationship. However, these behaviors can become abusive and develop into more serious forms of violence.

TALK to your teen about the importance of developing healthy, respectful relationships.

Source: CDC

### Project EMPOWER Community Action Council

A Very Special Thank You to:

Chrysta Burris,  
Buncombe County  
Health & Human Services

Johnnie Grant,  
The Urban News

Michele Lemell, Volunteer Management,  
Educational Leadership, Fundraising



## Mount Zion Community Development, Inc.

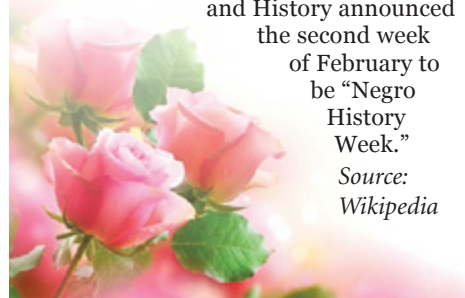
### Celebrating African American History:

*This Month, Every Month,  
Today & Beyond...*

"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated."  
~ Carter G. Woodson

The precursor to Black History Month was created in 1926 in the United States, when historian Carter G. Woodson and the Association for the Study of Negro Life and History announced the second week of February to be "Negro History Week."

Source:  
Wikipedia



### African Heritage & Health Week

February 1-7, 2016

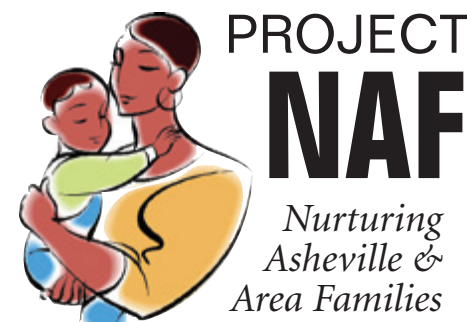


Coinciding with Black History Month, African Heritage & Health Week commemorates the foods, flavors and healthy

cooking techniques that were core to the wellbeing of African ancestors from Africa, South America, the Caribbean, and the American South.

Scientific studies show that many chronic conditions such as diabetes, heart disease and obesity, now prevalent in African American communities, appear in populations as traditional diets are left behind. Black History Month is the perfect time to commemorate and explore the healthy culinary side of history.

Source: CDC



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

## National Children's Dental Health Month

Even though they are temporary, your child's baby teeth are important, and are still susceptible to cavities. Tooth decay in infants and toddlers is often referred to as Baby Bottle Tooth Decay, or Early Childhood Caries.

Children need strong, healthy teeth to chew their food, speak and have a good-looking smile. Their first teeth also help make sure their adult teeth come in correctly. It's important to start infants off with good oral care to help protect their teeth for decades to come.

#### Preventing Baby Bottle Tooth Decay

Try not to share saliva with the baby through common use of feeding spoons or licking pacifiers.

After each feeding, wipe your child's gums with a clean, damp gauze pad or washcloth.

Place only formula, milk or breastmilk in bottles. Avoid filling the bottle with liquids such as sugar water, juice or soft drinks.

Infants should finish their bedtime and naptime bottles before going to bed.

If your child uses a pacifier, provide one that is clean—don't dip it in sugar or honey.

When your child's teeth come in, brush them gently with a child-size toothbrush and a smear (or grain of rice sized amount) of fluoride toothpaste until the age of 3.

Brush the teeth with a pea-sized amount of fluoride toothpaste from the ages of 3 to 6.

Supervise brushing until your child can be counted on to spit and not swallow toothpaste—usually not before he or she is 6 or 7.

Encourage your child to drink from a cup by his/her first birthday.

### Message from Shari L. Smith



#### February is... International Prenatal Infection Prevention Month

For more than 30 years, a major goal of the National Institute of Child

Health and Human Development (NICHD) has been to reduce mother-to-child transmission (MTCT) of HIV and other infections.

Institute-supported research has identified practices and drug combinations that are very effective in preventing MTCT of HIV. As a result of this research, transmission rates in the United States have dropped to less than 1%.

Source: Centers for Disease & Prevention

### MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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## American Heart Month: Million Hearts

Every year, Americans suffer more than 1.5 million heart attacks and strokes. Every day, 2,200 people die from cardiovascular disease. We're all at risk

for heart disease and stroke. People of all ages, genders, races, and ethnicities are affected. However, certain groups—including African Americans and older individuals—are at higher risk than others.

Nearly half of all African American adults have some form of cardiovascular disease that includes heart disease and stroke.

High blood pressure is the leading cause of heart attack and stroke in the United States. About two out of every five African American adults have high blood



pressure, and less than half of them have it under control.

African American adults are much more likely to suffer from high blood pressure (hypertension), and heart attack and stroke deaths than white adults.

Individuals living below the federal poverty level are more likely to have high blood pressure compared with those living at the highest level of income.

You can reduced the risk and improve your heart health by following the ABCs:

- A:** Take aspirin as directed by your health care provider
- B:** Control your blood pressure
- C:** Manage your cholesterol
- S:** Don't smoke



*I Am My  
Brother's and  
Sister's Keeper.  
Fight HIV/  
AIDS!*

**Know Your Status,  
Get Tested**

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