

THE SRC AA Inc

NEWSLETTER

SEPTEMBER 2023



National Hispanic Heritage
Month

Celebrating Hispanic Heritage

The Salisbury-Rowan Community Action Agency Inc. is proud to honor National Hispanic Heritage this month as we celebrate the diversity of all cultures.

This observance began as Hispanic Heritage Week in 1968 under President Lyndon Johnson. In 1988, the week was extended to a month, and celebrated from September 15 to October 15. The day of September 15 is significant because it is the anniversary of independence for the Latin American countries of Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua.

Hispanic Heritage Month allows us to recognize the achievements and contributions of Hispanic Americans while also learning more about the culture of citizens whose ancestors come from Spain, Mexico, the Caribbean, and Central and South America.



As part of National Hispanic Heritage month, Hispanic children dressed in native clothing and shared cultural traditions and activities with the other children.



A guest speaker was invited to share stories with the children. Traditional foods were prepared and served for the parents who attended the day's activities. Parents also dressed in their cultural attire.

September: Self-Care Awareness Month

Self-Care Awareness Month in September is a time to remind us to take care of ourselves. Self-care is often neglected in our everyday lives because we tend to put other responsibilities ahead of ourselves. Be mindful that you cannot fill another cup from an empty vessel. In other words, be encouraged to take time out for yourself and devote it to activities that make you feel happier and healthier. It is also important to note that



self-care is not selfish; it's necessary for well-being.

The following tips can help you achieve your self-care goals:

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- Eat healthy, regular meals, and stay hydrated. A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- Set goals and priorities. Decide what must get done now and what can wait. Learn to say "no" to new tasks if you start to feel like you are taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

EMPLOYEE SPOTLIGHT

Patricia Ann Jackson has worked for the Salisbury-Rowan Community Action Agency, Inc. for six years. She is currently a Dietary Technician at the East Spencer Center. Traveling is one of her favorite leisure activities and she says visiting the beach is among her preferred destinations.

When watching television, the HGTV network show "Love It or List It" is what Ms. Jackson enjoys. This show features an interior designer and real estate agent competing to win over homeowners looking to renovate or sell their current homes.

Ms. Jackson says when it comes to her personal preference for food, she enjoys Soul Food dishes and her best-loved book to read is the bible.

What is most fulfilling about working for SRCAA, Inc.? "Seeing the facial expressions and hearing the excitement of the children when I bring the food cart into the classrooms".

-Patricia A. Jackson



"The resilience of the Salisbury-Rowan Community Action Agency, Inc. is a direct result of you, our valued employees. Your dedication, commitment and service to this agency is most appreciated, and we would like to take this time to recognize and celebrate you. I would also like to take this moment to welcome aboard our newly hired employees!"

-Dione Adkins
Executive Director

PROMOTIONS

Jasmine Miller NC Pre-K Lead Teacher
 Mekiya Hailey Family Development SPCLST
 Marisol Ruiz..... NC Pre-K Teacher
 Shakema James Center Manager

NEW EMPLOYEES

Katlin Duvall Lead Teacher
 Melissa Brown Bus Monitor/Floater
 Ebony Hooker Custodian
 Asisha Hawkins.....Teacher
 LaRussia Dunlap Lead Teacher
 Naketa Rivers Teacher Aide
 Lisa Eagle..... HS Teacher
 Molly Isenhour NC Pre-K Teacher
 Yahara Torres..... Bilingual Specialist
 Amanda Hinson EHS Lead Teacher
 Brittney Ebeling HS Lead Teacher
 Cheryle Moser Dietary Aide

SERVICE RECOGNITION

Susan Wilkey 38 Years
 Linda Black 26 Years
 Sha'Mika Sellers 15 Years
 LaShonda Patterson 15 Years
 Tashina Patterson 12 Years
 Latoya Brown 4 Years
 Robert Houpe..... 3 Years
 April Butler 1 Year
 Francine Young 1 Year
 Sean Hill 1 Year

"Every accomplishment starts with the decision to try!" -Gail Devers

SERVICE OF COMMUNITY TOP PRIORITY

In the aftermath of the unprecedented health crisis faced by our community and our entire nation due to COVID-19, the Salisbury-Rowan Community Action Agency, Inc. continues making the service of the community top priority, from providing early childhood education through our Head Start/Early Head Start Program or tuition assistance for employment skills training through our Self-Sufficiency Program, we are dedicated to helping people, help themselves

HEAD START/EARLY HEAD START PROGRAM: The comprehensive child development program is designed to meet children and family needs, providing a solid foundation for the child and parent to grow together. The primary goals of the Head

Start/Early Head Start programs are to provide the best child development practices for children birth to five years of age. Head Start provides a comprehensive child development program that addresses the physical, cognitive, mental, social, and emotional development of prenatal, infants, toddlers, and preschool participants. The program services Rowan and Davidson counties.

FAMILY SERVICES: This Self-Sufficiency program assists those who choose to make a change in their life. For families and individuals enrolled in this program, the agency provides comprehensive supportive services to secure employment or increase their income, obtain education and /or vocational training, make better use of their income, obtain and maintain standard housing, and build a strong work ethic. The program services Rowan and Cabarrus counties

Sweet Potato Cake with Maple Pecan Glaze

This delicious Sweet Potato Cake with maple pecan glaze is the perfect dessert for any occasion. If you would like a diverge twist to pumpkin spice recipes of the autumn season, this easy recipe will surely delight those that are served this treat.

Ingredients

Cake

- 3 cups all-purpose flour
- 1 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon nutmeg
- 1/4 teaspoon salt
- 2 cups sweet potatoes cooked, peeled and mashed
- 1 1/2 cups milk
- 2 eggs beaten
- 2 teaspoons vanilla extract
- 1/2 cup 1 stick butter melted

Crumble Topping

- 1 cup brown sugar
- 2 Tbsp all-purpose flour
- 1 Tbsp ground cinnamon
- 1/2 cup butter softened

Glaze

- 2 cups powdered sugar
- 3 tablespoons milk
- 3 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 cup pecans chopped (optional)

Directions

Preheat oven to 350F. Grease a 9x13-inch baking dish with non-stick cooking spray; set aside.

In a large mixing bowl, whisk together the flour, sugar, baking powder, nutmeg, and salt; set aside.

In a medium mixing bowl, combine the mashed sweet potatoes and milk together, then mix in the beaten eggs and vanilla extract.

Add the wet mixture to the dry mixture and stir just until combined. Add the melted butter and fold in until fully incorporated.

Pour the batter into the prepared baking dish.

Crumble - In a medium mixing bowl, combine the brown sugar, flour, and cinnamon for the crumble topping. Cut in the 1/2 cup (1 stick) softened butter until the mixture is crumbly. Sprinkle the



topping all over the cake batter in the baking dish and use a butter knife to swirl it into the cake batter just a little bit so some of the topping settles down into the cake and some is on top.

Bake the cake at 350F for 35-40 minutes, or until a toothpick inserted into the center comes out clean.

Glaze - In a medium mixing bowl, combine the ingredients for the glaze. Pour the glaze over top of the cake while it is still warm.

Slice and serve warm or at room temperature.

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