



PROJECT NAF COMMUNITY ADVISORY COMMITTEE

Jacquelyn Clark, Representing Current Participants
 Denise Duckett, Care Partners of Western NC
 Parris Finley, Mountain Area Pregnancy Services
 Charlene Galloway, Mt. Zion Missionary Baptist Church of Asheville, Inc.
 Brandon Romstadt, Buncombe Health & Human Services
 Royanna Williams, Business Owner, TBN Designs & Former NAF Participant

About Diabetes

Diabetes is a condition in which the body cannot use the sugars and starches (carbohydrates) it takes in as food to make energy. The body either makes no insulin or too little insulin, or cannot use the insulin it makes to change those sugars and starches into energy. As a result, extra sugar builds up in the blood.

Diabetes and Pregnancy

Diabetes can cause problems during pregnancy for women and their developing babies. Poor control of diabetes during pregnancy increases the chances for birth defects and other problems for the pregnancy. It can also cause serious complications for the woman. Proper health care before and during pregnancy can help prevent birth defects and other health problems.

November Is...

Lung Cancer Awareness Month; National Family Caregivers Month; American Diabetes Month; Great American Smokeout, November 19; National Alzheimer's Disease Awareness Month.

PROJECT EMPOWER

Education Means Power

Project EMPOWER Community Advisory Council

Seth Bellamy, Student and Representative for RHA Partnership for a Substance Free Youth
 Johnnie Grant, *The Urban News*
 Dr. Randall Johnson, Asheville City Schools District
 Mr. Devin Lipford & WNCAP
 Rasheeda McDaniel, Buncombe County Health & Human Services

Mount Zion Community Development, Inc.

ECHO (Enhancing Collaborative Health Options & Opportunities)

President-Elect Joseph R. Biden, Jr. and Vice-President-Elect Kamala Harris

Joseph Robinette Biden Jr. will be inaugurated as the 46th President of the United States of America, January 2021.

In downtown Asheville on Friday, and throughout the U.S., there was an outpouring of excitement—a parade of cars and horn blowing, excitement, and hope among Biden voters in anticipation of renewed faith in rebuilding what is now a split and divided nation. People turned out to make their voices heard on both political sides. Based on reported election results, 290 electoral votes, 50.7% of the vote, and 75,404,182 votes were counted for President-Elect Biden.

In the midst of this excitement, President-Elect Joseph Biden Jr. is cognizant of the fact that he inherits a deeply polarized nation grappling with historical questions of racial justice, systemic racism, and economic fairness, all in the midst of a pandemic. COVID-19 has killed more than 236,000 Americans and reshaped the norms of everyday life. In spite of



President-Elect Joseph R. Biden, Jr. and Vice-President-Elect Kamala Harris, on stage Saturday, November 7, 2020, Wilmington, Delaware.

these challenges, President-Elect Biden pledges to be a president who seeks not to divide, but to unify; who doesn't see red and blue states, but a United States; and who will work "with all my heart to win the confidence of the American people." (New York Times)

President-Elect

Biden also stated, "For those of you who voted for President Trump, I understand the disappointment tonight. I've lost a couple of times myself. But now, let's give each other a chance. It's time to put away the harsh rhetoric, lower the temperature, see each other again, listen to each other again. To make progress we have to stop treating our opponents as enemies." Alluding to scripture, he added, "This is the time to heal in America."

So where do we go from here? Finding common ground and finding a cause that's bigger than ourselves.

Kamala Harris Makes History as First Woman and Woman of Color as Vice President

President-Elect Kamala Harris, the daughter of an Indian mother and Jamaican father, has risen higher in the country's leadership than any woman ever before her.

With her ascension to the vice presidency, Ms. Harris will become the first woman and first woman of color to hold that office, a milestone for a nation in upheaval, grappling with a damaging history of racial injustice exposed, yet again, in a divisive election. Ms. Harris, 56, embodies the future of a country that is growing more racially diverse, even if the person voters picked for the top of the ticket is a 77-year-old white man.

In her victory speech, Ms. Harris spoke of her mother and the generations of women of all races who paved the way for this moment. "While I may be the first woman in this office, I will not be the last," she told a cheering and honking audience in Wilmington, Del. "And while I may be the first woman in this office, I won't be the last," Harris said. "Because every little girl watching tonight sees that this is a country of possibilities." (New York Times)

On January 7, 2021, Kamala Harris will



be walking into the White House as one holding the second highest office in the nation. From the earliest days of her childhood, Kamala Harris was taught that the road to racial justice was long.

She spoke often on the campaign trail of those who had come before her, of her parents, immigrants drawn

to the civil rights struggle in the United States, and of the ancestors who had paved the way. As she took the stage in Texas shortly before the election, Ms. Harris spoke of being singular in her role but not solitary.

"Yes, sister, sometimes we may be the only one that looks like us walking into that room," she told a largely Black audience in Fort Worth. "But the thing we all know is, we never walk into those rooms alone—we are all in that room together."

"Dream with ambition, lead with conviction and see yourselves in a way that others may not, simply because they've never seen it before," Harris said. "You chose hope and unity, decency, science and, yes, truth ... you ushered in a new day for America."



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



Belinda K. Grant, Chief Executive Officer of Mount Zion Community Development, Inc.

National Family Health History Day, November 26

Knowing is Not Enough—Act on Your Family Health History

Knowing about your family health history for a disease can motivate you to take steps to lower your chances of getting the disease. You can't change your family health history, but you can change unhealthy behaviors, such as smoking, not exercising or being active, and poor eating habits.

Source: www.cdc.gov

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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