

PROJECT EMPOWER

Education Means Power



Message from Caryn Monroe



Caryn Bria Monroe

This year at Project EMPOWER we are looking forward to working with partnerships, both old and new to expand resources, and better serve our

participants. We thank the community for your continued support of our program to deliver evidence based curricula and meaningful experiences to combat STD/HIV, and teen pregnancy in our community.

Project EMPOWER Community Action Council

A Very Special Thank You to:

Johnnie Grant,
The Urban News

Michele Lemell, Volunteer
Management, Educational
Leadership, Fundraising,

Michael Harney, Western NC AIDS Project
(WNCAP)



Mount Zion Community Development, Inc.

Tribute to Dr. John H. Grant



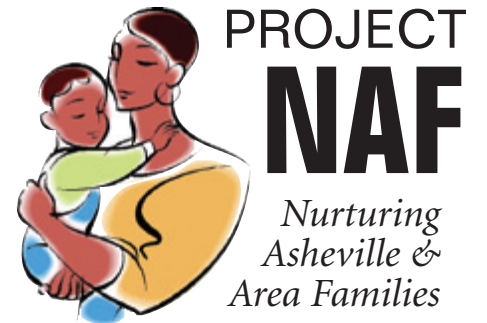
Dr. John H. Grant, Founding Chairman,
President, CEO of Mount Zion Community
Development, Inc.

Congratulations for 27 years of service to Mt. Zion Missionary Baptist Church of Asheville, Inc., as well as for services rendered locally, statewide, nationally, and beyond!

As Founding Chairman, President & CEO of Mount Zion Community Development, Inc., We thank you for your vision, your insight, your commitment and dedication in the establishment of Mount Zion Community Development, Inc.

Under your leadership, MZCD Programs continue to grow and excel in fulfilling its mission to serve individuals, families and children; and in addressing the need for jobs, housing, crime prevention, education, health care, and in redevelopment initiatives on the block. Again, we commend and congratulate you for your continued devotion to the service of others, coupled with impeccable standards, dignity, intelligence and solutions – evolver.

~ Board of Directors & Staff, Mount Zion
Community Development, Inc.



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

Message from LaVie Montgomery



LaVie Montgomery

Greetings!
I am the new Outreach Worker for the Project NAF Program. I look forward to building community partnerships so that together we can

reduce minority infant mortality.

My goal is to make the program: fun, interactive, and educational. Healthier mothers! Healthier babies! Healthier communities!

National Bullying Prevention Month

Youth violence refers to harmful behaviors that can start early and continue into young adulthood. The young person can be a victim, an offender, or a witness to the violence.

Youth violence includes various behaviors. Some violent acts—such as bullying, slapping, or hitting—can cause more emotional harm than physical harm.



Others, such as robbery and assault (with or without weapons) can lead to serious injury or even death.

The ultimate goal is to stop youth violence before it starts. It is important that students feel safe to develop and learn in an environment free of criticism and bullying.

Sudden Infant Death Syndrome (SIDS)

Sudden Infant Death Syndrome (SIDS) is defined as the sudden death of an infant less than 1 year of age which cannot be explained after a thorough investigation is conducted, including a complete autopsy, examination of the death scene, and a review of the clinical history. About 1,500 infants died of SIDS in 2014. SIDS is the leading cause of death in infants 1 to 12 months old.

While overall rates have declined, disparities persist. African American babies are still more likely to die from SIDS as Caucasian babies. Babies ages 0-6 months are at the highest risk. It is believed that better investigations of unexpected infant deaths and greater adoption of safe sleep practices have contributed to lower SIDS deaths.

Source: CDC

REMEMBER!

Lay Your Baby On Back to Sleep



and Stomach to Play

Back-to-Sleep and Stomach to Play! Place your baby to sleep in a safe crib, bassinet or portable crib. Never let your baby sleep on a chair, sofa, water bed, cushion, or anywhere else.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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Founding Chairman, President, CEO of
Mount Zion Community Development, Inc.

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OCTOBER

Domestic Violence
Awareness Month

National Breast Cancer
Awareness Month

National Bullying
Prevention Month

National Dental Hygiene Month

Sudden Infant Death Syndrome
(SIDS) Awareness Month

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