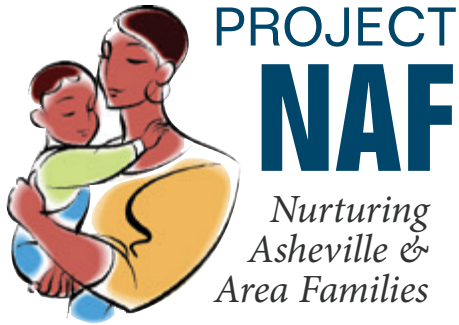


ECHO HOPE

*Enhancing Collaborative Health Options & Opportunities (through)
Hope and Healing Opportunities with Proactive Education*



December 2025 is...

**National Handwashing Awareness Week,
December 7-13**

National Influenza Vaccination Week, December 7-13

World AIDS Day, December 1

International Day of Persons with Disabilities, December 3

MESSAGE FROM MZCD STAFF



Dr. Ronald Caldwell, Kontia Grant, Sapphire De'Bellott, and Barbara Anderson.

Safe Toys and Gifts

December is National Safe Toys and Gifts month, a time when health organizations (like DSHS, Prevent Blindness, APHA, and others) remind everyone to prioritize safety when buying presents.



children, check for quality/non-toxic materials, and use CPSC recalls to prevent injuries like those seen in ERs (hundreds of thousands annually).

Key Safety Tips for 2025

- **Age-Appropriate Labels:** Always check for the recommended age, especially avoiding small parts (choking hazard) for kids under 3.
- **Check for Recalls:** Use the CPSC website (cpsc.gov/Recalls) to see if a toy has been recalled.
- **Quality & Materials:** Look for durable, well-made toys made with non-toxic materials and no sharp edges or points.
- **Supervision:** Even safe toys need adult supervision, especially ride-on toys.
- **Consider Practical Gifts:** Don't forget helmets, books, or experience gifts (museum passes) for clutter-free fun.

Meet Our New Board Members

Mount Zion Community Development, Inc., is pleased to welcome Treva Barnard and Rev. Scott Burgess to our Board of Directors.

Treva serves as Executive Assistant to the President and CEO of Appalachian Mountain Community Health Center.

Rev. Scott Burgess is Assistant President and Branch Manager for First Bank, Asheville.

Both will bring valuable expertise to guide our mission forward.



Singing Our Way to Well-Being

Did You Know?

Music boosts language, literacy (phonological awareness, vocabulary), memory, motor skills (coordination, balance), social-emotional development (confidence, self-regulation), and even math/spatial reasoning, making complex concepts fun, memorable, and reinforcing through patterns, rhythm, and movement. Songs provide a joyful, natural way for kids to build foundational skills for academic and personal growth.

Since we're already singing and listening to holiday tunes, why not harmonize our way to better health with these wellness tips? Let's make healthy habits our favorite holiday carol—singing our way to well-being! The core idea is linking the fun, stress-relieving nature of holiday music (which boosts mood and health) with practical health advice.

The 12 Ways to Health Holiday Song

To sing this version of "The Twelve Days of Christmas," list the health advice for each day and then repeat all the previously given healthy practices in reverse order, building up the list with each verse.

The **first** way to health, said the CDC to me, Wash hands to be safe and healthy.

The **second** way to health, said the CDC to me, Bundle up for warmth...

The **third** way to health, said the CDC to me, Manage stress...

The **fourth** way to health, said the CDC to me, Don't drink and drive...

The **fifth** way to health, said the CDC to me, Be Smoke-Free...

The **sixth** way to health, said the CDC to me, Fasten belts while driving...

The **seventh** way to health, said the CDC to me, Get exams and screenings...

The **eighth** way to health, said the CDC to me, Get your vaccinations...

The **ninth** way to health, said the CDC to me, Monitor the children...

The **tenth** way to health, said the CDC to me, Practice fire safety...

The **eleventh** way to health, said the CDC to me, Prepare dinner safely...

The **twelfth** way to health, said the CDC to me, Eat well and get moving, Prepare dinner safely, Practice fire safety, Monitor the children, Get your vaccinations, Get exams and screenings, Fasten belts while driving, Be Smoke-Free! Don't drink and drive, Manage stress, Bundle up for warmth, and Wash hands to be safe and healthy.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.

Source: The Centers for Disease Control and Prevention.

World AIDS Awareness Day

December 1st is a day of solidarity for people around the world who are affected by HIV. Unite by sharing experiences, remembering those lost, and standing together in the fight against HIV. The observance is also reserved as a day to bridge new and effective programs and policies across different sectors around HIV/AIDS.

The CDC actively promotes HIV/AIDS awareness through multiple designated days, emphasizing World AIDS Day (December 1) for global solidarity



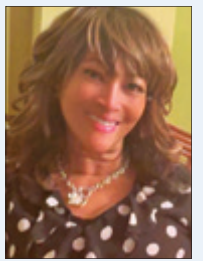
and ending the epidemic. Similar to National Youth HIV/AIDS Awareness Day (April 10) and National Black HIV/AIDS Awareness Day (February 7), this month we take time to focus on specific communities, highlighting ongoing efforts against stigma, encouraging testing, and supporting people living with HIV through education and community action.

Sources: CDC NCHHSTP and HIV.gov.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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



Belinda K. Grant,
Chief Executive
Director of Mount
Zion Community
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Sapphire De'Bellott: Project NAF
Outreach Worker
Mr. Henry Glaze: Transportation Coordinator
Kontia Grant: Nurse Family Practitioner
Ms. Rosa B. Hearst,
in appreciation of past services

Board of Directors

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Rev. Scott Rogers: Vice Chair
Mrs. Michelle Harper:
Fundraising Chair & Treasurer
Mr. Leroy Simpson: Member
Mrs. Tracey Rice Johnson:
Fundraising Co-Chair
Mrs. Alberta Drane: Events Coordinator
Mr. Henry Glaze: Transportation Coordinator
MZCD welcomes new board members
Treva Barnard and Rev. Scott Burgess

Project NAF Community Advisory Board

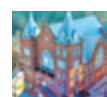
Denise Duckett: BCHHS Pregnancy Care
Nancy Farmer: Sparc Foundation
Charlene Galloway-Pea:
Mt. Zion Church of Asheville: Inc.
Anne Kouri: Mars Hill University
Latoya McDaniel: Former Participant
Tim Splain: Asheville City Police Department
(Male Advocate)
Vacant: Advent Health
Royanna Williams: Business Owner
& Former NAF Participant

Project Empower

Education Means Power – in collaboration with initiatives to impact the opioid crisis.

OUR PARTNERS

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



First Presbyterian Church
Asheville NC



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ALL SOULS