

THE SRCAA Inc

NEWSLETTER

April 2022

Spring

New Beginnings & Growth



National Internship Awareness Month

Spring is now upon us and to coin an old phrase, "We have now sprung into the season of New Beginnings." April has several note-worthy national recognitions that will be discussed within this newsletter.

National Internship Awareness is one of the causes observed this month. As part of the Salisbury-Rowan Community Action Agency, Inc commitment to help others, the main focus this month will be about our **Early Childhood Educator Apprenticeship** program. This program presents the opportunity for applicants to gain the skill set desired for employment in the Early Childhood Education field. One of the many benefits of this program is being paid while getting on-the-job training and hands-on experience. In essence, to earn as you learn.

An apprenticeship also offers great ways to teach and share information with a person ready to start their career. It provides employment training and experiential learning opportunities that often enhance a person's professional qualities, for example, strengthening soft skills, teamwork, communication, problem-solving, and professionalism. Internships provide job seekers the chance to break into the workforce and gain meaningful experience to launch their careers. This step is often difficult for people with little to no experience. Employer's offering internships find it to be a low-risk, cost-effective workforce solution, often leading to a permanent employment.



According to the ApprenticeshipNC website (Success stories, 2022) *"Apprenticeships benefit both employers and employees. Employers of all sizes can build a talent pipeline that fits their workforce needs. And apprentices can earn progressive wages while learning valuable skills and obtaining nationally recognized credentials."*

This program is for anyone who desires a career in early childhood education, who has not completed a degree to become a teacher.

This program will enable apprentice to become a Teacher Assistant.

Apprentice will have the opportunity to gain the following:

- Earn a CDA (Child Development Associate) Certification
- On-the-job training
- Earn a living wage with benefits
- Earn a NC Apprenticeship Certification

Applicants must commit to 2 years of employment

(2020, May 18). Success stories. ApprenticeshipNC. Retrieved April 4, 2022, from <https://www.apprenticeshipnc.com/success-stories>



Did you know that April is diversity month? It was officially designated as diversity month in 2004, and it strives to help people gain a deeper understanding and appreciation of each other and their differences. To celebrate April diversity celebrations, consider new ways you can integrate diversity into your life.

National Stress Awareness Month

The pandemic has had a detrimental effect on the nation’s mental health and sense of community. The disarray of our social lives, the cancellation of large gatherings, travel restrictions, and working from home have kept us in one place for long periods of time.

Although the pandemic and social distancing requirements seem to be subsiding, many employees have been left short-staffed or their normal job responsibilities have increased. These reasons alone could cause stress and the feeling of being overwhelmed.

When situations are out of your control:

- Recognize when you don’t have control, and let it go.
- Avoid getting anxious about situations that you cannot change.
- Take control of your reactions and focus your mind on something that makes you feel calm and in control.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.
- Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- Discuss your problems with a parent, friend, or another trusted source.



- Avoid drugs and alcohol as a means for escape.
- Recognize when you need more help. Know when to talk to a psychologist, social worker or counselor if things continue to be stressful for you. Read more on this topic [here](#).



This also happens to be **National Financial Literacy** month. Planning for the future and having a detailed plan is overlooked by many people. This article will feature several reasons why having a Financial Plan would be in your best interest.

- 1. You learn what's truly important to you.**
How we use our money reveals what we value. Designing a financial plan will give you insight into your specific financial goals and dreams. A specialized plan will help you discover what’s most valuable to your personal financial future.
- 2. You gain perspective about the future of your money.**
A financial plan can give you clearer understanding of how far your money will go in your retirement years. You will see how your current spending and saving habits will affect your financial future. This also helps you to plan for

- your wants and needs accordingly.
- 3. You will be better equipped to reach your larger financial goals.**
Without a financial plan, large financial goals can get overlooked. Do you want to buy a house? Send a child to college? Buy a car? Larger financial goals are more likely reached when you have a plan in place with a timeline and milestones along the way.
 - 4. You think with the end in mind.**
Making a financial plan helps remove some of the stress of investing and allows you to focus on long term growth. A financial plan allows you the opportunity to think with your end-game in mind.
 - 5. You get to choose your financial path.**
No one knows the economic future. But that doesn’t mean we can’t plan, even for the unexpected. Making educated guesses about your financial future is far better than stumbling into your retirement years on uneducated hunches. Financial planning provides clarity of direction for your financial path.
 - 6. A plan helps guard your family during financial emergencies.**
Unexpected events happen. It’s the nature of living on Earth. A financial plan sets you up to overcome the financial emergencies that arise because you will have guardrails in place for the unexpected.
 - 7. You will have a better peace of mind.**
Again, no one knows the exact future of our economy. But having a plan that addresses your short and long term financial goals will give you security and peace of mind. Failure to plan means you could be planning to fail.

“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

Martha Cannon 6 Years
Shannon Griffin 1 Year

NEW EMPLOYEES

Kristine Moyer Family Development Services
Charleena Zepeda Family Development Services
Kelley Ellis..... Lead Teacher

RECENT WINNERS

WINNER	DATE	EVENT	PRIZE
Shelby Rush	March 15th	Leprechaun Challenge	Pot of Gold (candy)
Ruth Watkins	April 1st	Survey Drawing	Toastmaster Air Fryer

"Kindness and helping others will return to you when you least expect it, and maybe when you need it."

-Catherine Pulsifer

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.

SPRING INTO THIS DELECTABLE TREAT

With this month's Key Lime Cloud Squares, you will find yourself floating on Cloud Nine. The light and refreshing dessert is easy to prepare, but it must be given time to chill and set before serving.

Key Lime' Cloud Squares



Ingredients

- 1-1/3 cups graham cracker crumbs, divided
- 1/4 cup butter, melted
- 3/4 cup boiling water
- 1 pkg. (3 oz.) Jell-O Lime Flavor Gelatin
- 1 cup ice cubes
- 1 pkg. (8 oz.) Philadelphia Cream Cheese, softened
- 1 can (14 oz.) sweetened condensed milk
- 3/4 cup lime juice
- 2 cups thawed Cool Whip Whipped Topping

Directions

Reserve 1 Tbsp. graham crumbs. Mix remaining crumbs with butter; press onto bottom of plastic wrap-lined 9-inch square pan. Refrigerate until ready to use.

Add boiling water to gelatin mix in small bowl; stir 2 min. until completely dissolved. Add ice; stir 2 min. or until thickened. Remove any unmelted ice. Beat cream cheese in medium bowl until creamy. Gradually beat in milk, then lime juice. Add gelatin and mix well. Whisk in 1 cup Cool Whip. Pour over crust.

Refrigerate 6 hours or until firm. Cover with remaining Cool Whip just before serving and sprinkle the reserved graham crumbs over the top of recipe. Use plastic wrap handles to remove dessert from pan before cutting into squares.

Create your own unique flavor!

There can be many variations for this recipe to please your taste. Experiment with other Jell-O flavors such as Banana, Strawberry, Cherry, or Orange. Blend the same amount of juice (3/4 cup) into the recipe. The juice can be substituted to other flavors that best match your choice of Jell-O flavors such as Fruit Punch, Lemon, Pineapple or Orange Juice.

A good example would be Pineapple flavored Jell-O with Coconut juice to create a tropical Piña colada dessert. Follow the same directions when experimenting with different ideas. Enjoy!

Nutrition Facts

Calories: 240	Sugars: 23g 46%
Total Fat: 12g 15%	Protein: 4g 8%
Saturated Fat: 8g 40%	Vitamin A: 10%
Trans Fat: 0g	Vitamin C: 2%
Cholesterol: 35mg 12%	Calcium: 8%
Sodium: 190mg 8%	Iron: 2%
Carbohydrate: 28g 10%	* Values are based on a 2,000 calorie diet.
Dietary Fiber: 0g 0%	



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