

# Mount Zion Community Development, Inc.

*ECHO (Enhancing Collaborative Health Options & Opportunities)*



*“An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.” ~ Rev. Dr. Martin Luther King, Jr.*

Remembering the Legacy of Dr. Martin Luther King, Jr.  
What will be your legacy? What will you be remembered for?



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

## Best For You! Best For Baby!



### Tips for Preventing Birth Defects

Be sure to take 400 micrograms (mcg) of folic acid every day because it can help prevent some major birth defects of the baby’s brain and spine. You can find folic acid in some breads, breakfast cereals, and corn masa flour. Check the nutrient facts label and look for those that have “100%” next to folic acid.

If you are planning to become pregnant, discuss your current medicines with a healthcare provider, such as your doctor or pharmacist.

Become up-to-date with all vaccines, including the flu shot.

Before you get pregnant, try to reach a healthy weight. Obesity increases the risk for several serious birth defects and other pregnancy complications.

Boost your health by avoiding harmful substances during pregnancy, such as alcohol, tobacco, and other drugs.

Sources: March of Dimes; Blog entry from Mission Health.

## Birth Defect Prevention and Folic Acid Awareness



Jennifer Vickery, NC Preconception Health Educator at Mission Health. (828) 213-0031.

Project NAF staff participated in an informative educational session on Preconception Health/Reproductive Life Planning with Jennifer Vickery last month. Since January is National Birth Defect Prevention and Folic Acid Awareness Month, we would like to share this information with you.

### Have a Healthy Pregnancy

Preparing for the birth of a child can never start too early. That’s the message of the March of Dimes North Carolina Preconception Health Campaign, an initiative aimed at reducing birth defects and improving birth outcomes statewide. Part of the Every Woman North Carolina program, the campaign educates women on the importance of folic acid and multivitamins before pregnancy.

“Women should be taking 400 mcg (micrograms) of folic acid at least four months before pregnancy,” said Jennifer Vickery. “We take the benefits of folic acid message into the schools and out into the community.” Folic acid, explained Vickery, helps prevent neural tube defects, which are defects of the brain, spine or spinal cord. These include spina bifida and anencephaly. “Oftentimes, those two neural tube defects are formed before most women even know they’re

pregnant,” said Vickery, “so if you’re not intending to become pregnant and you don’t have enough folic acid, you increase your risk. We encourage women to take folic acid every day, even if you’re not intending to become pregnant.”

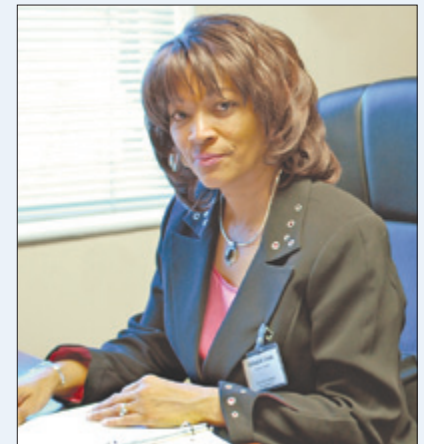


### Top Things Mothers-to-Be Need to Know About Folic Acid

- Taking folic acid before and during early pregnancy can help prevent birth defects of the brain and spine.
- Women should be taking 400 micrograms of folic acid at least four months before pregnancy.
- During pregnancy, take a prenatal vitamin with 600 micrograms of folic acid in it every day.
- Take a multivitamin with folic acid every day, even if you’re not trying to get pregnant.

Get advice from the pregnancy and breastfeeding experts at MotherToBaby NC by calling toll-free 1-800-532-6302, texting 855-999-3525, or visiting mothertobabync.org. All services are free of charge, confidential and available in English or Spanish.

Sources: March of Dimes; Blog entry from Mission Health.



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

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## Message from Lisa Harper



### Thank You!

Project NAF remains grateful for serving African American pregnant and post-partum women for over 20 years!

Thanks for your ongoing support: Mt. Zion Missionary Baptist Church of Asheville, Inc., Project NAF’s Community Advisory Board, program participants, fathers, community partnerships/programs, volunteers, funding sources, business sponsorships, and contributors. We remain grateful and appreciative of your support.

## Project NAF Community Advisory Committee

- Denise Duckett  
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- Charlene Galloway  
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- Brandon Romstadt, Buncombe County Health & Human Services
- Royanna Williams  
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Western NC Community Health Services



# PROJECT EMPOWER

Education Means Power

## Message from Sapphire De’Bellott

Project EMPOWER successfully implemented two evidence-based curricula during the first semester of 2018. “Reducing the Risk” was implemented at Asheville High School and SILSA during school hours, serving 123 students. “Making Proud Choices” curriculum was implemented at Asheville Middle School during the Asheville City School’s Foundation In Real Life program, serving 8 students.

Thanks for your support: Mt. Zion Missionary Baptist Church of Asheville, Inc., Project EMPOWER’s Community Advisory Council, parents, students, teen representatives, Asheville City Schools District & Asheville City Schools Foundation’s IRL Program, (Superintendent, Principals, Coaches, Teachers, Administration) and community partnerships/programs and volunteers. We remain grateful and appreciative of your support.



Sapphire De’Bellott

## Project EMPOWER Community Advisory Council

- Daisy Garcia, Teen Representative, Asheville High School
- Johnnie Grant, *The Urban News*
- Dr. Randall Johnson, Asheville City Schools District
- Tracey Childers, Devin Lipford, WNCAP
- Rasheeda McDaniel, Buncombe County Government
- Carly Woods, Teen Representative, Asheville High School