

THE SRCAA Inc

NEWSLETTER

JANUARY 2023



2023

**NEW YEAR.. NEW OPPORTUNITIES
TO SERVE OUR COMMUNITIES**

New Year... New Beginning

I am pleased to welcome you all back to embark on another successful year here at SRCAA, Inc.

Oftentimes I reflect on my tenure here and cannot help but smile and be thankful for the strides we've made, especially over all our challenges. As we closed 2022, I made the statement that we are a resilient group, family & agency, and I meant every word. I truly believe that each of us are here for the purpose of serving above self and you prove that every time you show up to serve our community.

I appreciate each one of you and all your contributions to this agency because I realized long ago that no one job is more important than another and no one person is bigger than this organization. It takes our collective efforts to make this agency what it is.


As we begin navigating our ways through 2023, please be reminded that there is much work ahead, many lives awaiting positive change, and our

community is relying on us to show up. I believe in you; I believe in the work we do, and I know from personal experience what this agency can achieve in the lives of those we serve.

In closing, I thank you all in advance for all you're going to do to make 2023 a wonderful year for our agency!

Sincerely,
Dione Adkins





National Mind-Body Wellness Month

January is recognized internationally for International Mind-Body Wellness. An opportunity to celebrate how a healthy mind and healthy emotions equate to a healthy body. Mental wellness plays an integral role in our overall health and well-being.

The mind-body connection is the link between a person's thoughts, attitudes, behaviors, and their physical health. Stress can kill brain cells and even reduce the size of the brain. Chronic stress has a shrinking effect on the prefrontal cortex, the area of the brain responsible for memory and learning. Experts have found that good feelings can boost your ability to deal with stress, solve problems, think flexibly, and even fight disease. Taking care of your body emotionally, physically, and mentally through creating joy and satisfaction is an important part of living with or without a mental health condition.

- **Build resilience:** Learning healthy ways to draw from resources in your community can help you build resilience.
- **Reduce stress:** Learning healthy ways to cope with stress can also boost your resilience.
- **Get quality sleep:** Sleep helps you think more clearly, have quicker reflexes and focus better.
- **Strengthen social connections:** Our social links can have powerful effects on our health—both emotionally and physically
- **Coping with loss:** Although big loss can feel overwhelming, most people can make it through the grieving process with the support of family and friends.

[Read More](#)

Special Compensation for Federal Food Benefits Ends March 2023

According to NC.gov (2023) it was announced the nationwide emergency allotments for COVID-19 in the Food and Nutrition Services (FNS) program will end in March 2023. Households that have been receiving extra FNS benefits (called "emergency allotments") each month since March 2020 or after will see a reduction in benefits because of a federal change in emergency allotments for all states.

These emergency allotments have been critical in helping families compensate for financial and economic hardships due to COVID-19. An average of 900,000 North Carolina households received FNS emergency allotments, giving more families access to nutrition meals that support healthy and productive lives, and bringing approximately \$150 million federal dollars each month into local economies.

"Families needed these additional benefits to get healthy and nutritious food throughout the pandemic," said Susan Gale Perry, NCDHHS Chief Deputy Secretary for Opportunity and Well-Being. "While FNS emergency payments are ending, the need is not. We will continue to prioritize food security for all North Carolinians." Beneficiaries will continue to receive their regular monthly benefit amounts in March 2023 based

on a person's or household's current eligibility, income, household size and other federal eligibility requirements. North Carolinians in need of additional food assistance can learn more about additional food and nutrition resources at ncdhhs.gov/foodresources. Residents can apply for FNS benefits online with [ePass](#) or by filling out a paper application and mailing it to or dropping it off at their county Department of Social Services.

Extra Federal Food Benefits due to covid-19 will end in March. NCDHHS. (2023, January 9). Retrieved January 16, 2023, from <https://www.ncdhhs.gov/news/press-releases/2023/01/12/extra-federal-food-benefits-due-covid-19-will-end-march>



"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

Kenneth Click	40 Years
Bettina Cherry	26 Years
Ayesha Badger	15 Years
Erica Scarlette	12 Years
Jasmine Harris	10 Years
Marisol Ruiz	6 Years
Elena Banuelos Pinzon	3 Years
LaNette Chunn	3 Years
Maya Candy	1 Year

"What the new year brings to you will depend a great deal on what you bring to the new year. It is a wonderful thought to know some of the best days of our lives have not even happened yet!" -Vern McLellan

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

MASHED POTATO & MUSHROOM CASSEROLE

We all know the routine that takes place at the beginning of the year. People make resolutions to eat healthy and perhaps renew their memberships at the gym. Well in terms of eating healthy, the newsletter recipe for this month will not be the culprit for you breaking any eating resolutions. Although the list of ingredients are long, this dish is healthy and delicious. Enjoy!



Ingredients

13 ½ pounds potatoes, preferably Yukon Gold, peeled and cut into 1-inch pieces
 1 ½ pounds cremini or white mushrooms, halved
 1 tablespoon butter
 ½ cup nonfat buttermilk
 1 large egg plus 1 large egg white, beaten
 1 ¼ teaspoons salt, divided
 1 tablespoon extra-virgin olive oil
 ¾ cup chopped onions
 3 cloves garlic, finely chopped
 4 cups trimmed and finely chopped spinach
 1 cup mushroom broth or reduced-sodium beef broth
 2 tablespoons all-purpose flour
 ½ teaspoon freshly ground pepper
 ½ teaspoon chopped fresh rosemary
 1 cup freshly grated Parmesan cheese, divided

Directions

Bring 1 inch of water to a simmer in a large pot. Place potatoes in a steamer basket, cover and steam over medium-low heat, replenishing the water as necessary, until the potatoes are fall-apart tender, 20 to 30 minutes.

Meanwhile, working in two batches, place mushrooms in a food processor and pulse, stopping to scrape down the sides as needed, until the mushrooms are coarsely chopped.

Transfer the potatoes to a large bowl. Add butter and mash until chunky-smooth. Gradually stir in buttermilk, egg and egg white and 1 teaspoon salt. Set aside.

Heat oil in a large skillet over medium heat. Add onions and garlic and cook, stirring, until fragrant and beginning to soften, about 1 minute. Add the mushrooms and cook, stirring often, until they release their liquid and the pan is almost dry, 10 to 12 minutes. Add spinach and continue to cook, stirring, until wilted (about 4 minutes). Whisk broth and flour in a small bowl. Add to the pan along with the

remaining 1/4 teaspoon salt, pepper and rosemary. Cook, stirring, until the mixture bubbles and thickens (about 1 minute). Preheat oven to 400 degrees F.

To assemble, spread half of the mashed potatoes in an even layer in a 9-by-13-inch (or similar 3-quart) baking dish. Sprinkle half the Parmesan over the potatoes. Spread the mushroom mixture on top and spread the remaining potatoes over the mushroom layer. Top with the remaining Parmesan.

Bake until hot throughout and the top is golden brown, about 35 minutes.

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