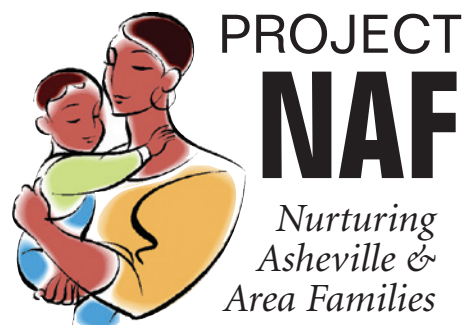




Project NAF Community Advisory Committee

Karla Ambrose, MD
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

June is...

National Safety Month

**June 1 - July 4:
Fireworks Safety Month**

**June 3:
National Cancer Survivors Day**

June 11-17: Men's Health Week

June 14: Blood Donor Day

June 19: World Sickle Cell Day

**June 27: National HIV
Testing 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)

Happy Dad's Day!

*Mount Zion Community
Development, Inc. Salutes Fathers*

Being a dad is a dedicated and lifelong duty, many men would call a joy. (*The Good Men Project*)

A recent study by the National Institute of Child Health and Human Development indicates that dads are more engaged in caretaking than ever before. The reasons for this include: mothers



working more hours and receiving higher salaries, fathers working less, more psychological consciousness, coping skills, mental illness intervention, self-worth issues, social connection, and better role modeling for children.

June 27 is National HIV Testing Day

This year's theme, "Test Your Way. Do It Today," is a reminder that there are more ways than ever to get an HIV test. In a clinic, from your health care provider, at a testing event, at home, from a local organization—get tested your way today!

About 1.1 million people in the United States have HIV, and 1 in 7 of them don't know it. Young people are the most likely to be unaware of their HIV infection. CDC

recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care.

Some people are more at risk of getting HIV than others and should be tested at least once a year. Sexually active gay and bisexual men may benefit from more frequent testing (every 3 to 6 months).

Source: CDC, cdc.gov

Message from Sapphire De'Bellott

Did You Know? In 2016:

8,451 youth received an HIV diagnosis in the United States. Eighty percent (6,776) of those diagnoses occurred in young people aged 20 to 24.

Eighty-one percent (6,848) of HIV diagnoses were among youth with infections attributed to male-to-male sexual contact. African Americans accounted for 54% (3,719) of infections attributed to male-to-male sexual contact, Hispanics/Latinos accounted for 25% (1,687), whites accounted for 16% (1,094), and other races/ethnicities accounted for 5%.

Four percent (274) of infections among young men were attributed to heterosexual

contact, 3% (228) were attributed to male-to-male sexual contact and injection drug use, and 1% (98) to injection drug use.

992 young women received an HIV diagnosis. Eighty-seven percent (865) of those infections were attributed to heterosexual contact and 9% (92) were attributed to injection drug use.

1,473 youth received an AIDS diagnosis, representing 8% of total AIDS diagnoses that year.

Source: CDC



Sapphire
De'Bellott

Child Safety First

Dangerous situations can happen quickly, so keep a close eye on your child. Here are a few tips to help keep your growing toddler safe.

- Do NOT leave your toddler near or around water—bathtubs, pools, ponds, lakes, whirlpools, or the ocean—without someone watching. Fence off backyard pools. Drowning is the leading cause of injury and death among this age group.
- Encourage your toddler to sit when eating and to chew his food thoroughly to prevent choking.

- Check toys for loose or broken parts.
- Encourage your toddler not to put pencils or crayons in her mouth when coloring or drawing.
- Do NOT hold hot drinks while your child is sitting on your lap. Sudden movements can cause a spill and might result in your child's being burned.
- Make sure that your child sits in the back seat and is buckled up properly in a car seat with a harness.

Injuries are the leading cause of death in young children. But most injuries can be prevented. Parents and caregivers can play a life-saving role in protecting children from injuries.



MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Save the Date!
October 27, 2018

Mount Zion
Community Development, Inc.
20th Anniversary Celebration
More Details to Come!



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

**Celebrating 20 Years of Service
to Buncombe County & Beyond!**



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. 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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