### FY2023 Buncombe County Tipping Point Grant Report

#### Organization Name: Mount Zion Community Development

#### Project Name: Project NAF Grandparents Are Truly Essential (GATE)

**Activities Accomplished**

<table>
<thead>
<tr>
<th>Description</th>
<th>Annual Goal</th>
<th>Amount Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of education events grandparents (biological and non-biological) attended</td>
<td>7</td>
<td>9</td>
</tr>
<tr>
<td>Number of marketing events that grandparents (biological and non-biological), participated in.</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>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.</td>
<td>5</td>
<td>12</td>
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</tbody>
</table>

**Expenses (please list all grant related expenses)**

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
<td>$500.00</td>
</tr>
<tr>
<td>Accounting</td>
<td>$500.00</td>
</tr>
<tr>
<td>Advertising/Promotion</td>
<td>$1,486.00</td>
</tr>
<tr>
<td>Copier</td>
<td>$311.00</td>
</tr>
<tr>
<td>Participants &amp; Incentives</td>
<td>$2,203.00</td>
</tr>
</tbody>
</table>

**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

For approximately a year Project NAF has continuously celebrated the lives of its beloved young children. Project NAF GATE (Grandparents Are Truly Essential) is an initiative to engage grandparents in activities related to the physical, 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, empathizing away tears, and showing their grandchild that they understand.

On a personal note, I cherish the memories and lessons learned from my grandparents who had an indelible impact on my life. I remember the unconditional love, the wisdom, and the 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 affectionately called Grandma and Grandpa. The house was often filled with many grandchildren on a regular basis.

Project NAF is proud to offer 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 a young child's life. 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 grandchildren. 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 there 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 grandmas or grandpas may not align with what we now know about child development, but their intuition and long-term perspective can be comforting.

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 childcare for their little ones. According to Zero to Three (www.zerotothree.org), 1 in 4 children under age 3 are cared for by grandparents while their parents work or attend school. That's the same number of children enrolled in formal child care 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 to 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.
   Grandparents experience unconditional love when they love them for who they are, not who we are trying to get them to be. We can coach and teach them, showing 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 the worlds we've dreamed about doing. We can also model our values. Of course if needed, 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.

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

   Grandparents can open worlds of opportunity 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, or a new restaurant, a museum, 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 respond with complete separation from our grandchildren. Our grandchildren need real connections with people who are interested in them while they process the challenges and face life's challenges.
Mount Zion Community Development, Inc. (MZCD)

ECHO (Enhancing Collaborative Health Options & Opportunities)

We Celebrate You!

Dr. Caldwell  Kortni J. Grant  Natalia Munoz-Schuetz  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
• Dr. Caldwell, Supervising Physician, MD
• Kortni J. Grant, RN, CEN, NFN-P, BC Pain Medicine
• Kortni J. Grant RN, BSN, MSN, FNP-C, BC psychology
• Natalia Munoz-Schuetz 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 #MHA2023 or #MentalHealth4All.

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.

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

Women who are caregivers have a greater risk for poor physical and mental health. Preventive care can help decrease 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.
• To make an appointment 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 Sexual Violence Resource Center website (www.nsvrc.org), or call 1-800-656-4673.

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

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

Source: CDC

NATIONAL WOMEN'S HEALTH WEEK

May 14-20, 2023
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 to 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 the 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 women die during pregnancy or in the year after. Thousdands 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 care, 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 SAPPHIRE DE’BELLOTT

Listening Can Be Your Most Important Tool

Hear her concerns. It could save her life.

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 respond 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:

- Access 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 structural 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 • 47 Eagle St., Asheville, NC 28801 • (828) 776-1428 • www.mtzionasheville.org
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 "iunx-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 sets the course for 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.

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-related 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 American 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, higher unemployment and underemployment, lower education levels, lower access to support service, and poor communication and transportation networks.

Did You Know?

In Buncombe County, 14.3% of households experience food insecurity compared to 13.4% 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 3.3 servings of vegetables a week. 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 8.9% nationally and 10.6% in North Carolina. There is a need 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
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.
- 05/16/2023: Outreach with Buncombe County Engagement Market at Asheville Middle School.
- 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.
• 06/14/2023: Outreach with Buncombe County Engagement Market at Pisgah View Apartments. The Urban News distributed.
• 06/14/2023: Outreach with Buncombe County Engagement at Pisgah View Apartments. MZCD Brochures distributed.
• 06/15/2023: 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.
• 06/20/2023: Outreach with Buncombe County Engagement Asheville Middle School. “Stop the Hunger” flyers distributed.
• 06/21/2023: 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.
• 06/28/2023: 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.