

Mount Zion Community Development, Inc. (MZCD)



Dr. John H. Grant, Founding Chairman, President, CEO of Mount Zion Community Development, Inc.



Belinda K. Grant, Chief Executive Director of Mount Zion Community Development, Inc.

PROJECT EMPOWER EDUCATION MEANS POWER

Community Advisory Council

Johnnie Grant: *The Urban News*

Dr. Randall Johnson:
Asheville City Schools District

Rasheeda McDaniel: Buncombe County
Health & Human Service

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Staff

Belinda K. Grant:
Executive Director
(828) 776-1428
belindakgrant@mtzcd.info

Sapphire DéBellott: Project NAF
Outreach Worker (828) 776-1429;
sapphire.debellott@mtzcd.info

Ms. Rosa B. Hearst: Receptionist
Natalia Munoz-Schneier: Volunteer

Mr. Henry Glaze:
Transportation Coordinator

Board of Directors

Linda Glaze: Chair, Chief Operating Officer

Rev. Scott Rogers: Vice Chair

Michelle Harper, Treasurer and
Fundraising Co-Chair

Cynthia Yancey, MD: Fundraising Chair

Leroy Simpson, Member

Tracey Rice Johnson, Member

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



Mt. Zion
Missionary
Baptist Church
of Asheville, Inc.



First Presbyterian
Church Asheville NC

ECHO (Enhancing Collaborative Health Options & Opportunities)

Grandparents Are Truly Essential

Celebrating Project NAF Grandparents

For approximately a year Project NAF has continuously celebrated its new initiative, Project NAF GATE (Grandparents Are Truly Essential). The goal of GATE is to engage grandparents (biological and non-biological) in service delivery to impact infant mortality.

The number of grandparents and other older relatives who are caring for children is significant and growing.

There are numerous reasons why grandparents are essential. They help children learn by playing, talking, and reading together while giving them focused attention. And they teach more directly by telling stories and sharing family and cultural traditions.

Grandparents are also in a unique position to reinforce limits and lessons from parents while also listening, wiping away tears, and showing their grandchild that they understand.

On a personal note, I cherish the memories and lessons learned from my



Pearly Hampton
with her grandson
Journey Owens.



Leroy Simpson, grandson Josiah B. Simpson,
and Mrs. Patricia Simpson, representing
Project NAF's Community Advisory Board.



Kimberly Gash-Parks
with her grandson
Jonah Gash.



Tiffany Flunory
DéBellott with her
granddaughter
Penelope Darden.

grandparents who had an indelible impact in my life. I remember the unconditional love, the wisdom, and lessons learned. Although as a young child I did not realize I was being taught, I was sharing loving times with my grandparents, whom we affectionally called Ma Claudie and Daddy, or Daddy Albert. The house was often filled with many grandchildren on a regular basis.

Project NAF is proud to render services to the GATE initiative, focusing on the invaluable assistance grandparents provide to their families daily.

Some Things Grandparents Do for Young Children

Grandparents can play many important roles in the lives of their beloved young children. Depending on how far away they live and other circumstances, they can be caregivers, teachers, and playmates. They are trusted advisors for their adult children who are now parents themselves.

For many families, grandparents provide regular childcare. In some cases, they are primary caregivers to their grandkids. And whether they live nearby or stay in touch from afar, the love and emotional closeness that grandparents provide makes a big, positive impact on their grandchild's healthy development.

All these roles are important, and there are many more special things grandparents do for their little ones, but here are ten to be celebrated.

1. Grandparents give advice.

The lived experience and wisdom of grandparents can be especially helpful and calming in moments of parental frustration or panic. Of course, some advice from grandma or grandpa may not align with what we now know about child development, but their intuition and long-term perspective can be comforting.

In a recent educational session with grandparents, Project NAF staff discussed the importance of parents and grandparents "Talking It Out" when their parenting ideas do not align.

2. Grandparents teach young children.

Grandparents can bring a special enthusiasm to the time they spend with their little ones, and that helps a child learn and grow. It's hard to quantify the impact of the special connection between young kids

and their grandparents, but studies have shown that having actively involved grandparents can help children grow confidence, cope with stress, and have fewer behavioral issues as they get older.

3. Grandparents provide childcare.

More than just occasional help, many families rely on grandparents for regular, trusted child-care for their little ones. According to Zero to Three (www.zerotothree.org), 1 out of 4 children under age 5 are cared for by grandparents while their parents work or attend school. That's the same number of children enrolled in formal childcare programs.

4. Some grandparents are primary caregivers.

Many grandparents are also helping raise their grandchildren, which increases both the challenges and the rewards.

5. Grandparents love.

The most important thing that grandparents bring their little ones is love. Babies, toddlers, and preschoolers learn and grow through close, caring relationships with the adults in their lives. The attention, interaction, and unconditional love from grandparents (and parents, of course) helps a young child feel safe and secure. And that's what they need for healthy brain development.

6. Unconditional Love.

Grandkids experience unconditional love when we love them for who they are, not who we are trying to get them to be. We can coach and teach them, loaning them our wisdom so they will have the opportunity to make good choices.

7. Perspective.

We can jump-start conversations by sharing a little about our past—what our childhoods and teen years were like, how we met our spouses, and what we've dreamed about doing. We can also model our values. Of course, we may need to seek counsel from those who are younger to help us better understand the issues our grandchildren are facing. So, seek out those who work with young people. Ask them how you can be involved.

8. Stability.

If there is one word to define life during the last couple of years, it's "change." Grandchildren need stability amid societal turbulence—someone to stand with them and beside them. Family traditions and history foster stability, and grandparents can impart this information to help kids feel they belong.

9. Adventure

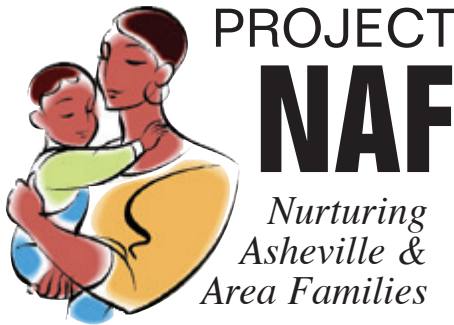
Grandparents can open worlds of exploration to their grandchildren when we listen to their interests. We can use our lifetime of experiences and knowledge to explore our city, a new trail, a new restaurant, a museum, an observatory, or a nearby fishing hole. We also make good volunteers, especially when serving with our grandchildren.

10. Connection

Grandchildren may need help sorting out big issues in their lives. We don't want to be people who go through life in completely separate worlds from our grandkids. Our grandchildren need real connections, people who are interested in them while they process life and face its challenges.

Mount Zion Community Development, Inc. (MZCD)

ECHO (Enhancing Collaborative Health Options & Opportunities)



Project NAF celebrates past and current Black/African American pregnant and postpartum women, their babies, and their families. Thank you for allowing us to serve you and your family through the Project NAF program.

MESSAGE FROM SAPPHIRE DE'BELLOTT

Celebrating Women's Health Week!



Sapphire De'Bellott

National Women's Health Week starts each year on Mother's Day to encourage women and girls to make their health a priority. Learn more about how to live a safer and healthier life.

Women personify many roles in our lives. Two out of every three caregivers in the United States are women, meaning they provide daily or regular support to children, adults, or people with chronic illnesses or disabilities.

Women who are caregivers have a greater risk for poor physical and mental health. Preventive care can keep disease away or detect problems early so that treatment is more effective. Protect your health by identifying the care you may need.

Talk With Your Health Providers

Regular check-ups are important. Talk to a healthcare provider:

- To find out what screenings and exams you need and when.
- If anything doesn't feel right or is concerning.
- Use telemedicine, if available. Make an in-person appointment; or communicate with your doctor or nurse by phone or e-mail.
- Write down any questions or issues you may have and take them to your appointment.

Visit the National Suicide Prevention website (suicidepreventionlifeline.org), or call 1-800-273-TALK (1-800-273-8255).

Visit the National Domestic Violence website (www.thehotline.org), or call 1-800-799-7233 and TTY 1-800-787-3224.

Visit the Substance Abuse and Mental Health Services Helpline (www.samhsa.gov/find-help/national-helpline), or call 1-800-662-HELP (4357).

Meet the Team

Mount Zion Community Development, Inc. proudly presents new staff and team members to "Turn the Curve" through community engagement in cross-sector collaboratives for birth equity, mental health, and substance use services.



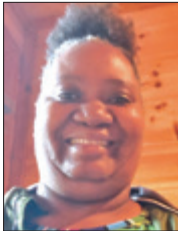
Dr. Caldwell,



Kontia J. Grant



Natalia Munoz-Schneier



Barbara Anderson



Anita Love

- Dr. Caldwell, Supervising Physician, MD
- Kontia J. Grant RN, BSN, MSN, FNP-C, BS Psychology
- Natalia Munoz-Schneier RN, BS, BSN, CCM
- Barbara Anderson, Office Support Staff and Childcare Coordinator
- Anita Love, Community Navigator

Prioritize Mental Health

May is Mental Health Awareness Month, a time to prioritize self-care and take time to recharge. And May 18 is Mental Health Action Day, a day to take one hour for yourself, your loved ones, or your community. Use #MHAM2023 or #MentalHealthAction.

Keep your mind and body healthy by taking time to unwind and enjoy your favorite activities.

Research shows that positive mental health is associated with improved overall health and well-being. Take care of your body.

- Take steps to prevent yourself from getting sick.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid the use of substances such as alcohol and drugs.

Make time to unwind. Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Find a local support group. Support groups provide a safe place for people to find comfort. You are not alone.



Recognize when you need more help. If stress gets in the way of your daily activities for several days in a row, or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or others, visit the Disaster Distress Helpline (www.samhsa.gov/find-help/disaster-distress-helpline), or call or text 1-800-985-5990.

Source: CDC



Dr. John H. Grant



Belinda K. Grant

Mount Zion Community Development, Inc. was founded by the Mt. Zion Missionary Baptist Church of Asheville, Inc. under the visionary leadership of its Pastor, Rev. Dr. John H. Grant.

PROJECT NAF COMMUNITY ADVISORY BOARD

- Jacquelyn Clarke Odom:
Representing NAF Participants;
Business Owner, C&J Designs
- Kristina Dixon: Madison County Schools
- Denise Duckett: Buncombe County HHS
- Nancy Farmer: SPARC Foundation
- Parris Finley:
Mountain Area Pregnancy Services
- Ruth Franklin:
First Presbyterian Church, Asheville
- Charlene Galloway: Mt. Zion Missionary Baptist Church of Asheville, Inc.
- Sherri Holbert: Advent Health
- Katherine Hyde-Hensley:
Perinatal Emotional Health Network
- Patricia Simpson: Representing Children with Different Abilities
- Tim Splain: Representing Fathers (Advocacy & Support)
- Royanna Williams: Business Owner, TBN Designs; former NAF Participant

NATIONAL WOMEN'S HEALTH WEEK

May 14-20, 2023



National Women's Health Week is celebrated each year beginning on Mother's Day to encourage women and girls to make their health a priority. The theme for this year is Women's Health, Whole Health: Prevention, Care, and Wellbeing.

Source: CDC