

Mount Zion Community Development, Inc. (MZCD)



PROJECT NAF

Nurturing Asheville & Area Families

PROJECT NAF COMMUNITY ADVISORY COMMITTEE

Jacquelyn Clark: Representing Current Participants

Denise Duckett: Buncombe County HHS

Nancy Farmer: SPARC Foundation

Parris Finley: Mountain Area Pregnancy Services

Charlene Galloway: Mt. Zion Missionary Baptist Church of Asheville, Inc.

Brandon Romstadt: Buncombe County HHS

Royanna Williams: Business Owner, TBN Designs & Former NAF Participant

Buncombe County Covid-19 Update

Buncombe County Health and Human Services (BCHHS) has been working to ensure a smooth opening of the Group 3 waitlist.

Buncombe County HHS plans to open the waitlist to remaining Group 3 of the state's vaccination plan on Wednesday, March 10 as originally planned.

Stacie Saunders, BCHHS Public Health Director, reports that vaccine operations are going well.

To get more information on vaccine distribution for Group 3 and beyond, text BCAlert to 99411. Read more about the frontline essential workers in Group 3 at the NCDHHS website.

Vaccine Statistics: March 3-9, 2021

- 3,500 First Doses Received
- 33,999 Total Vaccines Administered
- 3,500 First Dose Appointments Scheduled This Week
- 21,000-25,000 Currently Scheduled Waitlist Numbers
- 56,486 Total Number on Waitlist

Source: buncombecounty.org

Project EMPOWER (Education Means Power)

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

ECHO (Enhancing Collaborative Health Options & Opportunities)



Covid-19 and Pregnancy

Based on what we know at this time, pregnant people are at an increased risk for severe illness from Covid-19 and death, compared to non-pregnant people. Additionally, pregnant people with Covid-19 might be at increased risk for other adverse outcomes, such as preterm birth (delivering the baby earlier than 37 weeks).

Reducing your risk of getting Covid-19

It is especially important for pregnant people, and those who live with them, to protect themselves from getting Covid-19.

There is no way to have zero risk of infection, so it is important to know how to be as safe as possible.

The more people you are around, the closer you interact with them, and, the longer that interaction, the higher your risk of getting and spreading Covid-19.

Consider the level of risk when deciding whether or not to go out or interact with people who do not live with you.

If you do go out, ensure you and the people who live with you are taking steps to protect themselves.

The best way to protect yourself and to help reduce the spread of Covid-19 is to:

- Limit interactions with people who might have been exposed to or who might be infected with Covid-19, including people within your household, as much as possible.
- Take steps to prevent getting Covid-19 when you do interact with others.
- Wear a mask.
- Stay at least 6 feet away from others outside your household.
- Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer with at least 60% alcohol.
- Avoid activities where taking these steps might be difficult.

Staying Healthy During Your Pregnancy

Keep all of your healthcare appointments during and after pregnancy. Visit your healthcare provider for all recommended appointments. If you're concerned about going to your appointments because of Covid-19, ask your healthcare provider what steps they are taking to separate healthy patients from those who might be sick.

If you are part of a group recommended to receive the Covid-19 vaccine, you may choose to be vaccinated. Talk to a healthcare provider to help you make an informed decision.

Call your healthcare provider if you have any concerns about your pregnancy or if you get sick and think that you may have Covid-19.

Do not delay getting emergency care because of Covid-19. Emergency departments have steps in place to protect you from getting Covid-19 if you need care. If you need emergency help, call 911 right away.

Caring for Newborns When the Mother Has Covid-19

While much is still unknown about the risks of Covid-19 to newborns born to mothers with Covid-19, we do know that:

- Covid-19 is uncommon in newborns born to mothers who had Covid-19 during pregnancy.
- Some newborns have tested positive for Covid-19 shortly after birth. It is unknown if these newborns got the virus before, during, or after birth.
- Most newborns who tested positive for Covid-19 had mild or no symptoms and recovered. However, there are a few reports of newborns with severe Covid-19 illness.

Current evidence suggests that the risk of a newborn getting Covid-19 from their mother is low, especially when the mother takes steps (such as wearing a mask and her washing hands) to prevent spread before and during care of the newborn.

Source: CDC

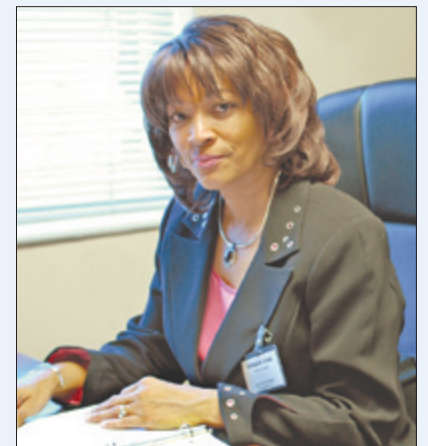
March is Social Work Appreciation Month

For decades, the social work profession has been dedicated to improving human well-being and enhancing the basic needs of all people—especially the most vulnerable among us.

This year's theme, "Social Workers Are Essential," embodies the heroic contributions of the Social Work profession to our nation, including the work Social Workers have done to heal our nation during these times of pandemic, racial unrest, economic uncertainty, and political divisiveness.



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.

Special Thanks!

Mrs. Linda Glaze, Chief Operating Officer, donated hand-crocheted blankets to the Project NAF Program.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

For more information about MZCD programs and services, please contact Belinda K. Grant, Executive Director at (828) 776-1429.

Staff

Belinda K. Grant: Executive Director
Vacant: Project NAF Outreach Worker
Seth Bellamy: Instructional Facilitator/Teen Rep

Board of Directors

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WNC Bridge Foundation
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Mt. Zion Missionary Baptist Church of Asheville, Inc.

