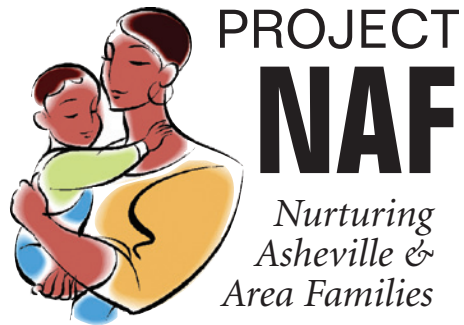




Project NAF Community Advisory Committee

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Western NC Community Health Services
Charlene Galloway
Mt. Zion Missionary Baptist Church
Denise Duckett
Care Partners of Western NC
Brandon Romstadt, Buncombe County HHS
Royanna Williams
Business Owner, N'Tyced
Cynthia Yancey, MD
Western NC Community Health Services

May is...

National Stroke Awareness Month



This article is dedicated to my mother, Mary Frances Kennedy who suffered a stroke on October 9, 2017.

We are grateful that our mom is still here with us.

Reduce your risk of stroke. This month, pledge to eat healthy, become physically active, and quit smoking. Eat five servings of fruits and vegetables, eat lean meats, monitor your calorie intake, eat smaller portions, and decrease your sugar intake. Changing these behaviors for just one or two days during the week helps!

May 13-19: National Women's Health Week

May 18: HIV Vaccine Awareness Day

May 26: Don't Fry Day

May 31: World No Tobacco Day

PROJECT EMPOWER

Education Means Power



Project EMPOWER Community Advisory Council

Carly Woods, 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)

Three Too Many!

*Three Cherished Lives
Taken: Erica Smith, Keithan
Smith, and Harmony Smith*



Buncombe County continues to mourn the deaths of Erica Smith, Harmony Smith, and Keithan Whitmire whose lives were taken on April 17 & 18, 2018 due to domestic violence. MZCD joins with the Buncombe County Family Justice Center's eNOUGH campaign in echoing the devastating impact of domestic violence. It's time to say eNOUGH!

During the celebration of life and home-going service for Erica, Keithan, and Harmony, Ms Cassandra Smith, mother of Erica Smith and grandmother of Keithan and Harmony, read a heartfelt poem by Ronald King about domestic violence.

Regardless of the magnitude of your struggle, domestic violence is real—whether physical, mental, verbal, emotional, or financial. If you are experiencing any form of domestic violence, "Tell Somebody!" Erica, Keithan, and Harmony's untimely, undeserved, and tragic deaths are a sorrowful reminder of the ultimate price of domestic violence—death.



Erica Smith, Keithan Whitmire, and Harmony Smith

Did You Know...

- Domestic violence is the leading cause of injury and 7th leading cause of death for women in the United States.
- It is the number one reason women and children become homeless in the U.S.
- 1 in 4 women will report violence at the hands of an intimate partner at some point in their lifetime.
- 54% of employees living with domestic violence miss at least three full days of work per month.
- A child's exposure to their father abusing their mother is the strongest risk factor for transmitting violent behavior from one generation to the next.

Source: Buncombe County Family Justice Center

Message from Ronesha Mackey

May 13-19th is National Alcohol & Other Drug-Related Birth Defects Awareness Week

Pregnancy can be a wonderful thing. Generally speaking, it is a desire for mothers to see their baby reach its first year of life and beyond.

But, before a baby is even born, there are challenges that might affect it. One of these is drug and alcohol abuse by the expecting mother. Drug and alcohol abuse can have negative effects during birth and

lead to bigger problems in the baby's life, inclusive of but not limited to: low birth weight, small head circumference, developmental delay, facial abnormalities like small eye openings or jaw defects, Epilepsy, and poor coordination. If you have a problem with drugs and alcohol, please talk to your medical provider.



Ronesha Mackey

National Teen Pregnancy Prevention Month

Every May, the nation turns its attention to teen pregnancy prevention for a full month. National Teen Pregnancy Prevention Month (NTPPM) highlights the historic declines in the rates of teen births in the United States. Significant declines have occurred in all 50 states and among all racial/ethnic groups, yet disparities continue.

Message from Sapphire De'Bellott

Sexual Health Education Matters!

Since 2003, Project EMPOWER (Education Means Power) Program has been investing in Youth & Teens by providing advocacy and supportive services to youth and teens in the Asheville City Schools District. Investing in young people's sexual health benefits them, our state, and our communities, now and in the future.

We could not provide these services without your support. We remain grateful for our partnerships: Mt. Zion Missionary

Baptist Church of Asheville, Inc., parents, students, Asheville City Schools District, and you, the community, for your support. Project EMPOWER currently serves students at Asheville High School and Montford North Star Academy via In Real Life (IRL)/Asheville City Schools Foundation, and the Christine W. Avery Learning Center.



Sapphire De'Bellott

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Celebrating 20 Years of Service to Buncombe County & Beyond!



*Anchored in the Church:
Mount Zion Community Development, Inc. (MZCD)*

Mount Zion Community Development, Inc. expresses sincere appreciation and thanks to Dr. John H. Grant, (a visionary) as the Founding Chairman, President, CEO, and to Mt. Zion Missionary Baptist Church of Asheville, Inc. for its continued advocacy, support, and in remaining an anchor for the past twenty years!



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

A special thanks to area faith-based supporters, and present and past grant funders of the past twenty years. If you would like to make a donation or to learn more about our programs, please contact:

Staff

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

Ms. Ronesha Mackey
Project NAF Outreach Worker, (828) 776-1428
roneshamackey@mzcd.info

Ms. Sapphire De'Bellott
Project EMPOWER Outreach Worker
(828) 776-1429, sapphire.debellott@mzcd.info

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

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