

THE **SRC**AA Inc

NEWSLETTER

September 2021



Honoring Nancy Sifford Commemorating Her Commitment and Service

Remembering Ms. Nancy

A Dedicated Friend and Mentor!

The autumn season will officially begin this month on September 22nd as the Summer fades away. Last month ended with a disheartening tone as the news of our agency employee's passing was announced. Nancy Sifford was a dedicated staff member that would have celebrated her 24th year with the agency in September. This month's spotlight will be to reflect on her memory and the zeal she had to help others.

Ms. Sifford served in many capacities during her 24-year tenure with SRCAA, Inc. Her last positions held were Bus Driver and Nutrition Assistant at Price Head Start and Livingstone Head Start. Ms. Sifford also worked at several of the agency's other locations over the years.

"Nancy was a very dependable person," says Linda Black. "She never had any problems or issues when I asked her to change her daily routine for a special task. She was the Employee Bus Driver of the Year for the North Carolina Head Start Association. Nancy attended additional training classes in Reno, Nevada, and became one of our main trainers for bus drivers. Included in her specialized training was her Safety Restraint Certification and she helped the agency implement the State and National requirements for safe seats on school buses for children. She will be greatly missed!" says Black.

Ms. Jacqueline Click stated, *"I've been with the agency almost eleven years and have known Nancy that long. Back when I was working at Tiny Tots I remember meeting Nancy as a substitute bus driver and we both just clicked from day one. She took my oldest daughter under her wing as her own granddaughter. She later considered my two grandsons as her nephews and loved them as if they were her own. She was just a loving and caring lady that had a laugh I will never forget, and she loved chocolate cake! There was a bakery in Lexington that had the chocolate cake that she was hooked on. So, every two weeks, I made sure Ms. Sifford would get her slice from that bakery!"*

Sharese Woods recalls only knowing Ms. Sifford nearly four months and the impact that was left by her in a short span of time. *"Every now and then she would look at me and tell me to; 'Go Set Down!' but the way she said it would always make me laugh! She would always say, 'Woodie Wooo!' when she was excited or happy! I learned that saying was also what she called her grandbaby." The last time we worked together unloading the supply truck, she kept me laughing the whole time. "Ms. Sifford always made sure that I was on point. I will always remember her because she was like a mentor."*



"She was just a loving and caring lady that had a laugh I will never forget, and she loved chocolate cake!"



20 YEAR AGO THE LIVES OF MANY FAMILIES CHANGED

The early morning hours of September 11th, 2001, seemed to be the beginning of a beautiful day. Many people took notice to the sky being exceptionally clear and blue that morning during their commutes through the busy city. As people went about their daily and scheduled routines, plans were being carried out that would soon shock the world.

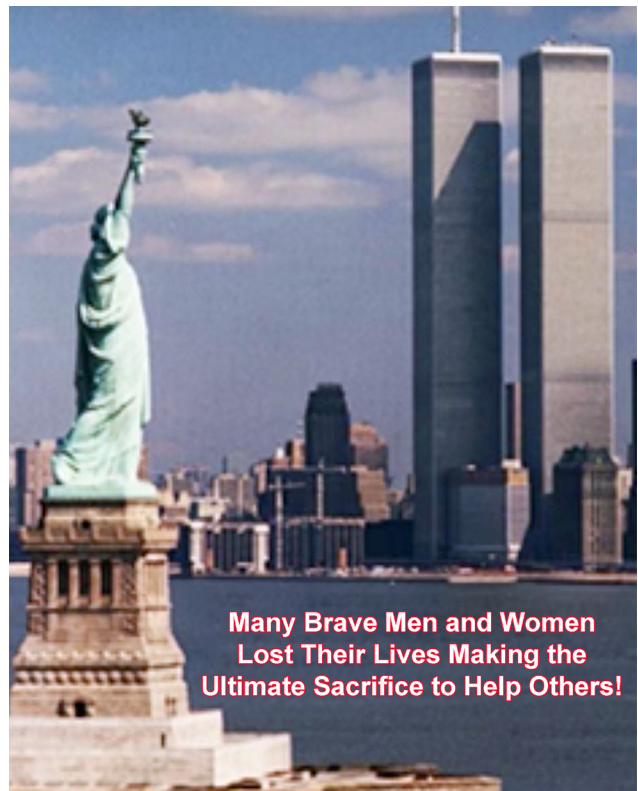
Soon after takeoff, two commercial airlines leaving from Boston to Los Angeles were hijacked by 5 terrorists in each plane. At 8:46 am American Airlines flight 11 hit the North Tower near the 80th floor of the 110-story skyscraper. As the evacuation of the tower got underway, television cameras broadcasted live images of what initially appeared to be a freak accident. Approximately 18 minutes later, a second plane, United Airlines Flight 175 turned sharply toward the World Trade Center and plunged into the South Tower near the 60th floor. The collision caused a



massive explosion that showered burning debris over surrounding buildings and onto the streets below. It immediately became clear that America was under attack.

One survivor that was on the 71st floor in the North Tower told her story about evacuating the building. *“I was in the stairwell leaving the building near the 19th floor when I saw firefighters climbing the stairs in the opposite direction than we were going. I distinctly remember the blank expressions each firefighter had on their faces. It was as if they each knew they would never leave the building again, but yet they kept moving upward.”*

The Twin Towers ultimately collapsed because of the damage sustained from the both impacts and the resulting fires. After learning about the attacks at the Twin Towers and Pentagon, passengers on the fourth hijacked plane, Flight 93, fought



back, and the plane crashed into an empty field in western Pennsylvania about 20 minutes from Washington, D.C. The wife of one of the passengers keeps her husband's last voicemail message from the Flight 93 plane saying, *“I will always love you! Have a good life and I will see you when you get here! Good Bye!”*

2,977 people in total lost their lives that day due to 4 hijacked planes. Many of the remains were never identified. The casualty of lives have been ongoing since 2001 due to illnesses attributed to the attack. Many survivors inhaled toxic dust and debris into their lungs causing various health issues, while many others dealt with severe depression and anxiety.

“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-Tate
Executive Director**

EMPLOYEE RECOGNITION

Name	Years
Susan Wilkey	36 Years
Linda Black	24 Years
*Nancy Sifford	24 Years
Teresa Thrift	23 Years
Wanda Allen	19 Years
LaShonda Taylor	14 Years
Marilyn Ellis	13 Years
Sha'Mika Sellers	13 Years
LaShonda Patterson	13 Years
Jessica Morgan	3 Years
Jessica Gaither	2 Years
Latoya Brown	2 Years
Robert Houpe	1 Year

NEW EMPLOYEES

Ramona Smith	Lead Teacher
Jamie Hosch	Admin Support/Data Specialist
Tiffany Jacumin.....	Lead Teacher

****In special recognition of Ms. Sifford's service with the agency, please see the featured article on page 2.***

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.

Feeling Peachy? Here's a Tasty Treat to get you into the Mood!

Food for thought... Peaches are sweet, juicy, and full of good health benefits!

- Peaches are a very rich source of multivitamins and minerals.
- They have vitamins A, C, E, and K and seven minerals -- calcium, copper, iron, magnesium, zinc, manganese and phosphorus.
- Peaches are also a good source of antioxidants and fiber.
- It's a toxin cleanser, helps with weight control.
- It's a great source of Vitamin C and widely used for skin care. (You get plenty of Vitamin C from one large peach.)
- Apart from health benefits, you can directly use peaches for skin care helps to remove dark circles and blemishes.

Heavenly Peach Greek Yogurt Cake

Ingredients

- ½ cup unsalted butter room temperature
- 1½ cup sugar divided
- 2 eggs at room temperature
- 1 cup plain nonfat Greek yogurt
- 1 teaspoon vanilla or almond extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1½ teaspoons ground cinnamon
- 3 peaches (ripe or frozen peaches, peeled, pitted, and sliced)

Directions

Preheat the oven to 350 degrees F. Grease a 9-inch baking pan or spring-form pan.

Using an electric mixer, beat the butter and 1 cup of the sugar for 3 to 5 minutes on medium-high speed, until light and fluffy.

Add the eggs, one at a time, mixing on low, then the Greek yogurt and vanilla, and mix until the batter is smooth.

In a separate bowl, sift together the flour, baking soda, baking powder, and salt.

With the mixer on low, gradually add the dry ingredients to the wet batter and mix just until just incorporated.

In a small bowl, combine the remaining ½ cup sugar and the cinnamon. Spread half of the batter evenly in the pan, using a spoon or knife.

Top with half of the peaches, then sprinkle with two-thirds of the sugar mixture.

Spread the remaining batter on top, adding the remaining peaches on top, and sprinkle with the remaining sugar mixture.

Bake the cake for 50 to 60 minutes, or until a toothpick inserted in the

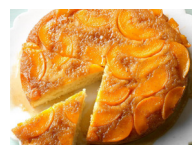


center comes out clean. Serve warm or at room temperature.

Alternative Suggestion

For healthier options, use sugars like Lakanto to make sugar-free.

Prep Time: 15 mins
Cook Time: 50 mins
Avg Servings: 10 Servings
Calories: 321 kcal



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