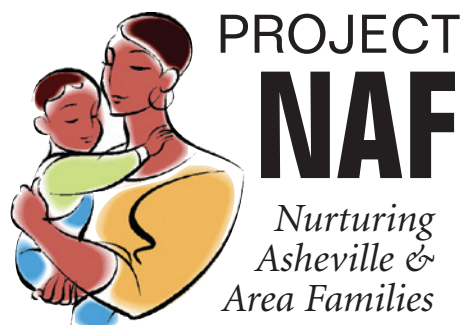




Project NAF Community Advisory Committee

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

PROJECT EMPOWER

Education Means Power



Message from Sapphire De'Bellott

Thank you Asheville and Buncombe County for your advocacy and support to youth and teens served through the Project EMPOWER (Education Means Power) program. Thanks to you and your support we served 224 students for the year ending May 2018.

This has been an exciting first year for me. We look forward to partnering and collaborating with you in the upcoming school year. Have a wonderful summer!



Sapphire
De'Bellott

Project EMPOWER Community Advisory Council

Ahmari Gaines, Former Teen Parent
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
Carly Woods, Teen Representative,
Asheville High School

Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)



Lisa Harper

Introducing Ms. Lisa Harper

New Project NAF Outreach Worker

Background: Lisa is a 1918 graduate of Mars Hill University with a BSW, and a minor in Psychology. Lisa has over 11 years of experience in the Human Services Field and comes highly recommended from Mars Hill University. Lisa will join our team on July 23, 2018.

Lisa stated, "My desire is to give back to the community that has given me so much. I especially remember Buncombe County Health Department's Baby Love program where I received services. I look forward to serving pregnant and post-partum women, their babies, and their families, through the Project NAF Program."

Enjoy the Summer

What comes to your mind during the month of July? In all likelihood, adults and children alike will say "4th of July." Others may list vacation, enjoying the summer, and spending time with family and friends. Please keep these five things in mind as you plan 4th of July activities.

1. Prevent Fireworks Injuries

Fireworks can cause death and injury, including burns, cuts, bruises, and foreign objects in your eyes.

- Never allow young children to play with or ignite fireworks. Always have an adult supervise fireworks activities.
- Avoid buying fireworks packaged in brown paper, which often means they were made for professional displays and could be dangerous for consumers.
- Make sure you and your family watch fireworks displays from a safe distance.
- Call 911 immediately if someone is injured from fireworks.

2. Beat the Heat

In hot temperatures your body may be unable to properly cool itself. This could lead to serious health problems.

Drink plenty of fluids. Don't wait until you're thirsty to drink. If your doctor generally limits the amount of fluids you drink or has you on water pills, ask how much you should drink while the weather is hot.

Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluids. Avoid very cold drinks because they can cause stomach cramps.

Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses. Wear lightweight, light-colored, loose-fitting clothing.

Put on sunscreen of SPF 15 or higher. The most effective products say "broad spectrum" or "UVA/UVB protection" on their labels. Stay in the shade!

3. Don't Let a Stomach Bug Slow You Down

Reports of foodborne illnesses increase in the summer. Keep the food safe at your 4th of July picnic or BBQ.

- Use separate plates and utensils for raw and cooked meat and poultry, and ready to eat foods, like raw fruits and vegetables.

- Use a food thermometer to make sure meat and poultry are thoroughly cooked.
- Don't leave food at room temperature for longer than two hours—one hour if the outside temperature is over 90 degrees. Keep perishable food in a cooler packed with ice.

4. Prepare to Take the Plunge



Drowning is responsible for more deaths among children 1 to 4 years old than any other cause except birth defects.

- Designate a responsible adult to watch all children swimming or playing in or around water.
- Drowning occurs quickly and quietly, so adults should not be involved in any other distracting activity while supervising children.
- Teach kids to swim. Formal swimming lessons can protect young children from drowning.
- Always swim with a buddy. Whenever possible, choose swimming sites that have lifeguards.
- Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.
- Know the local weather conditions and forecast before swimming or boating. Strong winds and thunderstorms with lightning strikes are dangerous.

5. Fight the Bite

Bugs, including mosquitoes, ticks, and some flies can spread diseases like Zika, dengue, and Lyme disease.

- Use EPA-registered insect repellents that contain at least 20% DEET for protection against mosquitoes, ticks, and other bugs
- Wear long-sleeved shirts, long pants, socks, and a hat. Tuck your shirt into your pants, and tuck your pants into your socks for maximum protection.
- Check yourself and your children for ticks. Ticks are easy to remove.

Happy 4th of July!

Source: CDC

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



Save the Date!

October 27, 2018

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

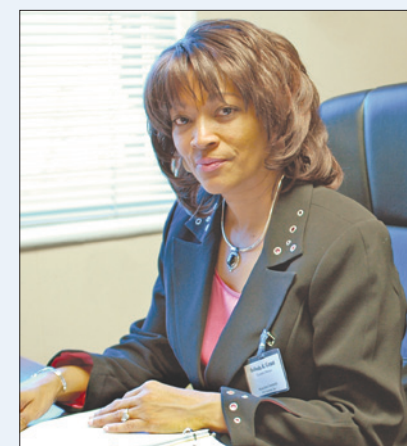


*Anchored in the Church:
Mount Zion Community
Development, Inc. (MZCD)*

**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

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