

Mount Zion Community Development, Inc. (MZCD)



PROJECT NAF

Nurturing Asheville & Area Families

PROJECT NAF COMMUNITY ADVISORY BOARD

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Did You Know?



Suicide Prevention Week

September 5-11 is Suicide Prevention Week. As everyone's mental health has been affected by the events of the past year, it is now more important than ever to be there to support our loved ones and friends. If you or someone you know may be considering suicide, there are many ways to get help.

National Suicide Prevention Lifeline:
1-800-273-8255
Crisis Text Line:
Text "HELLO" to 741741

Source: Pressley Ridge

PROJECT EMPOWER

Education Means Power

Project EMPOWER Community Advisory Council

Seth Bellamy: Student and Representative for RHA Partnership for a Substance Free Youth
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ECHO (Enhancing Collaborative Health Options & Opportunities)

National Preparedness Month

Prepare to Protect. Preparing for disasters is protecting everyone you love.

Individuals and families in Buncombe and the surrounding counties have experienced the devastation caused by natural disasters.

Natural disasters don't wait for a convenient time. Preparing for them shouldn't wait either.

Start today by signing up for alerts, safe-guarding important documents, and taking other low-cost and no-cost preparedness actions to lessen the impact of disasters and emergencies for you and your family.

Make a Plan

- Talk to your friends and family about how you will communicate before, during, and after a disaster.
- Make sure to update your plan based on the Centers for Disease Control (CDC) recommendations due to the Coronavirus.



Build a Kit

- Gather supplies that will last for several days after a disaster for everyone living in your home.
- Don't forget to consider the unique needs each person or pet may have in case you have to

evacuate quickly.

- Update your kits and supplies based on recommendations by the CDC.

Teach Youth About Preparedness

- Talk to your kids about preparing for emergencies and what to do in case you are separated.
- Reassure them by providing information about how they can get involved.

Source: READY, an official website of the United States government.



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.



World Heart Day: September 29

Heart disease is the leading cause of death for African American and white women in the United States, killing 299,578 women in 2017—or about 1 in every 5 female deaths. About 1 in 16 women age 20 and older have coronary heart disease, the most common type of heart disease.

Symptoms of Heart Disease

Although some women have no symptoms, others may have:

- Angina (dull and heavy or sharp chest pain or discomfort)
- Pain in the neck, jaw, or throat
- Pain in the upper abdomen or back

These symptoms may happen when you are resting or when you are doing regular daily activities. Women also may have

other symptoms, including nausea, vomiting, and fatigue.

Sometimes heart disease may be "silent" and not diagnosed until you have other symptoms or emergencies, including:

Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath

Arrhythmia: Fluttering feelings in the chest (palpitations)

Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins

If you have any of these symptoms, call 9-1-1 right away.

Source: CDC

MESSAGE FROM SAPPHIRE DE'BELLOTT

What is Newborn Screening and How Did it Start?

Newborn screening is a public health program that tests spots of blood from all newborns for certain conditions that are not noticeable at the time of birth, but that

can cause serious disability or even death if not treated quickly.

Infants with these conditions may seem perfectly healthy and frequently come from families with no previous history of a condition.



- Screening occurs within the first 24 to 48 hours after delivery.
- A "heel stick" provides blood drops that are collected on sterile, absorbent filter paper.



Sapphire De'Bellott

Most states also include a hearing test in newborn screening, and many states also measure the amount of oxygen in a baby's blood to identify infants who need to see a heart specialist immediately; neither test requires a bloodspot.

To ensure accuracy, some states require a second blood test when an infant is 10 days to 2 weeks old.

National Folic Acid Awareness Week: September 12-18

Folic acid is a B-vitamin that is necessary for proper cell growth. If taken before and during early pregnancy, folic acid can prevent up to 70% of some serious birth defects of the brain and spine, called neural tube defects.

Source: The National Birth Defects Prevention Network

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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