

NEWSLETTER



SALISBURY-ROWAN COMMUNITY ACTION AGENCY, INC

APRIL 2021



Enjoy A Stress-Free Spring

Spring is the season that is often considered to be the time of rejuvenation and new growth, the season of new beginnings where things come back to life. The positive awakening that Spring provides is especially important when reflecting on the stress of previous months when the future seemed uncertain. April is recognized as Stress Awareness month that began in 1992.

This month's spotlight will be on healthy ways to cope with stress and steps that can be taken when feeling overwhelmed. Stress can be experienced at home, work, in traffic, or perhaps a bad interaction with someone. Negative stress can keep you from feeling and performing your best mentally, physically, and emotionally. The truth is that no one is exempt from dealing with stress, however, it is important to know how to manage the stress in your life.

Exercising: Working out on a regular basis is good for your physical and mental health. Experts say that exercise is one of the best ways to relax your mind while relieving stress. However, exercise routines should be done on a regular basis to experience the pay off. You can begin with daily brisk walks for 10-20 minutes but remain consistent.

Relaxing Your Muscles: When stressed, muscles will often become tense. Taking a moment to stretch your muscles in tense situations can lower the stress



levels. When at home, taking a hot bath or shower will relax muscles, but getting a good night's sleep is most important.

Deep Breathing: Stopping to take deep breaths can quickly ease tension. In situations that become intense with others, excuse yourself for a few moments. Breathe deeply and slowly. Imagine a peaceful place or reflect on a cheerful memory.

Negative to Positive: Creating mental positive thoughts when dealing with stressful situations will help relieve stress when you are feeling overwhelmed. Some things are out of your control and must run their course. Rather than thinking you cannot do a task; tell yourself, "I have got this and will do the best that I can!" When everything seems to be going wrong, tell yourself, "I know how to deal with this. I have done this before!" Each stressful situation can be different and require multiple methods to manage issues in a healthy manner but find a positive spin to what seems negative.

Talk to Others: We are all human and need to vent at times. Talking to others about stress can also help to relieve stress. Discussing stressful issues with others is always better than keeping things bottled in. If your stressful situation is personal or sensitive, there are many professional resources that can be easily accessed and are fully confidential. [Click here](#) to see resources.

10 Quick Tips To Manage Stress

- Count to 10 before you speak or react.
- Take a few slow, deep breaths until you feel less tense.
- Go for a walk, even to the restroom and back can help break the tension and give you a chance to think things through.
- Try a quick meditation or prayer to get some perspective.
- If not an urgent situation, sleep on it and respond another day. This works well for stressful emails and social media trolls.
- Avoid raising your voice and showing signs of anger. If possible, handle it later once things have calmed down.
- Break down big problems into smaller parts. Take one step at a time, instead of trying to tackle everything at once.
- Turn on some chill or inspirational music when applicable.
- Take a break to pet the dog, hug a loved one or do something to help someone else.
- Work out or participate in something active. Exercise is a great antidote for stress.

Guiding Principles

The Guiding Principles of SRCAA, Inc. ensures the longevity of our culture, creates an understanding of our vision and values, support our sustainability and guides our organization throughout all circumstances, regardless of any changes we encounter.

Integrity is a quality that is demonstrated, and practiced even when no one else is there to witness it. Integrity can be demonstrated by setting a positive example through communication, actions and reactions to situations, engaging in respectful conflict, practicing accountability and showing up on time ready to work.

Personal and professional Integrity is the foundation of all we do here at the Salisbury-Rowan Community Action Agency, Inc. Integrity encompasses sound judgment, dependability and loyalty to the communities we serve. This in turn fosters the community's confidence and trust in our ability to serve.

"Demonstrate the highest standards of personal integrity, truthfulness, honesty, and fortitude in all our Community Action activities in order to inspire confidence and trust in the Community Action movement".

Community Action Code of Ethics

**Integrity (noun): the quality of being honest and having strong moral principles; moral uprightness.*



“To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity..”

– Donald A. Adams

“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 employee!”

**-Dione Adkins-Tate
Executive Director**

EMPLOYEE RECOGNITION

Natasha Sherald	17 years
Martha Cannon	5 years
Adriana Jaimez	3 years
Evelyn Craig	2 years
Raynell Corey	2 years
LeTya McAllister	2 years

NEW EMPLOYEE

Cynthia Gardner	Center Manager
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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.

CSBG CARES NC: CARES assistance is provided to individuals and families who have income below 200% of the poverty rate, and whose economic circumstances have been adversely impacted, or has immediate needs due to COVID-19. Applications for assistance can be completed online at srcaa.com. The program services Rowan, and Cabarrus counties.

Strawberry Pan Pancakes

Sheet Pan Pancakes – essentially a giant pancake baked in the oven, the most genius and easiest way of making pancakes.



INSTRUCTIONS

Preheat oven to 400F and butter a standard baking sheet (ideal size measures 18x13). In a mixing bowl, whisk together the melted butter, buttermilk, eggs, and vanilla extract, then set aside.

In a separate bowl, whisk together the flour, sugar, baking powder, and salt. Add the dry ingredients to the wet ingredients and mix well, until there are no dry pockets of flour left. Lumps are fine. Gently fold in the sliced strawberries. Pour the batter onto the prepared baking sheet, making sure to get it as even as possible.

Bake for about 20 minutes, until puffed up and starting to turn light golden on top. Note: be careful not to overbake because the pancakes are thin.

Slice the pancakes into squares and serve warm, with butter and maple syrup, if desire.

INGREDIENTS

- 6 Tbsp unsalted butter, melted
- 2 1/4 cups buttermilk (or milk)
- 2 large eggs
- 1 tsp vanilla extract
- 3 cups all purpose flour
- 1/4 cup granulated sugar
- 5 tsp baking powder
- 1/2 tsp salt
- 2 cups strawberries, hulled and sliced
- butter and maple syrup for serving (optional)



TIPS & HEALTHY VARIATIONS

If you use a different sized pan you will need to adjust the recipe and cooking time. It is recommended to use a standard half sheet baking pan for this recipe that measures 18x13 inches. Feel free to use whole wheat flour, or part whole wheat flour in place of all purpose flour. Oat flour would also be delicious. Milk, buttermilk, or half and half will work. Also use any non-dairy milk you like. You can use other fruit in this recipe: try blueberries or raspberries also.

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