



Mission

Salisbury-Rowan Community Action Agency, Inc. provides services for individuals, children, and families to enhance their quality of life and promote opportunities for self-sufficiency.

Vision

Everyone will have an opportunity for success in life.

Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

Pushing Forward: Journey Toward Self-Sufficiency During A Difficult Year

This month will bring us to the final days of what has been a perilous and daunting year. We have heard many stories of hardships and uncertainties during 2020; however, the on-going journey from a participant in our Self-Sufficiency program is a great example of our commitment to advocacy. Costella Taggart, a single mother of three, lost her 17-year old daughter in a car accident 4 years ago. Most recently, due to Covid-19 furloughs, she became unemployed and was unable to find work. Also having a special needs child at home, Costella felt as though her options were running out.

As a result of needing financial relief, Costella was referred to SRCAA, Inc. by the Department of Social Services. Subsequently, with the financial assistance she received through SRCAA, Inc.'s CARES NC program, she was able to maintain housing and obtain supplemental food and nutrition services through referral. The services received through the CARES NC program inspired her to enroll into SRCAA, Inc.'s Self-sufficiency program. Costella shared that she felt her goals and dreams seemed far out of reach until meeting Sherry Tillmon, Director of Family Services at SRCAA, Inc. *"Sherry gave me the confidence I needed. My mind changed, my spirit and soul woke up! I started to live again! I was told, 'Don't Give Up, Just Do It, You've Got This!'"* She further recalls feeling extremely excited and



encouraged after her initial appointment. *"I looked my son in his eyes and told him, 'We're going to make it!'"*

Although 2020 has been a difficult year, Costella continues to push forward with the goal of achieving self-sufficiency through her partnership with the Salisbury-Rowan Community

"My mind changed, my spirit and soul woke up! I started to live again!"

Action Agency, Inc., she has experience as a Certified Nursing Assistant; however, her certification expired during

the statewide shutdown.

Costella's goals consist of obtaining her CNA recertification and employment through the Self-Sufficiency program. As she reflected upon her journey thus far, she stated, *"This has been a life-changing experience. I have realized that if you need and want help, it can be provided to you. I'm beginning to feel as though I can stand tall and proud!"*

Costella's journey is one of many examples of SRCAA, Inc.'s ideal internal service collaborations. She discovered that SRCAA, Inc. could be the vehicle to help her achieve goals for herself and her family. SRCAA, Inc. is honored to assist and support Costella and her family in her journey to obtaining self-sufficiency.

CDC HOLIDAY SAFETY PRACTICES

The COVID-19 pandemic has been stressful and isolating for many people. Gatherings during the upcoming holidays can be an opportunity to reconnect with family and friends. This holiday season, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

Limit the number of guests as much as possible. Avoid having gatherings in crowded, poorly ventilated spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather, or by placing central air and heating on continuous circulation.

Outdoor gatherings are the preferred method if weather is permissible, but still wear a mask when not eating or drinking. Encourage guests to avoid singing or shouting, especially indoors. Keep music levels down so people don't have to shout or speak loudly to be heard. Encourage attendees to wash their hands often with soap and water for at least 20 seconds. If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol. Limit contact with commonly touched surfaces or shared items, such as serving utensils.

Use touchless garbage cans if available. Use gloves when removing garbage bags or handling and disposing of trash. Wash hands after removing gloves. Treat pets as you would other human family members; do not let pets interact with people outside the household.

[Read More](#)

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.

Advocacy begins with one question of, why does SRCAA, Inc. exist? As stated in our Mission Statement, Salisbury-Rowan Community Action Agency, Inc. provides services for individuals, children and families to enhance their quality of life and promote opportunities for self-sufficiency. Our Vision is that, "Everyone will have an opportunity for success in life".

Advocacy at SRCAA, Inc. means to enact social change by way of a strong belief in our mission and core values. It means to be a voice for those who may not feel that they have one for themselves. Advocacy means to connect those we serve with resources and partnering organizations, and to teach them to advocate for themselves and their community.

I recognize that we are all dealing with our own tribulations brought on by this dreadful pandemic, and still as service workers we recognize and serve those in our community who are in dire situations, and who feel that they don't have hope or options for their self or their family. I sincerely believe that the entire staff here at SRCAA, Inc. demonstrates service before self, and that the interest of those we serve are at the forefront of our daily works. I am grateful for each and every one of you.

If ever there was a time, NOW is our time to show up and be the voice of the voiceless.

-Dione Adkins-Tate

***Advocacy:** (noun) a person or group that defends or maintains a cause or proposal.



"The best way to find yourself is to lose yourself in the service of others."

-Mahatma Gandhi

SPECIAL ANNOUNCEMENTS

"Greetings SRCAA, Inc. Family! I am grateful for the way each of you have adapted to the changes and demands of our new normal as a result of COVID-19. Your unwavering dedication to this agency and to those we serve are a true example of public service, and I cannot thank you all enough for all of your hard work. I would like to also take this time to recognize new staff members who came aboard as of November 2020. Welcome all!"

-Dione Adkins-Tate
Executive Director



New Employees

Felicia Jones Substitute Teacher
Jessica Morgan Lead Teacher
Ranzeno Frazier Case Manager

Special Recognition

Jessica Morgan Associates in Early Childhood Education
China Hopkins Masters in Education

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.

Iced Whole-Wheat Sugar Cookies
Whole-wheat flour adds a savory texture to these cookies that all-purpose flour is unable to achieve. The wheat in the whole grain enhances the flavors of butter and vanilla. Also, unlike classic royal icing, which starts with a pound of powdered sugar, this recipe uses just 1/2 cup and is thickened with yogurt. Looking for festive colors without the chemicals? Try naturally colored sparkling sugars which use colorants derived from plants.



Brain Teaser

If you can decipher the coded message, you have a high level of acumen and excellent problem solving skill.

“
 H S R G R H L O K D S G R J
 S N V D G Q X N T Q L G R J
 !”

Hint: “During a pandemic, it’s wise to stay one step ahead!”
G=A

Ingredients:

Cookies:

- 9 ounces whole-wheat flour (about 2 cups)
- ½ teaspoon salt
- ¼ teaspoon baking powder
- 10 tablespoon butter, softened
- ½ cup granulated sugar
- 1-ounce 1/3-less-fat cream cheese, softened
- 1 large egg
- 1 teaspoon vanilla extract

Icing:

- ½ cup powdered sugar
- 2 tablespoons plain 2% reduced-fat Greek yogurt
- ¼ teaspoon grated lemon rind
- *Naturally colored sparkling sugar (optional)

Directions

To prepare cookies, weigh or lightly spoon flour into dry measuring cups; level with a knife. Whisk together flour, salt, and baking powder in a medium bowl. Beat butter, granulated sugar, and cream cheese in a large bowl with an electric mixer on high speed until light and fluffy, about 3 minutes. Add egg; beat until well blended. Add vanilla; beat until blended. Reduce mixer speed to low. Gradually add flour mixture to butter mixture; beat just until combined. Flatten dough into a 6-inch disk; wrap with plastic wrap. Chill 1 hour.

Preheat oven to 350°F. Roll dough to 1/4-inch thickness on a lightly floured surface. Cut out

32 cookies, using a 2- or 3-inch cutter, rerolling scraps as necessary. Place cookies 1 inch apart on baking sheets lined with parchment paper. Bake 12 minutes or until lightly browned around edges. Allow cookies to cool.

To prepare icing, whisk together powdered sugar, yogurt, and rind; drizzle over cookies. Sprinkle with sparkling sugar, if desired. Let stand on a wire rack until icing is set, about 15 minutes.

Yield: Serves 32 (serving size: 1 cookie)

Per Serving: 84 calories; fat 4.2g; saturated fat 2.5g; sodium 46mg; calcium 8mg; added sugar 5g.



If you have any comments or suggestions for future newsletter content, please share. ✉