

PROJECT EMPOWER

Education Means Power



Say No to Drugs & Alcohol

Message from Sapphire De'Bellott

January 22-28, 2018 is National Drug and Alcohol Facts Week

To Parents of Youth/Teens – Did You Know?

Prescription opioid abuse among teens living in the United States has become a major public health concern.

1. Opioids are narcotic medications that are prescribed to treat mild to severe pain.
2. Some of the most common types of opioids are fentanyl, hydrocodone, oxycodone, morphine tramadol and codeine.
3. Opioids work by reducing the intensity of pain signals being transmitted to the brain.



4. Misusing opioids can result in the development of a chemical dependency to these drugs.
5. It is common for teens to mix prescription opioids with other substances such as alcohol. This behavior puts teens at a higher risk for overdose.

Warning signs of opioid abuse include anxiety attacks, sudden improvement in self-esteem, depression, improved alertness, increased energy, a decrease in appetite, fatigue, nausea, constipation, and breathlessness.

Project EMPOWER Community Advisory Council

Shaunia Carson, Representing Teen Population
Johnnie Grant, *The Urban News*
Dr. Randall Johnson,
Asheville City Schools District
Michael Harney,
Western NC AIDS Project (WNCAP)
Rasheeda McDaniel, Buncombe County
Health & Human Services

Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)



“Life’s most persistent and urgent question is: What are you doing for others?”

~ Rev. Dr. Martin Luther King, Jr.

Serving Pregnant/Postpartum Women and Their Babies



The Project NAF program salutes Mrs. Linda Glaze, MZCD Board Member, for her donations of hand-crocheted baby blankets, and Sonja Palmer, Operations Manager for Buncombe Partnership for Children, for their donation of organic muslin baby burp cloths.



Above: Linda Glaze, MZCD Board Member.

Left: Belinda Kennedy Grant (left), Executive Director of MZCD, Sonja Palmer, Operations Manager for Buncombe County Partnership for Children, and Ronesha Mackey (right), Project NAF Outreach Worker.

January is...

National Birth Defects Prevention & Folic Acid Awareness Month

- Folic acid, a B vitamin, helps prevent birth defects of the brain and spinal cord when taken at least one month before becoming pregnant and through at least the first three months of pregnancy
- Folic acid helps a baby’s neural tube, the part of the developing baby that becomes the brain and spinal cord, develop properly
- Each year in North Carolina, approximately 150 children are born with a neural tube defect
- If all women consumed adequate folic acid before conception and during pregnancy, the number of babies born with a neural tube defect could drop 50 to 70 percent
- Because the most common neural tube defects occur during the first 28



days of pregnancy (usually before a woman even knows she is pregnant), the U.S. Centers for Disease Control and Prevention (CDC) recommends that all women of childbearing age consume a multivitamin every day containing 400 micrograms of folic acid.

Source: NC PRAMS-Pregnancy Risk Assessment Monitoring System.



PROJECT NAF

*Nurturing
Asheville &
Area Families*

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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



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

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Cervical Health Awareness Month

Each year, an estimated 12,000 women are diagnosed with cervical cancer. The human papillomavirus (HPV) is common among women and is the main cause of cervical cancer. Prevent cervical cancer by getting screened regularly, starting at age 21.

Source: CDC

Project NAF Community Advisory Committee

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Western NC Community Health Services
Denise Duckett
Care Partners of Western NC
Karla Ambrose, MD
Western NC Community Health Services
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