

Mount Zion Community Development, Inc. (MZCD)



PROJECT NAF

Nurturing Asheville & Area Families

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- Royanna Williams: Business Owner, TBN Designs, and former NAF Participant

ECHO (Enhancing Collaborative Health Options & Opportunities)



Natalia Munoz-Schneier

Meet Our Volunteer: Natalia Munoz-Schneier

Natalia is a Registered Nurse with ten years of experience working in clinical and community health settings, specializing in geriatric nursing and a love for public health. Currently, Natalia is completing her RN to BSN degree at Western Governors University and plans to begin graduate school in May 2022. Her final course is Community Health and Population Focused-Nursing Field Experience, with a focus on primary prevention. Her goals are to gain field experience by engaging with community health professionals to learn about care from their perspectives, and to gain an understanding of what groups are doing in the community to address identified health concerns.

For this final course, Natalia chose a topic based on the Healthy People 2020 Leading Health Indicators. As a health enthusiast, she chose Nutrition, Physical Activity, and Obesity with a specific interest in what is occurring to help individuals and families that may have a lower-socioeconomic status in Buncombe County. Natalia shared, "I am excited for the opportunity to participate in Mount Zion Community Development, Inc.'s Project NAF Program. I believe that NAF's focus on healthy weight management, good nutrition practices, and physical fitness fall in line with my field experience goals." Natalia is an avid volunteer and uses her positive attitude and tireless energy to encourage others to work hard and succeed. Natalia is inspired daily by her 5-year-old son. In her free time, Natalia likes to exercise, cook, and travel.

Black History This Month! Everyday! Everywhere!



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.

MESSAGE FROM SAPPHIRE DE'BELLOTT

Improving Heart Health

Despite the significant progress we have made, heart disease continues to exact a heartbreaking toll—a burden disproportionately carried by Black and brown Americans, American Indians and Alaska Natives, and people who live in rural communities. Cardiovascular diseases—including heart conditions and strokes—are also a leading cause of pregnancy-related deaths, which are highest among women of color. Addressing these tragic disparities and improving heart health has never been more important, as people suffering from heart disease and related conditions are also at increased risk of severe illness and long-term effects from Covid-19.

Engaging in regular physical activity, maintaining a healthy diet and weight, managing stress, avoiding smoking and vaping, and getting quality sleep each night can all reduce the risk of heart disease and help people live longer, healthier lives. While it is essential to see a health care professional if you have symptoms or risk factors related to heart disease, research shows that taking a little time each day to promote a healthy lifestyle can help improve your long-term heart health. Source: CDC



Sapphire De'Bellott

Teen Dating Violence Awareness

Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship, but these behaviors can become abusive and develop into serious forms of violence.

Did You Know?

Teen Dating Violence (TDV) is also referred to as "dating violence." Did you know that TDV affects millions of teens in the US each year. It occurs between two people in a close relationship and includes:

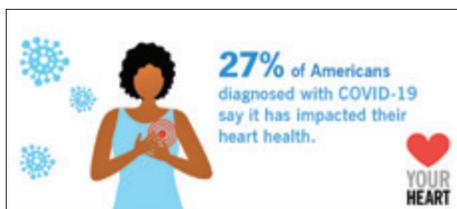
- Physical violence: hitting, kicking, pushing
- Sexual violence: Forcing a partner to take part in a sex act
- Psychological abuse: Name-calling, insulting, threatening
- Stalking: Repeated unwanted or threatening phone calls or messages, showing up unwanted

TDV can happen in-person or electronically, including repeated texting or posting sexual pictures of a partner online without their permission.

- Nearly 1-in-11 females and about 1-in-15 male high school students report having experienced physical dating violence in the last year
- About 1-in-9 females and 1-in-36 male high school students report having experienced sexual dating violence in the last year
- Unhealthy or violent relationships can have severe short- and long-term effects on a developing teen. For example, youth who are victims of TDV are more likely to:
 - Experience symptoms of depression and anxiety
 - Engage in unhealthy behaviors, like using tobacco, drugs, and alcohol
 - Think about suicide

If you are having suicidal thoughts or know someone who is in need of services, please, dial 211 or 911, or dial the National Suicide Prevention Lifeline (800) 273-TALK (8255). They're available to help 24 hours a day, 7 days a week, and 365 days a year.

Source: CDC



February is...

Heart Health Month, Teen Dating Violence Prevention Month, National Black HIV/AIDS Awareness Day (February 7)

PROJECT EMPOWER

Education Means Power

Project EMPOWER Community Advisory Council

- Johnnie Grant: *The Urban News*
- Dr. Randall Johnson: Asheville City Schools District
- Mr. Devin Lipford: WNCAP
- Rasheeda McDaniel: Buncombe County Health & Human Service

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

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- Sapphire De'Bellott: Project NAF Outreach Worker
- Ms. Rosa B. Hearst: Receptionist

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