

PROJECT EMPOWER

Education Means Power
A Teen Pregnancy Prevention Initiative



August Is... National Immunization Awareness Month



Reminder: Parents can do a number of things to impact a healthy future of their child; one of which is to make sure our children are up to date on their immunizations.

Preteens and teens need vaccinations because they are at greater risk for certain diseases like meningitis, septicemia (blood infection), and the cancers caused by HPV infection.

Being vaccinated not only protects against certain diseases but helps stop the spread of diseases to others in the family, classroom, and the community.

Source: CDC

Project EMPOWER Community Action Council

A Very Special Thank You to:

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N.C. AIDS Project



MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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Staff

Mrs. Belinda K. Grant
Executive Director
(828) 776-1427 belindakgrant@mzcd.info

Ms. Caryn B. Monroe
Project EMPOWER Outreach Worker
(828) 776-1429 carynmonroe@mzcd.info

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

Mount Zion Community Development, Inc.

Celebrating America's Health Centers – Innovators in Community Health

*Mount Zion Community Development, Inc., Salutes
Buncombe County's Department of Health during
National Health Center Week, August 7-13, 2016*

Health centers deliver high quality, cost effective, accessible care while serving as critical economic engines helping to power local economies. Since 1992, Buncombe County has been developing a plan for an integrated Health & Human Services system. This system brings together the departments of Health and Social Work Services to create a streamlined group of services that address the health, safety, and well-being of residents in our community.

Source: Buncombe County North Carolina.

Public Health offers an array of services to help your family's wellness. Each resource features exceptional staff

people to support you in having a safe, healthy and thriving life.

Services include: Birth & Death Certificates; Birth Control; Breast & Cervical Cancer Screening; Care Coordination; Clinical Services; Disease Control; Environmental Health; Immunizations; Interpreter Services; Minority Health; Nutrition/WIC; Nurse Family Partnership (NFP); Parenting Support; School Health; STD Clinic; STD Testing; and, Travel Vaccines.

Source: Buncombe County Health North Carolina, Jan Shepard, Public Health Director.



PROJECT NAF

Nurturing
Asheville &
Area Families



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

Thank You Erykah!

Here She Is.... Ms. Erykah Howard, 2016 CAYLA Intern

Mount Zion Community Development, Inc. remains grateful for internship services through the City of Asheville Youth Leadership Academy (CAYLA). Erykah Howard is a rising junior in SILSA (School of Inquiry & Life Sciences at Asheville). Erykah provided invaluable services and was awarded MZCD's "ECHO" Award (Enhancing Collaborative Health Options & Opportunities) through MZCD Programs. She was also awarded MZCD's CARE Award (Caring Assistant who provided Relief & Resources Everyday).

Erykah assisted in program planning for the 2016 "Back-to-School Block



Erykah Howard is a
rising junior in SILSA.

Photo: Urban News

Party" sponsored by Mt. Zion Missionary Baptist Church of Asheville, Inc. Plans are underway to serve students, K-12 during this event. Parents, guardians, relatives and well-wishers are welcome. Minister Anne White, is the coordinator of this event and she is the Executive Assistant to Dr. John H. Grant, Pastor.

CAYLA services have enhanced initiatives to reach goals & objectives for FY17; additionally, it was been great having a youthful view-

point for program planning. Erykah, we extend best wishes for your junior year at SILSA and years beyond. Special THANKS to Erika Germer, Founding Director, CAYLA.

Did You Know?

Vaccines are an important component of a healthy pregnancy. Women should be up to date on their vaccines before becoming pregnant. Pregnancy is a great opportunity to learn about safe, proven disease protection that vaccines can provide to their babies once they are born. Please consult with your prenatal provider for more information.

Source: CDC

Back-to-School

It's almost back-to-school time... hurried mornings, busy afternoons, enrollment forms, orientation schedules, need lists to parents, and immunizations. But, what about their eyes?

August is Children's Eye Health & Safety month. Make vision a priority, schedule an eye exam for your child(ren), and for yourself. Encourage others to get an exam as well.

National Breastfeeding Month



Improving the health of Americans is a primary goal of the Centers for Disease Control and Prevention (CDC). Breastfeeding, with its many

known health benefits for infants, children, and mothers, is a key strategy to accomplish this goal.

Benefits to Babies: Breastfed babies have less risk of obesity, Type 2 diabetes, asthma, ear infections, diarrhea, vomiting, and Sudden Infant Death Syndrome (SIDS).

Benefits to Mothers: Breastfeeding lowers a mom's risk of breast and ovarian cancer, enhances the bond between with her baby, and speeds recovery from childbirth.

Benefits to Everyone: Breastfeeding-childcare helps everyone by improving breastfeeding rates, leading to healthier people in NC.

Project NAF Community Advisory Board

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