

# PROJECT EMPOWER

**Education Means Power**  
A Teen Pregnancy Prevention Initiative

## Message from Caryn Monroe



Caryn Bria  
Monroe

**Reducing the Risk (RTR)** is an evidence based curriculum which is proven to reduce the risk of teen pregnancy and STD/HIV infection. It acknowledges that abstinence is the

only 100% way to avoid the consequences of sex.

In Buncombe County in 2014 there were 53 pregnancies to girls ages 15-17. The number of Chlamydia cases in 2013 for all ages in Buncombe County was 897, and Gonorrhea cases were 290. These diseases are most common in adolescents. (Source: SHIFT NC) Reported HIV cases were 50 in Buncombe County. Ages 13-24 represent 25% of new HIV cases every year. Comprehensive sex education is scientifically tested and proven to help combat these issues.

The RTR program is offered as the sex ed component to your student's Health/PE class. It will be offered during their assigned PE class, once a week for eight weeks. For more information, contact Caryn Monroe at (828) 776-1427 or carynmonroe@mzcd.info.

## Project EMPOWER Community Action Council

A Very Special Thank You to:

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N.C. AIDS Project



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## “ECHO” – Enhancing Collaborative Health Options & Opportunities

### Twelve Ways to Celebrate National Women's Health & Fitness Day – September 28, 2016



1. Try a new sport. Spinning in the pool? Why not? Mixing up your workout can be good for your body.
2. Get your thyroid checked. A sluggish or hyperactive thyroid can wreak havoc on your concentration, mood, and weight—and can go undetected for years.
3. Eat some superfoods! You may not be Superwoman (well not every day), but you can eat superfoods. We're talking broccoli, apples, and turnips. Try superfoods that can help you lose weight, fight colds, boost your heart health, and even live longer. Find a farmers market near you where you can buy fresh fruits and veggies!
4. Take a nap. New research is shedding light on the health benefits of sleep, which is good for your heart, mind, weight, and more.
5. Ask a friend to work out. Not only will exercising be more fun, but research has shown that working out with a pal can help you stay motivated and lose more weight than those who go solo.
6. Give yourself a healthy beauty treatment. Try a food facial, or find out how to check yourself for skin cancer.
7. Eat for your bones. A healthy diet can go a long way towards helping you get enough calcium and vitamin D to keep your bones healthy and strong.
8. Stay hydrated. Not a fan of the 8-glasses-of-water-a-day rule? Try some juicy, water-filled foods.
9. Toast up some squash seeds! Chock full of nutrients and crunch, these little seeds will become a healthy addiction. Squash seeds are rich in iron, fiber, and zinc.
10. Rub out stress with a massage. While a little bit of stress is fine for the body, prolonged stress can take a toll on your body, including weight gain, hair loss, and blood sugar swings.
11. Give your back a break. Try lightening up your bag, or making other changes to help your back. And don't forget to add back-strengthening moves to your workout to stop problems before they get started.
12. Eat some chocolate! Not only does chocolate (the dark kind) have all sorts of health benefits, letting yourself savor the foods that give you pleasure is one of the healthiest things a woman can do, according to Consciousbitesnutrition.com.

Source: Health.com

## National Ovarian Cancer Awareness Month

*A proclamation by the  
President of the United  
States of America*

Causing more deaths than any other female reproductive system cancers, ovarian cancer affects women of all ages and backgrounds. But the incidence of ovarian cancer, and its death rate, have fallen in recent years.

It is estimated that more than 22,000 American women will be diagnosed with ovarian cancer this year, and due to a



lack of effective screening tests and early warning signs, many of these cases will be caught at an advanced stage -- making the cancer more difficult to treat, with a

lower chance for recovery.

Visit [www.Cancer.gov/Ovarian](http://www.Cancer.gov/Ovarian) to learn more about the signs and symptoms of this disease.

Source: The White House

## Prostate Cancer Awareness Month

Men can have different symptoms for prostate cancer. Some men do not have symptoms at all. Some symptoms of prostate cancer are difficulty starting urination, frequent urination (especially at night), weak or interrupted flow of urine, and blood in the urine or semen.

### Risk Factors

There is no way to know for sure if



you will get prostate cancer. The older a man is, the greater his for getting prostate cancer. Men also have a greater chance of getting prostate cancer if they are African American or have a father, brother, or son who has had prostate cancer.

Please consult with your healthcare provider for more information.

Source: CDC, [www.cdc.gov](http://www.cdc.gov)



# PROJECT NAF

Nurturing  
Asheville &  
Area Families



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

## Newborn Screening Awareness



One of the greatest joys in life is holding your newborn baby for the first time and checking them from top to bot-

tom. But, even babies who look and act perfectly healthy could have a potentially life-threatening disorder. The chances are very slim, of course, but they exist. Metabolic disorders, blood disorders, and heart disorders often don't exhibit symptoms until days or months after birth.

That is why hospitals in the United States screen newborns shortly after birth to detect genetic disorders that are treatable. The disorders screened include:

- Metabolic disorders that destroy a baby's ability to process and break down certain fats and proteins
- Blood disorders, like sickle-cell anemia
- Other disorders, like cystic fibrosis, hypothyroidism, deafness, and heard defects

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