

FY2023 Buncombe County Tipping Point Grant Report

Organization Name:	Mount Zion Community Development
Project Name:	Project NAF Grandparents Are Truly Essential (GATE)

Activities Accomplished	Annual Goal	Amount Completed
Number of education events grandparents (biological and non-biological) attended	7	9
Number of marketing events that grandparents (biological and non-biological), participated in.	10	
Number of shared discussions/meetings with community partnerships- Project NAF's Community Advisory Board and CHIP to employ strategies utilizing learned experiences and insights of Grandparents to impact infant mortality.	5	12

Expenses (please list <u>all</u> grant related expenses)	Amount Spent
Personnel	\$ 500.00
Accounting	\$ 500.00
Advertising/Promotion	\$ 1,486.00
Copier	\$ 311.00
Participants & Incentives	\$ 2,203.00

TOTAL: \$ 5,000

Narrative summary of grant related activities

GATE (Grandparents Are Truly Essential)

January 2023

January 31, 2023. Topic: Good relationships with Grandparents

Lesson implemented from the research-based "Partners for a Healthy Baby Curriculum.

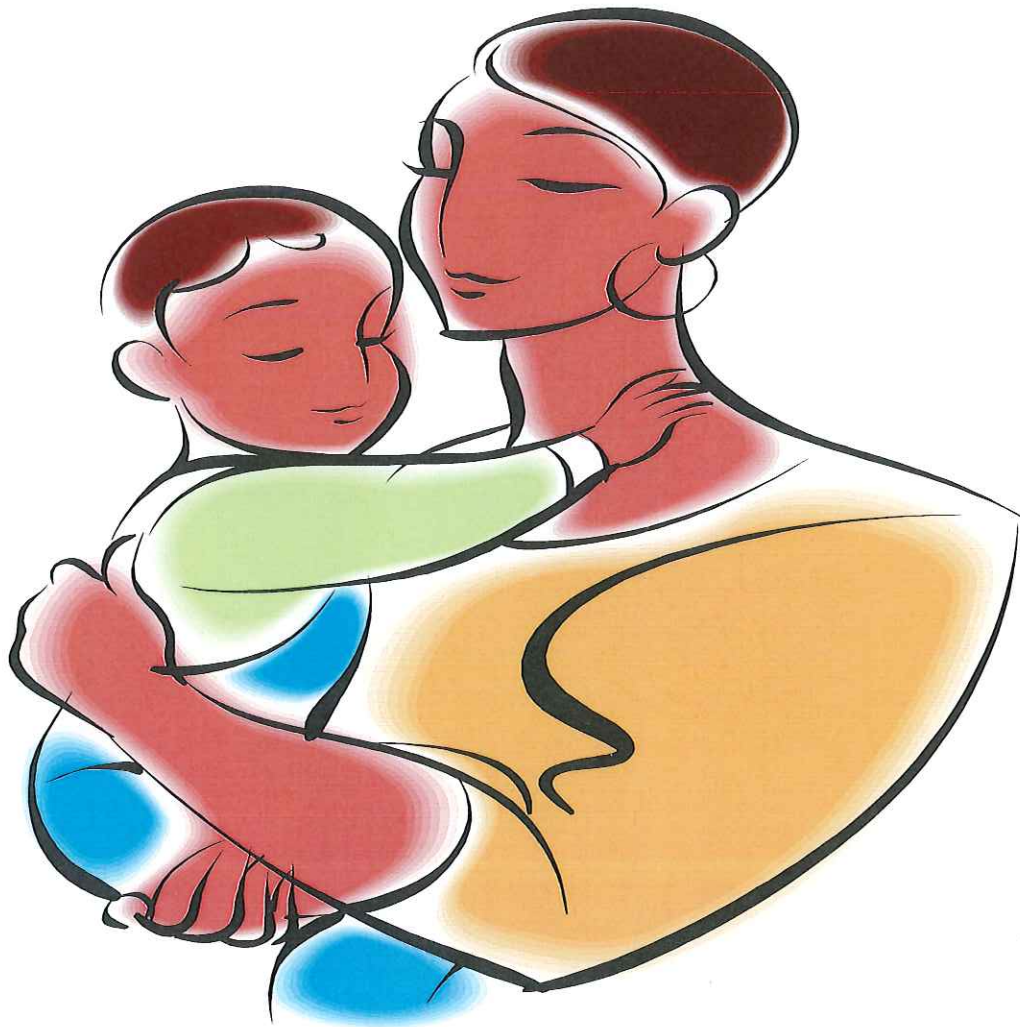
Pre/Post surveys completed. Results:
 Question 1: 100% increased knowledge.
 Question 2: 100% increased knowledge.
 Question 3: 100% increased knowledge.

February 2023

Two (2) Virtual Educational sessions held in February 2023. Topics:
 (1) Session One was held on February 1, 2023. Topic: Good relationships with Grandparents
 Lesson implemented from the research-based "Partners for a Healthy Baby' Curriculum.
 Pre/Post surveys completed. Results:
 Question 1: 100% increased knowledge.
 Question 2: 100% increased knowledge.

Mount Zion Community Development, Inc.

Project NAF (Nurturing Asheville and Area Families)



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Mount Zion Community Development, Inc. (MZCD)

ECHO (Enhancing Collaborative Health Options & Opportunities)

Grandparents Are Truly Essential

Celebrating Project NAF Grandparents



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.

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.



Tiffany Flunory DeBellott with her granddaughter Penelope Darden.



Kimberly Gash-Parks with her grandson Jonah Gash.



Pearly Hampton with her grandson Journey Owens.



Leroy Simpson, grandson Josiah Benjamin Simpson, and Patricia Simpson.

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

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.

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Natalia Munoz-Schneier: Volunteer

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- 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.



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)



Dr. Caldwell



Kontia J. Grant



Natalia Munoz-Schneier



Barbara Anderson



Anita Love

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.

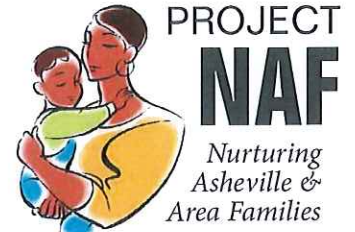
Mount Zion Community Development, Inc. proudly presents new staff and team

members to "Turn the Curve" through community engagement in cross-sector collaboratives for birth equity, mental health, and substance use services.

Meet the Team

- 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



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

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.

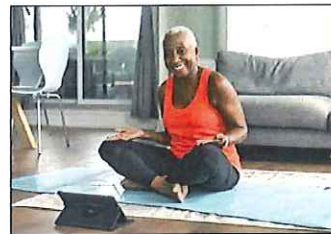
- Exercise regularly, get plenty of sleep.
- Avoid the use of substances such as alcohol and drugs.

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

MESSAGE FROM SAPPHIRE DE'BELLOTT

Celebrating Women's Health Week!

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).



Sapphire De'Bellott



PROJECT NAF SUPPORTS BLACK MATERNAL HEALTH

Mount Zion Community Development, Inc. continues its legacy to impact maternal and child health through its Project NAF (Nurturing Asheville and Area Families) equity program. Project NAF implements a research-based parenting curriculum, using evidence-based strategies that reduce infant mortality and low birth-weight births for Black pregnant and post-partum women and their infants in Buncombe, and its expansion in Henderson and Madison Counties.

Project NAF provides support to Black/African American pregnant and postpartum mothers, infants, and their families to access prenatal, perinatal, and early childhood education resources to promote healthy births, reverse infant mortality rates, and increase positive health outcomes.

Notably, our organization has a 24+ year history of supporting reproductive health rights of historically excluded communities. In addition, our project results have been recognized by the National Community Initiative Model to Eliminate Health Disparities, the Appalachian Regional Commission, and received accolades as a Community Model by the NC Child Fatality Task Force.

BETTER HEALTH THROUGH BETTER UNDERSTANDING



A 2003 assessment found that 58% of African Americans had basic or below basic health literacy, compared with 28% of non-Hispanic whites. Learn more at minorityhealth.hhs.gov/nmhm.

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- Jacquelyn Odom: Former Participant
- Denise Duckett: BCHHS Pregnancy Care
- Nancy Farmer: Spare Foundation
- Charlene Galloway-Pea: Mt. Zion Church of Asheville, Inc.
- Anne Kouri, Mars Hill University
- LaToya McDaniel, Current Participant
- Tim Splain, Asheville City Police Department (Male Advocate)
- Trina Stokes: Advent Health
- Royanna Williams: Business Owner, Former NAF Participant

ECHO (Enhancing Collaborative Health Options & Opportunities)

Working Together to Reduce Black Maternal Mortality

Black Maternal Health Week is recognized each year from April 11-17 to bring attention and action in improving Black maternal health.

During Black Maternal Health Week you can support pregnant people in your life to reduce factors that contribute to pregnancy-related complications and death. Pregnant people and their families can:

- Talk to a healthcare provider if anything doesn't feel right or is concerning.
- Know and seek immediate care if experiencing any of the urgent maternal warning signs, including severe headache, extreme swelling of hands or face, trouble breathing, heavy vaginal bleeding or discharge, overwhelming tiredness, and more. These symptoms could indicate a potentially life-threatening complication.
- Share recent pregnancy history during each medical care visit for up to one year after delivery.
- Connect with healthcare and social support systems before, during, and after pregnancy.

Most Pregnancy-Related Deaths are Preventable

Each year in the United States, hundreds of people die during pregnancy or in the year after. Thousands more have unexpected outcomes of labor and delivery



with serious short- or long-term health consequences.

Every pregnancy-related death is tragic, especially because more than 80% of pregnancy-related deaths in the US are preventable. Recognizing urgent maternal warning signs, providing timely treatment, and delivering respectful, quality care can prevent many pregnancy-related deaths.

Racial Disparities Exist

Black women are three times more likely to die from a pregnancy-related cause than White women. Multiple factors contribute to these disparities, such as variation in quality healthcare, underlying chronic conditions, structural racism, and implicit bias. Social determinants of health prevent many people from racial and ethnic minority groups from having fair opportunities for economic, physical, and emotional health.

Source: CDC

MESSAGE FROM SAPHIRE DE'BELLOTT

Listening Can Be Your Most Important Tool

Hear her concerns. It could save her life.



Sapphire De'Bellott

Healthcare providers can:

- Ask questions to better understand their patient and things that may be affecting their lives.
- Help patients, and those accompanying them, understand the urgent maternal warning signs and when to seek medical attention right away.
- Help patients manage chronic conditions or conditions that may arise during pregnancy like hypertension, diabetes, or depression.
- Recognize and work to eliminate unconscious bias in themselves and in their office on an ongoing basis.
- Respond to any concerns patients may have.
- Provide all patients with respectful quality care.

Hospitals and healthcare systems can:

- Identify and address unconscious bias in healthcare.

- Standardize coordination of care and response to emergencies.
- Improve delivery of quality prenatal and postpartum care.
- Train non-obstetric care providers to ask about pregnancy history in the preceding year.
- Train non-obstetric care providers to ask about pregnancy history in the preceding year.

States and communities can:

- Assess and coordinate delivery hospitals for risk-appropriate care.
- Support review of the causes and opportunities for prevention behind every pregnancy-related death.
- Identify and address social factors influencing maternal health such as unstable housing, transportation access, food insecurity, substance use, violence, and racial and economic inequality.

Source: www.cdc.gov/HearHer.

MOUNT ZION COMMUNITY DEVELOPMENT, INC.



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Project EMPOWER (Education Means Power)

In collaboration with community partnerships, including The Partnership for Substance Free Youth in Buncombe County.

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Mt. Zion Missionary Baptist Church of Asheville, Inc.



WNC Bridge Foundation A PARTNERSHIP FOR HEALTH



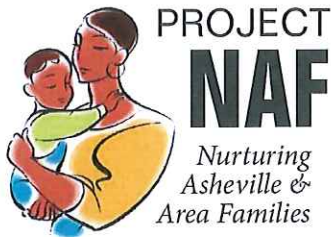
DOGWOOD HEALTH TRUST



AEROFLOW



First Presbyterian Church Asheville NC



ECHO (Enhancing Collaborative Health Options & Opportunities)

Children's Awareness Month



Children's Awareness Month takes place in June every year. It is a special month that focuses on a generation of leaders who will pave the way for our future. Did you know that the word 'June' relates to 'children'? It is derived from the Latin word 'Ju-Ven-Is' which translates to 'youth.' This is why the month of June is annually set aside to celebrate and focus on children.

Children reflect our greatest hope as a nation, and childhood is a critical time for all. It is the stage in our lives that set the course for

our social, emotional, and physical health as well as economic circumstances. In fact, young children at the beginning of their learning stage who receive high-quality education, see tremendous dividends for the rest of their lives.

Children's Awareness Month was initially founded in the loving memory of all the children who have died violent deaths in America. It has evolved into something bigger. Children's Awareness Month has become a time to spend nurturing and cultivating the joys and treasures of childhood. This month aims to encourage, support, and educate children while prioritizing their health and well-being.



MESSAGE FROM SAPHIRE DE'BELLOTT

Every Child Deserves to Be Valued and Cherished



Sapphire De'Bellott

As parents and well-wishers, one of the greatest responsibilities is to instill the hope of a better tomorrow for our children, youth, and the younger generation. During Children's Awareness Month, let us unite and advocate for our children and youth, and instill a spirit of confidence, pride, and self-esteem in them. Always remember that every child deserves a chance to succeed and to have a quality life.

SOCIAL DETERMINANTS OF HEALTH

Social Determinants of Health (SDoH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

SDoH can be divided into five domains: 1) Economic Stability; 2) Education Access and Quality; 3) Health Care Access and Quality; 4) Neighborhood and Built Environment; and 5) Social and Community Context.

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Addressing Food Insecurity

Through its Project NAF Program, Mount Zion Community Development, Inc. is pleased to collaborate with community partners to address food insecurity in Buncombe County.

Food security means access by all people, at all times, to enough food for an active, healthy life. Food security and health are significantly associated. People who are food insecure are disproportionately affected by diet-sensitive chronic diseases such as diabetes and high blood pressure, and, according to research, food insecurity is also linked to many adverse effects on overall health.

Food insecurity has particularly harmful impacts on children including negative impacts on a child's physical and mental health, academic achievement, and future economic prosperity. Pregnant women who experience food insecurity are more likely to experience birth complications.

Seniors face a number of unique medical and mobility challenges that put them at a greater risk of hunger. Many seniors live on fixed incomes and have increased healthcare expenses.

African Americans are more likely to suffer from food insecurity as their white, non-Hispanic counterparts. African Americans households are also more likely to experience poverty.

Latino adults and children are at greater risk of obesity and diabetes than their African American and White, non-Hispanic peers. Latinos have a higher risk for diabetes and other chronic health conditions that can further complicate the issue of food insecurity. Latino households are also more likely to experience poverty.

Rates of food insecurity among rural households are generally higher than urban households. Rural communities face different challenges including concentration of employment in low-wage industries,



Hunger is not an issue of charity. It is an issue of justice. ~ Jacques Diouf

higher unemployment and underemployment, lower education levels, lower access to work support services, and poor communication and transportation networks.

Did You Know?

In Buncombe County 14.3% of households experience food insecurity compared to 15.4% nationally and 17.7% in North Carolina. While we are ahead of these trends, we want to see this number at zero. Food security means access by all people, at all times, to enough food for an active, healthy life.

One indicator of improved health behavior and increased security is the number of servings of vegetables that adults consume weekly. In Buncombe County, adults on average consume 9.3 servings of vegetables a week. Because those with food insecurity often consume low-cost food that is less healthy, foods insecurity is closely tied to diabetes prevention and management.

In Buncombe County, 7.3% of individuals have diabetes compared to 9.3% nationally and 10.9% in North Carolina, and we would like to see a continued trend downward. Both diabetes and fruit and vegetable consumption is also being monitored by the state through Healthy NC 2020.

Source: Buncombe County

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

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Project NAF Outreach Worker

Mr. Henry Glaze:
Transportation Coordinator

Kontia Grant: Nurse Family Practitioner

Anita Love: Outreach Worker

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PROJECT EMPOWER
EDUCATION MEANS POWER

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Mount Zion Community Development, Inc. Outreach & Collaboration

April 2023

- 4/13/2023: Outreach with WRES Broadcast
- 4/19/2023: Outreach with Buncombe County Engagements at Shiloh Community.
- 4/21/2023: Outreach with Buncombe County Engagements at Klondyke Apartments.
- 4/24/2023: Outreach with Buncombe County Engagements at Edington Center.
- 4/25/2023: Outreach with Outreach with Center for Participatory Change (CPC) Black Love Event at United Way re: MZCD Brochures & Healthy Beginnings water bottles.

May 2023

- 05/15/2023: Outreach with Buncombe County Engagement Market at Deaverview Apartments
- 5/12/2023: Outreach with Buncombe County Engagement at Senior Opportunity Center re: bottled water and MZCD Brochures distributed.
- 5/12/2023: Outreach with Meals on Wheels re: MZCD Brochures.
- 5/12/2023: Outreach with Land of Sky. MZCD Brochures distributed.
- 05/16/2023: Outreach with Buncombe County Engagement Market at Asheville Middle School.
- 5/17/2023: Outreach with Buncombe County Engagement at Shiloh Community Market. Bottled water and MZCD Brochures distributed.
- 05/22/2023: Outreach with Buncombe County Engagement Market at Edington Center
- 05/23/2023: Outreach with Buncombe County Engagement Market at Bartlett Arms Apartments.
- 05/24/2023 Outreach with Buncombe County Engagement Market at Pisgah View Apartments.
- 05/26/2023 Outreach with Buncombe County Engagement Market at ABCCM-West

June 2023

- 06/05/2023: Outreach with Buncombe County Engagement Market at Deaverview Apartments. Toiletries, household items distributed.
- 6/6/2023: Outreach with Buncombe County Engagement at Enka Middle School. Stop the Hunger Flyers distributed.
- 06/06/2023: Outreach with Buncombe County Engagement Market at Enka Middle School. Educational flyers.
- 6/7/2023: Outreach with Buncombe County Engagement at Aston Park Towers. "Stop the Hunger" flyers distributed.
- 06/072023: Outreach at YMCA. Educational health information distributed.

- 06/07/2023: Outreach at Goodwill. "Stop the Hunger" flyers distributed.
- 06/07/2023: Outreach at B.E.A.R. Closet "Stop the Hunger" flyers distributed.
- 06/07/2023: Outreach at Helpmate: "Stop the Hunger" flyers distributed.
- 06/07/2023: Outreach with Buncombe County Engagement Market at Aston Park Apartments. Educational information distributed.
- 06/09/2023: Outreach with buncombe County Engagement Market at Senior Opportunity Center. Educational information distributed.
- 06/13/2023: Outreach with WRES broadcast,
- 06/13/2023: Outreach with Buncombe County Engagement Market at Bartlett Arms Apartment. Educational information on health disparities distributed.
- 6/13/2023: Outreach with Buncombe County Engagement at Bartlett Arms Apartments re: "The Climb" Out of Darkness. Educational information on health disparities distributed.
- 06/14/2023: Outreach with Buncombe County Engagement Market at Pisgah View Apartments. The Urban News distributed.
- 6/14/2023: Outreach with Buncombe County Engagement at Pisgah View Apartments. MZCD Brochures distributed.
- 6/15/2023: Outreach with Buncombe County Engagement Klondyke. Water distributed.
- 06/16/2023: Outreach with DOWNTOWN Public Library. "Stop the Hunger " flyers distributed.
- 06/16/2023: Outreach with Maple Crest Apartments. "Stop the Hunger " flyers distributed.
- 06/16/2023: Outreach with Edington Center re: "Stop the Hunger " flyers distributed.
- 06/16/2023: Outreach with Grant Center re: "Stop the Hunger " flyers.
- 06/17/2023: Outreach with Juneteenth Celebration 2023 Asheville Pack Square Park Hosted by the MLK Association re: MZCD Brochures & Mental Health information.
- 06/20/2023: Outreach with Buncombe County Engagement Market at Asheville Middle School". Climb out Darkness "flyers distributed.
- 6/20/2023: Outreach with Buncombe County Engagement Asheville Middle School. "Stop the Hunger" flyers distributed.
- 6/21/2023: Outreach with Buncombe County Engagement Shiloh Community Market (Rock Hill Baptist Church). Educational information on health disparities distributed.
- 06/21/2023: Outreach with ABCCM-Downtown Asheville. "Stop the Hunger" flyers distributed.
- 06/21/2023: Outreach with Haywood Street Church. "Stop the Hunger" flyers distributed.
- 06/21/2023: Outreach with WNC Rescue Mission. "Stop the Hunger" flyers distributed.
- 06/21/2023: Outreach with Buncombe County Engagement Market at Shiloh Community Market. "Stop the Hunger" flyers distributed.
- 06/22/2023 Outreach with Buncombe County Engagement Market at Deaverview Apartments- Climb out of the Darkness flyers distributed.
- 06/23/2023: Outreach with Salvation Army. "Stop the Hunger" flyers distributed.

- 06/23/2023: Outreach with CWA Learning Center. "Stop the Hunger" flyers distributed.
- 06/23/2023: Outreach with Soce's Hair Salon. "Stop the Hunger" flyers distributed.
- 06/23/2023: Outreach with Mount Inspiration. "Stop the Hunger" flyers distributed.
- 06/23/2023 Outreach with Jr. Cuts Barbershop re:
- 06/23/2023 Outreach with Isaac Dickinson Elementary School. "Stop the Hunger" flyers distributed.
- 06/23/2023: Outreach with Burton Street Center. "Stop the Hunger" flyers distributed.
- 06/23/2023: Outreach with Asheville Peak Academy School. "Stop the Hunger" flyers distributed.
- 06/23/2023: Outreach with Trinity United Methodist Church. "Stop the Hunger" flyers distributed.
- 06/23/2023: Outreach with Haywood Road Library. "Stop the Hunger" flyers distributed.
- 06/24/2023 Outreach with Center for Participatory Change (CPC) Black Love Event at United Way. MZCD Brochures distributed.
- 06/26/2023: Outreach with Meals on Wheels. "Stop the Hunger" flyers distributed.
- 06/26/2023: Outreach with Beverly Hills Baptist Church. "Stop the Hunger" flyers distributed.
- 06/26/2023: Outreach with Homeward Bound "Stop the Hunger" flyers distributed.
- 06/26/2023: Outreach with God's Promise Christian Fellowship. "Stop the Hunger" flyers distributed.
- 06/26/2023: Outreach with Deaverview Apartments. "Stop the Hunger" flyers distributed.
- 06/26/2023: Outreach with Land of Sky. "Stop the Hunger" flyers distributed.
- 06/27/2023 Outreach with Buncombe County Health and Human Services. "Stop the Hunger" flyers distributed.
- 06/27/23: Outreach with United Way." "Stop the Hunger" flyers distributed. "Stop the Hunger" flyers distributed.
- 06/27/2023 Outreach with The Arc of Buncombe County. "Stop the Hunger" flyers distributed.
- 06/27/2023: Outreach with Community Action Opportunities. "Stop the Hunger" flyers distributed.
- 06/27/2023: WRES broadcast. Topics: Domestic Violence and Emotional Well-Being.
- 06/28/2023: Outreach with Costello House. "Stop the Hunger" flyers distributed.
- 06/28/2023: Outreach with North Asheville Library. "Stop the Hunger" flyers distributed.
- 06/28/2023: Outreach with ABCCM-North. "Stop the Hunger" flyers distributed.
- 06/28/2023: Outreach with Veterans Quarters. "Stop the Hunger" flyers distributed.
- 06/28/2023: Outreach with Foster Seven Day Adventist. "Stop the Hunger" flyers distributed.
- 06/28/2023: Outreach with RHA-Biltmore. "Stop the Hunger" flyers distributed.
- 06/28/2023: Outreach with Buncombe County Engagement Market at Pisgah View Apartment. Educational information on health distributed.

- 06/29/2023: Outreach with Livingston Office. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with red Door Church. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with Stephens Lee Center. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with Land of the Sky Associates and realtors. "Stop the Hunger" flyers & health information distributed.
- 06/29/2023 Outreach with MAHEC Family Health Center. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with MAHEC OBGYN. MZCD brochures and "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with new Mount Olive Missionary Baptist Church. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with First Presbyterian Church: "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with Labor Finders: "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with Minnie Jones Center. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with Housing Authority. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with Sunrise Community for Recovery and Wellness. "Stop the Hunger" flyers distributed.
- 06/29/2023: Outreach with Ingles on Tunnel Road. "Stop the Hunger" flyers distributed.