

Mount Zion Community Development, Inc. (MZCD)



PROJECT NAF

Nurturing Asheville & Area Families

PROJECT NAF COMMUNITY ADVISORY BOARD

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WELCOME BACK!



Sapphire De'Bellott

Mount Zion Community Development, Inc. welcomes Sapphire De'Bellott in her new role as Project NAF Outreach Worker.

ECHO (Enhancing Collaborative Health Options & Opportunities)

What is Right With You

Thank you for attending MZCD's virtual event "What is Right With You... Racial Equity: Re-Imagining Asheville & Buncombe County" on May 21, 2021.

Special Thanks to:

- Keynote speaker Mr. Calvin Hill
- Dr. Sharon Kelly West
- Dr. Frank Castelblanco
- Belinda K. Grant
- Dr. John H. Grant
- Cynthia Yancey, MD
- Royanna Williams
- Sapphire De'Bellott
- Seth Bellamy
- Mr. Glenn W. Wilcox
- Ms. Debra Campbell
- Ms. Avril Pinder
- Rev. L. C. Ray



- Rev. Gary McDaniel
- Emma Olson and Jackie Kiger
- Ms. Rachael Nygaard
- Dr. Gene Freeman
- Dr. Tony Baldwin
- Ms. Tiffany Iheanacho

Thank you MZCD's Virtual Event Breakout Session Facilitators: JeWana Grier-McEachin, Mr. Quentin Miller, Kelley Hubbell, Tre Williams, Maggie Adams-McBride, Danielle Arias, Mr. David Zack, and Kriya Lendzion.

Here is the link to the video recording of this phenomenal virtual event: <https://vimeo.com/554706081>.



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.

June 20th: Happy Father's Day!



"Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue."

~ Congressman Bill Richardson

Black men's health is connected to the health of families and children and can play a role in reducing racial disparities in pregnancy outcomes and infant mortality.

Because men of color typically experience significant barriers to good health and well-being, preconception and pregnancy-related care could be an effective entry point for this population into the health care system and enhance their opportunity to secure a medical home of their own. If successful, such interventions could produce a positive domino effect that results in healthier families, healthier babies and

healthier boys of color that grow up to be healthier men.

Men's Health Week is celebrated each year as the week leading up to and including Father's Day. The purpose of Men's Health Week is to heighten the awareness of preventable problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

MESSAGE FROM SAPPHIRE DE'BELLOTT

Covid-19: What It Means for Your Pregnancy and Future Baby

If you are pregnant, are you at a higher risk of getting Covid-19?

We still don't know if pregnant women have a higher chance of getting Covid-19 compared to the rest of the general population, or if pregnant women are more likely to get seriously ill from Covid-19 than the rest of the population.

We do know that during pregnancy, your immune system isn't as quick to respond to illnesses as it was before pregnancy. Having a lowered immune system

may make you more likely to get sick with viruses like coronavirus.

Illnesses like the flu and other viruses from the same family as Covid-19 have caused pregnant women to become very sick and some required hospitalization.

Protect yourself from getting Covid-19. Stay at home as much as you can, wash your hands often, and avoid contact with people who are sick.

Source: CDC

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

June is...

Alzheimer's Disease and Brain Health
 World Sickle Cell Day

HIV Testing

Men's Health Week, June 14-20

National Safety Month

National Lightning Safety Awareness, June 20-26

Mosquito Awareness Week, June 20-26

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Staff

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

Sapphire De'Bellott: Project NAF Outreach Worker

Seth Bellamy: Instructional Facilitator/Teen Rep

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



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

