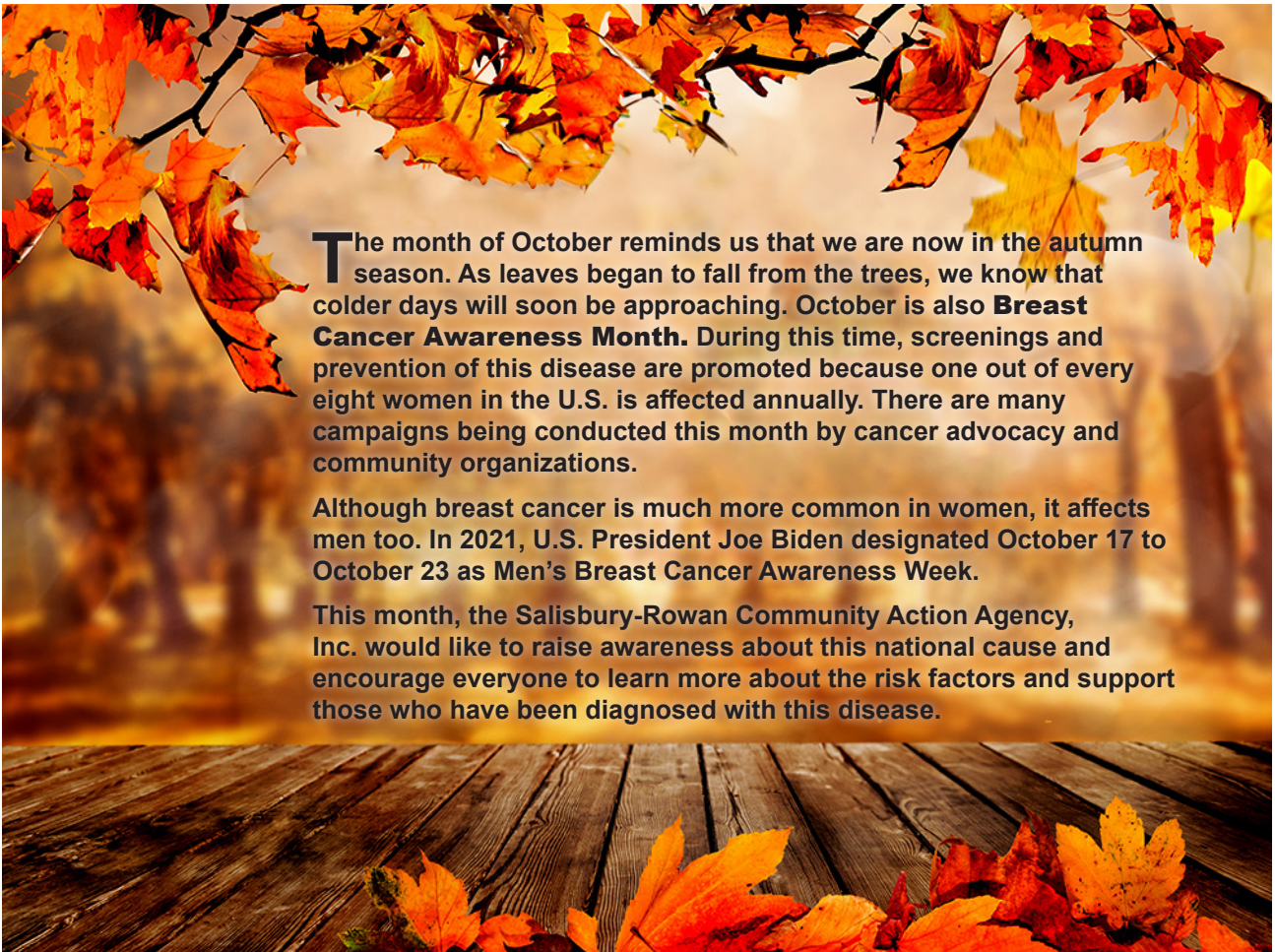


# THE SRCAA Inc

## NEWSLETTER

October 2023

*Autumn*  
2023



**T**he month of October reminds us that we are now in the autumn season. As leaves began to fall from the trees, we know that colder days will soon be approaching. October is also **Breast Cancer Awareness Month**. During this time, screenings and prevention of this disease are promoted because one out of every eight women in the U.S. is affected annually. There are many campaigns being conducted this month by cancer advocacy and community organizations.

Although breast cancer is much more common in women, it affects men too. In 2021, U.S. President Joe Biden designated October 17 to October 23 as Men's Breast Cancer Awareness Week.

This month, the Salisbury-Rowan Community Action Agency, Inc. would like to raise awareness about this national cause and encourage everyone to learn more about the risk factors and support those who have been diagnosed with this disease.

## Sabb's Story Is No... "Sob Story!"

De'Shonna Sabb, a single mother of four, was working part-time and in need of financial security for her family. In addition, Ms. Sabb noticed that her children were struggling with their academics in school.

Being informed about the resources offered at the **Salisbury-Rowan Community Action Agency, Inc.**, she enrolled in the **Self-Sufficiency Program**, with the goals of earning a Commercial Driver's License (CDL's) and obtaining tutoring services to assist her children in their academic studies.

Through support, advocacy and financial assistance provided by SRCAA, Inc., Ms. Sabb's children received tutoring services, and **SRCAA, Inc.** provided De'Shonna full tuition for Commercial Driver's License (CDL's) training.

In June 2023, Ms. Sabb successfully earned her Commercial Driver's License, and she is now receiving financial coaching to aid her in developing a plan for savings and financial security.

*"Thank you! I'm truly grateful for your help and for getting my family what we need to succeed!"*



# Emotional Awareness Month: Essential Oils for Stress Reduction and Self-Care

This month, Livingstone Head Start created an event to acknowledge **Emotional Awareness Month**. Ms. Patterson, Center Manager, described some of the essential oils that can help reduce stress for those in attendance. Some of the examples included how to build confidence and self-esteem, overcome inferiority complexes, and overcome hopelessness by using essential oils.

Ms. Patterson suggested using plant oils such as lavender, geranium, clary sage, jasmine, sandalwood, bergamot, and frankincense, among others, to reduce stress. There was also a discussion about how different types of emotions can affect the body and cause physical pain, such as migraines.



Patterson says, "The overall enjoyment of seeing the parents and building a foundation of trust was a positive outcome! We enjoyed fellowship and laughter during this gathering while creating our own body scrubs made with self-love."

## EMPLOYEE SPOTLIGHT

Charleen J. Gillispie has been with the Salisbury-Rowan Community Action Agency, Inc. for 11 years. She is currently the manager at the Westside Center in China Grove. During her leisure time, Ms. Charleen enjoys casting her hook in the water, as fishing is one of her favorite activities.

Depending on the day and mood, she enjoys watching romance, drama, suspense, and comedy movies or shows. Ms. Charleen cites that she absolutely loves strawberries as one of her favorite foods. Two of her favorite destinations to visit are the beach and mountains, and her favorite book to read is the Bible.

**What is the most fulfilling about working for SRCAA, Inc.?** "One of the most fulfilling moments is having the opportunity to see families from the past that remember me. They express being



*thankful for helping their child and family and how well they are now doing. It is especially fulfilling when a child tells me they remember me."*

-Charleen J. Gillispie

*"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

## SERVICE RECOGNITION

Brenda Davis .....	32 Years
Angela Robinson .....	32 Years
Andrea Bost .....	27 Years
Chandrika Cozart .....	25 Years
Norma Phillips .....	22 Years
Jacqueline Click .....	13 Years
Antoinette Burton .....	11 Years
Nory Poole .....	7 Years
Shelby Rush .....	4 Years
Andre Neely .....	3 Years
Donyetta Garcia (as of July).....	1 Year

## NEW EMPLOYEE

Jessica Gaither ..... Head Start Teacher

## 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

## Overnight French Toast with Cranberries and Pecans

This overnight French toast is the move for an effortless make-ahead brunch. After you've assembled it and let it chill overnight, all you have to do in the morning is top it with pecans, bake it, and finish it with powdered sugar (optional).

### Ingredients

Cooking spray

¾ cup packed light brown sugar

¼ cup plus 2 tablespoons (3 ounces) salted butter

3 tablespoons pure maple syrup

1 (16-ounce) challah bread loaf, cut into 1/2-inch slices

8 large eggs

2 ½ cups half-and-half

1 tablespoon bourbon (optional)

2 teaspoons vanilla extract

1 teaspoon grated orange zest (from 1 orange)

½ teaspoon ground cinnamon

1 cup fresh cranberries (about 3 1/2 ounces) or unthawed frozen cranberries (from 1 [5-ounce] package)

½ cup chopped pecans

Powdered sugar

cinnamon in a large bowl until combined. Pour over and between bread slices; sprinkle cranberries evenly on top. Cover with aluminum foil, and chill for 12 hours.

Preheat oven to 375°F. Remove foil from baking dish, and sprinkle evenly with pecans; cover with foil, and bake in preheated oven for 20 minutes.

Remove baking dish from oven. Remove foil; return baking dish to oven, and bake at 375°F until golden brown and set, about 20 minutes. Sift powdered sugar over top, and serve.

### Make Ahead

French Toast will keep, wrapped in plastic wrap, in refrigerator for up to 3 days. Leftovers can be reheated in a microwave.



### Directions

Coat a 13- x 9-inch baking dish with cooking spray. Set aside. Bring brown sugar, butter, and maple syrup just to a boil in a small saucepan over medium-high. Carefully pour mixture into prepared dish; arrange bread slices over mixture, overlapping slices. Whisk together eggs, half-and-half, bourbon (if using), vanilla, orange zest, and

Visit Our Affiliate Social Media Sites

