

Mount Zion Community Development, Inc. (MZCD)



PROJECT NAF

Nurturing
Asheville &
Area Families

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Protect Yourself and Your Baby



Pregnant and recently pregnant women are more likely to get severely ill with Covid-19 compared with non-pregnant women.

Covid-19 vaccination is recommended for people who are pregnant, breastfeeding, trying to get pregnant

now, or might become pregnant in the future. Getting a Covid-19 vaccine during pregnancy can protect you from severe illness. If you have questions about getting vaccinated, a conversation with your healthcare provider might be helpful, but is not required before vaccination.

ECHO (Enhancing Collaborative Health Options & Opportunities)



Happy New Year

A new year is often a time of reflection, a time that we may make New Year's resolutions to continue good practices, change an undesired trait or behavior, accomplish a personal goal, improve our lives, or make promises to take care of ourselves and to maintain a healthy lifestyle.

On May 31, 2009, MZCD sponsored a program to honor the late Elder Johnny Hayes and Mrs. Sophie Dixon for their work in the community to impact the Social Determinants of Health—where we live, work, play, and worship. Mt. Zion Missionary Baptist Church of Asheville, Inc. was the host for this program titled, "Healthy Living, I'm Worth It." This remains an invaluable practice today. What are your health initiatives for 2022?

Make Health One of Your Resolutions in 2022—You're Worth It!

Consider adding these tips to your resolution list to boost your health and well-being.

Six Tips for 2022

Make an appointment for a check-up, vaccination, or screening. Regular oral and medical exams and tests can help find problems before they start. They also can help find problems early - when your chances for treatment and cure are better.

Wash your hands often with soap and water to prevent the spread of infection and illness. Handwashing involves five simple and effective steps—wet, lather, scrub, rinse, and dry.

Make healthy food choices. A healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes lean meats, poultry, fish, beans, eggs, and nuts,

and is low in saturated fats, trans fat, cholesterol, salt (sodium), and added sugars.

Get active! Start small—try taking the stairs instead of the elevator, or parking further from your destination. Consider mall walking if the weather is cold or icy. Adults should get at least 2½ hours a week of moderate-intensity physical activity.

Be smokefree. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669), or 1-855-DEJELO-YA (1-855-335-3569 for Spanish speakers), for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.

Get enough sleep. Insufficient sleep is associated with a number of chronic diseases and conditions—such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.

January is Birth Defects Prevention Month

- Get 400 micrograms (mcg) of folic acid every day.
- Prevent infections, get vaccinated.
- Talk to a healthcare provider about taking any medications.
- Talk to a healthcare provider about vaccinations (shots) specifically recommended during pregnancy.
- Keep diabetes under control. Monitor your blood sugar levels, follow a healthy eating plan, and be physically active.
- See a healthcare professional regularly.
- Avoid alcohol at any time during pregnancy. There is no known safe amount of alcohol use during pregnancy or while trying to get pregnant.
- Avoid smoking cigarettes.
- Avoid marijuana and other drugs.
- Avoid overheating and treat fever promptly.

Source: CDC.

MESSAGE FROM SAPHIRE DE'BELLOTT

Tips for Handwashing

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands

- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects.

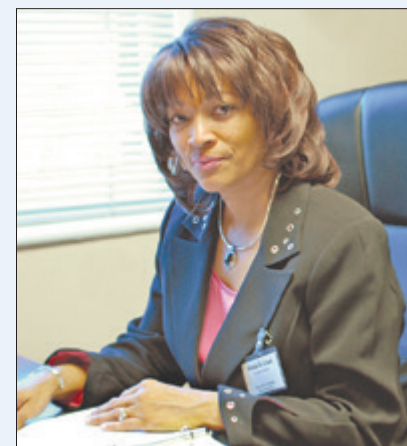
Source: CDC.



Sapphire De'Bellott



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.

January is...

Thyroid Awareness Month
National Glaucoma Awareness Month
Cervical Health Awareness Month
Stalking Awareness Month
Radon Awareness Month
National Blood Donor Month

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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



Mt. Zion Missionary Baptist Church of Asheville, Inc.



The Community Foundation



WNC Bridge Foundation
A PARTNERSHIP FOR HEALTH



WNC Bridge Foundation
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PROJECT EMPOWER

Education Means Power

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