



Project NAF Celebrates 15 Years of Service

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

For more than 15 years, Project NAF (Nurturing Asheville & Area Families) has been blessed to serve African-American pregnant women in Buncombe County, their babies and families. As we enter another holiday season, we are mindful of the blessings

of a new life and the opportunity to see an African American baby live to see his/her first year of life and beyond.

Thank you Asheville and Buncombe County for your advocacy and support in helping a baby to see its first birthday and beyond.



Belinda K. Grant, Executive Director of Mount Zion Community Development, Inc.
Photo: Urban News

The Gift of Advocacy

MESSAGE FROM SHARIL L. SMITH



Shari L. Smith,
Coordinator, MZCD Programs

During the holiday season, the focus is often on being the recipient of a gift, but as said on our radio PSA, "The best gift we can give is the gift of ourselves, our time and our resources. Please feel free to contact me regarding ways you can be a blessing to our program. Thanks for your continued advocacy and support of the Project NAF Program. We appreciate you!"

Do You Have Peace & Joy?

The holiday season often brings two unwelcome guests — stress and depression. Not surprising huh?

The holidays present a myriad array of demands: parties, shopping, baking, cleaning, entertaining, and decorating, to name a few. But with some practical tips you can minimize the stress that accompanies the holidays, and you may even end up enjoying the holidays rather than feeling "I will be glad when it is all over."

What causes the holiday blues?

Sadness is a truly personal feeling. What makes one person feel sad may not affect another person. Typical sources of holiday sadness include: stress, fatigue, unrealistic expectations, over-commercialization, financial stress, and the inability to be with one's family and friends.

Three Main Triggers: Holiday stress and depression is frequently associated with relationships, finances, and physical demands. (EmpowHer.com)

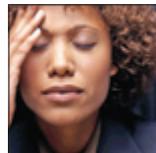
Turn Holiday Stress into Peace & Joy



- Count your blessings.
- Concentrate on what you have and not on what you don't have
- Maintain a positive attitude
- Don't worry about the things you can't control
- Exercise and eat good, nutritional foods
- Avoid caffeinated beverages
- Try to get eight hours of sleep each night
- Do something just for yourself
- Spend quality time with friends and family

Source: www.mayoclinic.com

Tools for Dealing with Holiday Depression and Stress



BY BARTON GOLDSMITH, PH.D.

- 1) Keep your expectations balanced. Remember that everything doesn't have to be perfect and don't worry about things that are out of your control.
- 2) Don't try to do too much. Fatigue, over scheduling, and taking on too many tasks can dampen your spirits. Learn to say no, delegate as much as possible, and manage your time wisely.
- 3) Don't isolate. If you're feeling left out, then get out of the house and find some way to join in. There are hundreds of places you can go to hear music, enjoy the sights, or help those less fortunate.
- 4) Don't overspend. Create a reasonable budget and stick to it. Remember it's not about the presents, it's about the presence.
- 5) It's appropriate to mourn if you're separated from or have lost loved ones. If you can't be with those you love make plans to celebrate again when you can all be together.

- 6) Many people suffer depression due to a lack of sunlight because of shorter days and bad weather. Using a full spectrum lamp for twenty minutes a day can lessen this type of depression called SAD (seasonal affectiveness disorder)
- 7) Watch your diet and remember to exercise.
- 8) It's normal to eat more during the holidays, but be aware of how certain foods effect your mood. If you eat fats and sweets, you will have less energy, which can make you feel more stressed and run down. It can be very helpful to take a walk before and/or after a big holiday meal.

Be aware of the Post Holiday Syndrome. When all the hustle and bustle suddenly stops and you have to get back to the daily grind it can be a real let down. Ease out of all the fun by planning a rest day toward the end of the season.

December is AIDS Awareness Month

HIV is a virus that affects specific cells of the immune system, called CD4 cells, or T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. When this happens, HIV infection leads to AIDS.

Fast Facts

- African Americans are the racial/ethnic group most affected by HIV.

- African American gay, bisexual, and other men who have sex with men are especially at risk of HIV infection.
- African American communities continue to experience higher rates of other sexually transmitted infections compared with other racial/ethnic communities in the United States.

PROJECT NAF

Planning Advisory Committee

ZaKiya Bell-Rogers,
Buncombe County DSS

Denise Duckett,
Buncombe County Health Center

Steffie Duginske,
Mission Fullerton Genetics Center

Charlene Galloway, Mount Zion
Missionary Baptist Church of Asheville

Royanna Williams,
Business Owner, N'Tyced

Cynthia Yancey, MD
Western NC Community Health Services

Don't Forget!

With your busy schedules and holiday demands don't forget:



Lay Your Baby On Back to Sleep and Stomach to Play

MOUNT ZION COMMUNITY DEVELOPMENT, INC.

Board of Directors

Verita Woods, Vice-Chair
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47 Eagle St., Asheville, NC 28801
(828) 350-9821
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PROJECT EMPOWER



Education Means Power

Planning Advisory Committee

- Sara Green, Buncombe County Department of Health
- Johnnie Grant, The Urban News
- Keynon Lake, "My Daddy Taught Me That"
- Michelle Lemelle, Asheville City School System
- Peggy Weil, Western NC AIDS Project

Background

Project EMPOWER is a program of Mt. Zion Community Development, Inc., a 501(c3) non-profit organization. Project EMPOWER has been in existence since 2003 and serves 6th, 7th, 8th, and 9th grade students at Asheville Middle School, William Randolph School, and Asheville High School.



Project EMPOWER Celebrates 10 Years of Service

MESSAGE FROM BELINDA K. GRANT, EXECUTIVE DIRECTOR

For more than 10 years, Project EMPOWER (Education Means Power), has provided services to Buncombe County teens with a goal of reducing/impacting teen pregnancy and the school drop-out rate. Activities are inclusive of but not limited to the provision of a structured, scientific-based curriculum, empowerment goals, goal-setting, college tours, multi-cultural events, year-end trips to Carowinds, parent appreciation, and other events.

Thank you program participants (past and present), parents, guardians and relatives for allowing us to be a part of your student's life. We wish you peace and blessings during this holiday season!



Heartfelt Thanks & Appreciation

Mount Zion Community Development, Inc. would like to render heartfelt thanks and appreciation to Mount Zion Missionary Baptist Church, Inc. & Mount Zion Community Development, Inc.'s Board of Directors for your continued advocacy and support. From the beginning we were birthed and remain anchored in the church. Thanks for continuously being our anchor, advisor and solid foundation. By doing so, we are better equipped to fulfill the Corporation's Mission in the provision of services to the Greater Asheville and Buncombe County community.

Belinda Grant,
Executive Director,
Mount Zion
Community
Development, Inc.



Photo: Urban News



Caryn Bria
Monroe

MESSAGE FROM
CARYN BRIA
MONROE

Thanks to all of our community partnerships for your advocacy and support in providing services to Buncombe County teens. They are our future!

Let's Say NO to Teen Pregnancy!

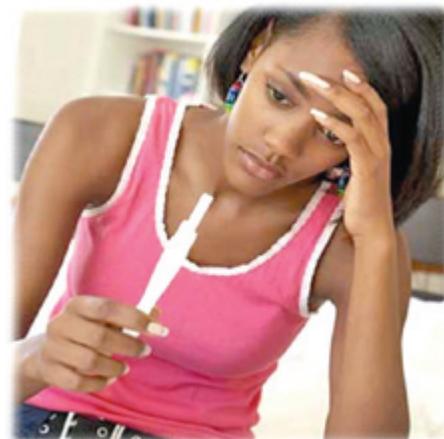
Did You Know?

In the U.S., rates of HIV, sexually transmitted infections (STIs), and unintended pregnancy are disproportionately high among youth of color, particularly young African American and Latina women, when compared to other youth.

The Solution

To help prevent negative sexual health outcomes, youth of color need accurate, comprehensive, culturally competent programs which reflect the realities of their lives.

Source: *Advocates for Youth*



ADMINISTRATIVE ASSISTANT NEEDED

Part-Time Position with Mount Zion Community Development, Inc.

Administrative Assistant is expected to have knowledge of office software (Word, Office, Excel, Power Point, etc.); good customer service skills, and excellent communication skills in working with/relating to guests. Highly organized, ability to work independently. Strong clerical skills, good writing skills.

Minimum Training Requirement: Two years of administration training in computer and office skills, and a minimum of two years of experience as an administrative assistant.

Supervision: Accountable to the Executive Director. Salary Range: \$8,000-\$12,000 based on experience.

Closing Date: Monday, December 23, 2013. Contact Rosa B. Hearst at (828) 252-0515, Mon.-Fri., 9 a.m to 2:30 p.m.

Mount Zion Community Development

47 Eagle St., Asheville, NC 28801

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www.MtZionMissionaryAsheville.org

Text4baby: Free Text Messaging Service

BY TONYA DANIEL

As an Outreach Partner of the National Healthy Mothers, Healthy Babies Coalition (HMHB) text4baby initiative, the State of North Carolina, led by the NC Department of Health and Human Services, won first place nationally among large states in the 2013 Text4baby State Enrollment Contest.

Text4baby is a free cell phone text messaging service for pregnant women and new moms. Text messages are sent three times a week and provide information and resources on how to have a healthy pregnancy and care for an infant. The text messages are timed to the pregnant woman's due date or the baby's date of birth.

Research shows that 90 percent of Americans have a mobile phone and fewer have access to the Internet. Texting is a much more



prevalent means of providing information among women of childbearing age and minority populations who face higher infant mortality rates.

"Mothers have busy lives", said Dr. Robin Cummings, Deputy Secretary for Health Services and acting State Health Director. "Using text messaging to reach out is a quick and convenient way to get valuable information to them in a timely manner."

The Text4baby State Enrollment Contest grew out of the enthusiasm of over 1,000 text4baby partners nationwide and their support of text4baby as a valuable tool for improving maternal and child health. Rankings were based on the number of new users enrolled in text4baby in each state during the contest period.

The winners of the contest were announced and honored by text4baby Director Sarah Ingersoll during the Martha May Eliot Awards Ceremony at the American Public Health Association Annual Meeting in Boston, MA on November 4, 2013. Winning states received a certificate and a congratulatory letter from Dr. Michael Lu, Associate Administrator for Maternal and Child Health Bureau at the Health Resources and Services Administration (HRSA), U.S. Department of Health and Human Services.

North Carolina partners, including NC DHHS, North Carolina Healthy Start Foundation, local health departments, and numerous other community-based organizations, won the contest by enrolling 4,882 new women from May to October. During the summer, NC



Text BABY
(or BEBE
for Spanish)
to 511411

DHHS and the North Carolina Healthy Start Foundation collaborated to run text4baby television advertisements throughout the state on cable stations in major city markets.

For more information about text4baby, visit www.text4baby.org or contact Tonya Daniel at tonya.daniel@dhhs.nc.gov. To enroll in the program text BABY (or BEBE for Spanish) to 511411.

