

PROJECT EMPOWER

Education Means Power



Message from Caryn Monroe



Caryn Bria Monroe

HIV Fast Facts

- Youth ages 13 to 24 accounted for an estimated 26% of all new HIV infections in the United States in 2010.
- Most new HIV infections among youth occur among gay and bisexual males; there was a 22% increase in estimated new infections in this group from 2008 to 2010.
- Over 50% of youth with HIV in the United States do not know they are infected.

Project EMPOWER Community Advisory Council

Deja Galloway, Representing Teens
Johnnie Grant, *The Urban News*
Michele Lemell, Volunteer Management, Educational Leadership, Fundraising

Sexual Assault Awareness

If you or someone you know is in need of crisis assistance, please contact Our Voice at (828) 252-0562.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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

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Staff

Mrs. Belinda K. Grant
Executive Director
(828) 350-9821 belindakgrant@mzcd.info

Ms. Shari Smith
Projects Coordinator, MZCD Programs
(828) 225-8155 sharismith@mzcd.info

Ms. Caryn B. Monroe
Project EMPOWER Outreach Worker
(828) 225-8157 carynmonroe@mzcd.info

Ms. Rosa Hearst, Receptionist
(828) 252-0515

Mount Zion Community Development, Inc.

Introducing Our College Intern... Aireonna McEntire



Aireonna McEntire

A senior at Winston-Salem State University, Aireonna is pursuing a Bachelor of Science Degree in Healthcare Management with a projected graduation date of May 2016. Aireonna has volunteered with the Project NAF Program since 2009 and is also utilizing her leadership skills with the Project EMPOWER Program.

Aireonna exhibits professionalism, is responsible and performs a variety of duties at any given moment, learns quickly, is very cooperative and works in harmony with others. Aireonna has been and remains an asset to Mount Zion Community Development, Inc. *Best Wishes to You Aireonna!*

National Infant Immunization Week April 18-25

National Infant Immunization Week (NIIW) is an annual observance to highlight the importance of protecting infants from vaccine-preventable diseases. The achievements of immunization programs and their partners in promoting healthy communities are also highlighted.

Since 1994, hundreds of communi-

ties across the United States have joined together to celebrate the critical role vaccination plays in protecting our children, communities, and public health. (Source: CDC)

Contact your medical doctor or the Buncombe County Health & Human Services (828) 250-5000 for information on a child immunization schedule.



What You Can Do To Support Our Youth & Teens!

Refer Them to the Project EMPOWER Program

Project EMPOWER (Education Means Power) is a Teen Pregnancy Prevention Initiative and a program of Mount Zion Community Development, Inc.

Since 2003, Project EMPOWER has incorporated bi-annual parental support groups at designated community centers, and at the MZCD office, to promote parental involvement, appreciation and ownership. Project EMPOWER specifically addresses

the needs identified by the teens themselves, by the Project EMPOWER Community Advisory Committee (CAC), and by statistics.

Project EMPOWER programs provide factual information on STDs, contraceptive use, as well as the knowledge and skills to delay sexual initiation. The program also motivates teens to stay in school and succeed.

April is National Child Abuse Prevention Month

Child Abuse is Preventable

Stop child maltreatment, including abuse and neglect, before it occurs.

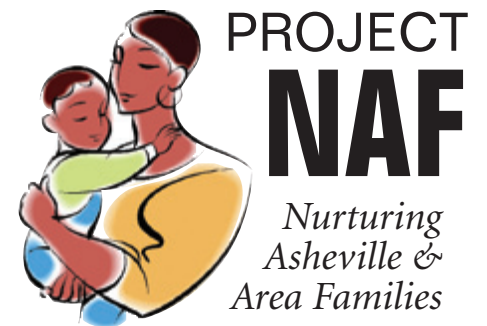
Children's experiences are defined through their environments (such as homes, schools, and neighborhoods), and relationships with parents,



teachers, and other caregivers.

Healthy relationships act as a buffer against adverse childhood experi-

ences. They are necessary to ensure the long-term physical and emotional well-being of children. Source: Centers for Disease Control, www.cdc.gov



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



Message from Shari L. Smith



Shari L. Smith

Take a Walk – For Free, No Charge!

Benefits of Walking:

- 1) Spending time with family/ friends
- 2) Relaxing
- 3) Reduces stress
- 4) Helps us sleep better
- 5) Helps us manage your weight
- 6) Improves concentration
- 7) Reduces blood pressure
- 8) Lowers risk of chronic illnesses such as heart disease or diabetes
- 9) May live longer
- 10) Enjoyment of nature

Project NAF Community Advisory Board

Charlene Galloway
Mt. 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
Royanna Williams
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