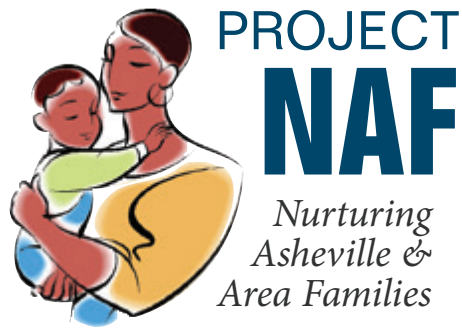


ECHO (Enhancing Collaborative Health Options & Opportunities) through HOPE (Hope and Healing Opportunities with Proactive & Preventive Education)



Congratulations Kontia Grant!

MAHEC's Advanced Practice Provider for January 2026



MESSAGE FROM MZCD STAFF



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

International Prenatal Infection Prevention Month

Key strategies to prevent pre-natal infection: always wash your Hands and say Yes to Good food prepared safely. Don't forget that Immunizations help prevent infections. Evade others' bodily fluids, say No to unnecessary invasive procedures, and take Environmental precautions.



Use the word "HYGIENE" to help you make these behaviors routine!

Handwashing helps – Prevent Influenza (flu), congenital cytomegalovirus (CMV), salmonellosis, and toxoplasmosis.

Yes to Prenatal Care – Germs that may be identified and treated: Group B strep, hepatitis B virus, and Chlamydia trachomatis.

Good food prepared safely – Infections that may be prevented, Listeriosis and salmonellosis.

Immunizations – Infections that may be prevented: Influenza, German measles (also known as rubella), and chickenpox.

Evade others' bodily fluids – Infections that may be prevented: Influenza, congenital CMV, fifth disease, gonorrhea, and syphilis.

No to unnecessary invasive procedures – Infections that may be prevented: Group B strep disease and E. coli infection.

Environmental precautions – Infections that may be prevented: Toxoplasmosis, malaria, dengue fever, Zika virus disease, Lyme disease, and Group B Strep.

"Ms. Grant was very concerned about my experience and my needs. She advocated for me when my lab results were delayed. She was thoughtful and accessible. I would like to see her every time my primary is unavailable."

"She's very good and she listened."

"Helped me to understand the full picture of my health and how it all works together. Explained the importance of being proactive in bettering my health."

"She listened to my concerns and helped me to better understand some of the things that I have been experiencing. She wasn't dismissive."

"She took her time to explain everything to me."

"She was very pleasant and cheerful."

"Got me in for X-rays before the technician went home so we could get a quick diagnosis and speedy solution."

"She was extremely knowledgeable about the exam."

"Thank you for your support and everything. Thank you so much for me and the other people. I'm so glad."

I'm so glad I asked questions about my health problems. She gave so much detail in explaining what was happening to me."

February Health Observations

American Heart Health Month

Cardiovascular disease is the leading cause of death in the United States. Observed every February, American Heart Health Month reminds us to eat healthy, stay physically active, and manage your blood pressure and cholesterol.

Having a healthy plan with a variety of foods, keeping a healthy weight, and not smoking can help keep your blood pressure in a healthy range, which lowers your risk for heart disease and stroke.

When Was Your Last Self-Checkup?

February is National Self-Check month, an annual observance dedicated to empowering individuals to take charge of their health through regular, proactive

self-examinations. It serves as a reminder to check for early signs of chronic diseases like cancer, heart disease, diabetes, and obesity, enabling early detection. Please keep appointments and follow-up with your primary care provider.

Children's Mental Health Week

This year Children's Mental Health Week takes place from February 9-15 and offers schools a timely opportunity to pause, reflect, and strengthen how they support children and young people's emotional wellbeing.

This year's theme, This Is My Place (from Place2Be), focuses on belonging. Feeling safe, welcomed, and valued in their setting is fundamental to children's mental health, whether they are in the early years, primary school, or secondary education.

Sources: CDC; Thrive

Behavioral Health

Project NAF participants received counseling post-Hurricane Helene. Counseling was offered by:

- Dr. Katherine Hyde-Hensley Counseling – Licensed Clinical Mental Health Counselor, PsyD, LCMHC, IPPE-C, LCAS
- Kontia Grant – MSN, Family Nurse Practitioner, RN, BSN, BS, Psychology
- MC Ellis – LCMHC, MC Counseling & Consulting

Counselors demonstrated comprehensive clinical expertise and demonstrated

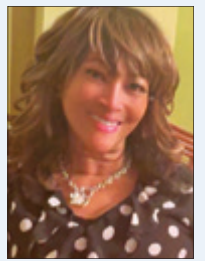
advanced competence by delivering a holistic service model that covered programmatic context, tailored intervention delivery, participant engagement, and ongoing treatment refinement. They addressed concerns, identified systemic barriers, and documented tangible, core themes of impact.

Counseling sessions were completed in fall 2025. However, ongoing therapeutic intervention is planned to address sustained, identified needs.

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 Development, Inc.



Staff

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Executive Director
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- Barbara Anderson: Office Support/Community Connector
- Dr. Ronald Caldwell: Supervising Physician
- 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

- Mrs. Linda Glaze: Board Chair
- 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

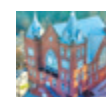
- Denise Duckett: BCHHS Pregnancy Care
- Nancy Farmer: Spare Foundation
- Charlene Galloway-Pea: Mt. Zion Church of Asheville: Inc.
- Latoya McDaniel: Former Participant
- Tim Splain: Asheville City Police Department (Male Advocate)
- Vacant: Advent Health
- Tabriska Little: Current Project NAF Participant
- 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.



Mt. Zion Missionary Baptist Church of Asheville, Inc.



First Presbyterian Church Asheville NC



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