



# PROJECT NAF

Nurturing Asheville & Area Families

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- Royanna Williams: Business Owner, TBN Designs & Former NAF Participant
- Cynthia Yancey, MD  
Western NC Community Health Services

## FEBRUARY IS...

- American Heart Month
- African Heritage & Health Week, February 1-7
- Congenital Heart Defect Awareness Week, February 7-14

## MATTERS OF THE HEART!

### Preventing Cardiovascular Disease

Do you take care of your family? Goes without saying. Do you take care of your home? Of course. Do you take care of your heart? Probably not!



It may not be at the top of most women's to-do lists, but caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. While many may assume that popping a few pills your healthcare provider prescribed is enough to quell symptoms or prevent a heart attack, the real preventative power lies with changes to your lifestyle – which can reduce the risk for heart disease by as much as 80 percent.

Source: American Heart Association

## NATIONAL BLACK HIV/AIDS AWARENESS DAY – FEB. 7



HIV stands for human immunodeficiency virus. It weakens a person's immune system by destroying important cells that fight disease and infection. No effective cure exists for HIV, but with proper medical care, HIV can be controlled. Get tested for HIV!

# Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)

## Protect Your Unborn Baby or Newborn from Infections

Some infections before and during pregnancy can hurt both you and your developing fetus. They can cause serious illness, birth defects, and lifelong disabilities, such as hearing loss or learning problems. Here are 10 tips to help prevent infections before and during pregnancy.



**1)** Protect yourself from Zika virus. Zika virus infection during pregnancy can cause microcephaly (a birth defect where a baby's head and brain are smaller than babies of the same age and sex) and other severe brain defects.



**2)** Wash your hands with soap and water after: using the bathroom; touching raw meat, raw eggs, or unwashed vegetables; preparing food and eating; gardening or touching dirt or soil; handling pets; being around people who are sick; getting saliva (spit) on your hands; caring for and playing with children; and changing diapers.

**3)** Reduce contact with saliva and urine from babies and young children – A common virus called cytomegalovirus (CMV) can cause problems for some babies, including microcephaly and hearing loss. A woman who is infected with CMV can pass the virus to her developing baby during pregnancy.

**4)** Avoid unpasteurized (raw) milk and foods made from it. Do not eat soft cheeses, such as feta, brie, and queso fresco, unless they have labels that say they are pasteurized. Unpasteurized products can contain harmful bacteria.

**5)** Do not touch or change dirty cat litter. If you must change the cat litter yourself, be sure to wear gloves and wash your hands afterwards. Dirty cat litter might contain a harmful parasite

**6)** Have a pest control professional get rid of pests in or around your home. If you have a pet rodent, like a hamster or guinea pig, have someone else care for it until after your baby arrives. Some rodents might carry a harmful virus.

**7)** Get tested for sexually transmitted diseases (STDs), such as HIV and hepatitis B, and protect yourself from them. Some people who have HIV, hepatitis B, or an STD do not feel sick.

**8)** Talk to your healthcare provider about vaccinations (shots). Some vaccinations are recommended before you become pregnant, during pregnancy, or right after delivery. Having the right vaccinations at the right time can help keep you healthy and help keep your baby from getting very sick or having life-long health problems.

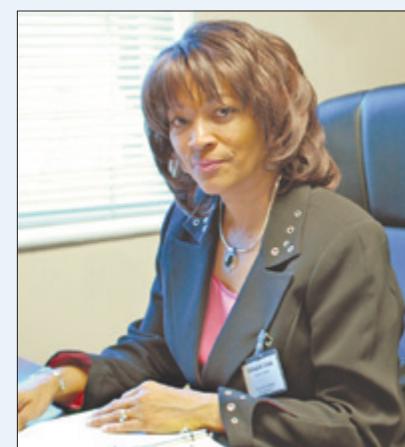
**9)** Avoid people who have an infection. If you have not yet had or did not have the vaccine before pregnancy, stay away from people who have infections such as chickenpox or rubella.

**10)** Ask your doctor about group B strep. About 1 in 4 women carry this type of bacteria, but do not feel sick. An easy swab test near the end of pregnancy will show if you have this type of bacteria.

Source: CDC



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

### Board of Directors

- Linda Glaze: Chair
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### Contact

For more information about MZCD services, please contact:

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We look forward to hearing from you!

## Youth-Led 2020 Student Summit

The 2020 Student Summit will be held on March 23, 2020 at MAHEC. This event will bring together a diverse group of students to take a serious look at the opioid epidemic and other substance use trends impacting youth and their families, along with a supportive space to brainstorm solutions and action plans to take back to their schools and community. Topics will include opioid addiction and overdose, vaping, peer-to-peer communication, leadership skills, community assessment, resiliency, recovery and more!

This will be a youth led, adult guided summit that inspires students to become influencers of positive peer prevention messaging. Its mission is to engage partici-



pants with the Head, Heart, Hands model to increase knowledge, skills, and inspiration to create peer messaging focused on reducing youth substance use.

In addition, we will offer an adult workshop track that focuses on trends in teen substance use, implementing the youth-led, adult-guided model, and action planning for school and community-based initiatives.

Host Agency: The Partnership for Substance Free Youth in Buncombe County (a program of RHA Health Services); Project EMPOWER is a collaborating partner. Look for additional information in the March 2020 edition of The Urban News.

## PROJECT EMPOWER

### About Teen Dating Violence

Teen dating violence (TDV) is a type of intimate partner violence. It occurs between two people in a close relationship and includes four types of behavior:

**Physical Violence** – Hitting, kicking, or using another type of physical force.

**Sexual Violence** – Forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.

**Psychological Aggression** – The use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person.

**Stalking** – Repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.