

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

April is...

Alcohol Awareness Month
National Minority Health Month
Every Kid Healthy Week;
April 19 – 23
National Prescription Drug Take Back Day; April 15
World Day for Safety and Health at Work; April 28

Hats Off to Business Community Health Workers!

A community health worker (CHW) is a frontline public health worker who has a particularly good understanding of the community served. CHWs serve as liaisons between health and social services and the community to facilitate access to services and to improve the quality and cultural competence of service delivery.



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

ECHO (Enhancing Collaborative Health Options & Opportunities)

National Public Health Week

Strong public health infrastructure is key to a healthy economy and a healthy nation. For the Centers for Disease Control and Prevention (CDC), America's premier public health protection agency, every week is public health week.

Public health is the science of protecting and improving the health of families and communities through detection and control of infectious diseases, research for disease and injury prevention, and the promotion of healthy lifestyles. Put simply, public health is concerned with protecting the health of populations. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world.

From April 4-10, National Public Health Week will explore a variety of themes aimed at improving the health of our nation and the world. A few of this year's



key focus areas include:

Strengthen public health infrastructure and capacity. Strong and consistent funding levels are necessary for the public health system to respond to both everyday health threats and also unexpected health emergencies.

Build a nation of safe, healthy communities. Health must be a priority in designing our communities, from healthy housing to parks and playgrounds.

Give everyone a choice of healthy food. Our food system should provide affordable food with nutritious ingredients, free from harmful contaminants.

Help all young people graduate from high school. Education is the leading indicator of good health, giving people access to better jobs, incomes and neighborhoods.



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.

The Partnership for Substance Free Youth in Buncombe County

The Partnership for Substance Free Youth in Buncombe County is a coalition representing Buncombe County and the greater Asheville area. The coalition is committed to keeping children away from alcohol and other drugs. As a Drug Free Communities coalition, we represent 12 sectors to better understand local problems and create local solutions.

Our mission is to build thriving Buncombe communities that encourage the reduction of substance abuse with a focus on reducing youth substance use within Buncombe County.

Coalition Members Recognized

- Seth Bellamy was honored at "Interrupting the Now: Reimagining the Future," CoThinkk's Virtual 5th Annual Event on November 14, 2020.
- Montana Montiel was featured in February's Community Impact NC newsletter.



April is Sexual Assault Awareness Month



Raise awareness and focus on the prevention of sexual assault. According to the CDC, 1 in 3 women and 1 in 4 men

experienced sexual violence involving physical contact during their lifetimes.

Sexual violence can lead to a number of chronic health issues for survivors, including gynecological, gastrointestinal, cardiovascular and sexual health problems. Survivors of sexual violence are also likely to experience depression, anxiety, and use substances.

Our VOICE, Inc. is a non-profit crisis intervention and prevention agency located at 35 Woodfin St., Asheville, NC 28801. In the pursuit of a community that is free of sexual violence, Our VOICE serves all individuals in Buncombe County affected by sexual assault and abuse, through counseling, advocacy and education.

If you or someone you know needs help, please contact Our VOICE at (828) 252-0562, text VOICE to 85511, or visit www.ourvoicenc.org.

The Power of Together: Your Impact

COVID-19 changed our lives—people have come together like we have never seen before. We found new ways to connect. We discovered new partners. We came together with creativity and innovation. As we look back on our work, I am grateful to each of you—every individual, every partner—who gave what they could to support us.



Source: CDC Foundation News, Judy Monroe, MD

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Staff

Belinda K. Grant, Executive Director, (828) 776-1429

Vacant: Project NAF Outreach Worker

Seth Bellamy:
Instructional Facilitator/Teen Rep

Board of Directors

Linda Glaze: Chair, Chief Operating Officer

Rev. Scott Rogers: Vice Chair

Brenda Mills: Secretary

Sophie Dixon: Treasurer

Cynthia Yancey, MD: Fundraising Chair

Michele Harper, Fundraising Co-Chair

Diana Rhodes: Fundraising

Our programming is made possible through the support of our generous funders.



WNC Bridge Foundation
A PARTNERSHIP FOR HEALTH



Mt. Zion Missionary Baptist Church of Asheville, Inc.

