

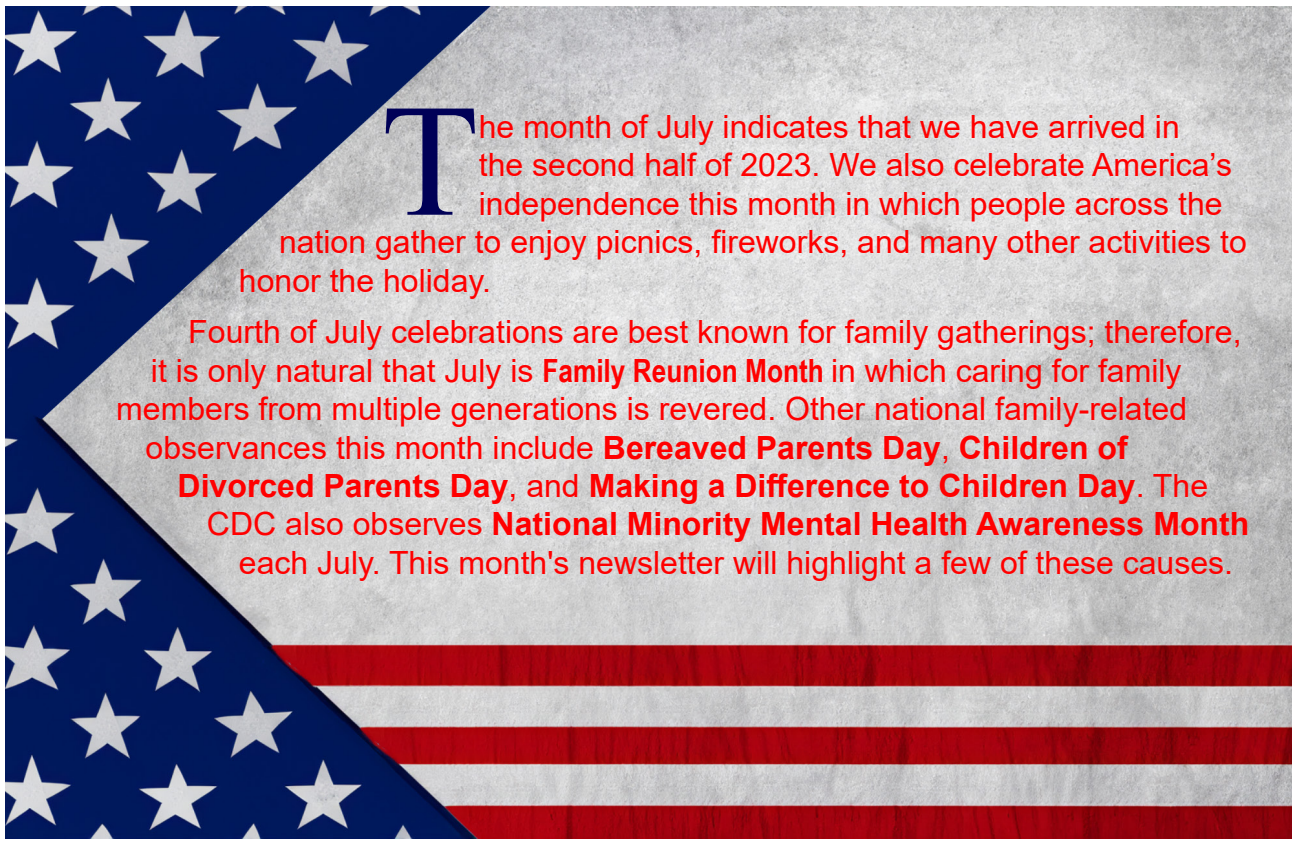
# THE SRCAA Inc

## NEWSLETTER

JULY 2023



*247 Years of Independence*



The month of July indicates that we have arrived in the second half of 2023. We also celebrate America's independence this month in which people across the nation gather to enjoy picnics, fireworks, and many other activities to honor the holiday.

Fourth of July celebrations are best known for family gatherings; therefore, it is only natural that July is **Family Reunion Month** in which caring for family members from multiple generations is revered. Other national family-related observances this month include **Bereaved Parents Day**, **Children of Divorced Parents Day**, and **Making a Difference to Children Day**. The CDC also observes **National Minority Mental Health Awareness Month** each July. This month's newsletter will highlight a few of these causes.

## Ethnicity: A Factor for Mental Health Care

Mental Health is a serious issue that has no boundaries in terms of ethnicity. However, according to the latest report from the **Centers for Disease Control and Prevention (CDC)**, many minorities and ethnic groups have difficulty getting mental health care for various reasons. The high cost of having sufficient insurance coverage is among these reasons. Often, mental health issues are misunderstood due to misinformation and negative ideas about seeking treatment.

Other factors that contribute to the emotional well-being of minorities include the experience of discrimination or racial violence which can cause stress and trauma. Poverty can also cause stress and may lead to mental health issues. According to the CDC report (2023), "Everyone benefits when people from racial and ethnic minority groups can thrive. We all have a role to play in promoting health equity."

The CDC is collaborating with partners to improve mental health among racial and ethnic minority groups by:

Developing and sharing culturally responsive resources to promote and strengthen the emotional well-being of populations. Visit the **How Right Now** health communications campaign.

Gathering data on mental health, access to care, demographics, and more.

Declaring racism as a serious threat to the public's health and taking action to address racism.

Ensuring equity principles guide planning around mental health programming.

More information and resources on this topic [here](#).



Centers for Disease Control and Prevention. (2023, June 27). Prioritizing Minority Mental Health. Centers for Disease Control and Prevention. <https://www.cdc.gov/healthequity/features/minority-mental-health/index.html>

# Making A Difference, Changes Lives

There are many ways for adults to get involved and make a difference in a child's life. The benefits are endless for both you and the child. Many children lack sufficient and active role models in their lives. Whether you are a parent, aunt, uncle, friend, or volunteer you can easily fill a void in a child's life that can leave an impact forever.

Children constantly need attention, love, and affection, and strive to feel special. This is where an active role model can be most beneficial. Role models can teach children principles like sharing, which is important for children to learn. Studies show that being playful and silly at times helps to break down barriers and lets the children know you are relaxed; this will encourage them to be as well. Dance, laugh, and have fun because these are the moments that matter most.

Encourage them and be positive. Supporting them and sharing their interests is a great way to let them know you are there for them. Be an active listener because every child wants to be heard. Relate to their feelings and stay active in the conversation with them.

The **SRCAA, Inc** has several positions available for qualified individuals that would like to make a difference in children's lives. There is also the **Earn As You Learn** program that can assist with

gaining skills and structured on-the-job training. For more information about the program and positions available visit our website [srcaa.com](http://srcaa.com).



## EMPLOYEE SPOTLIGHT

Erica Scarlette has been with the **Salisbury-Rowan Community Action Agency, Inc.** for 12 years. She is currently the Lead Teacher at Thomasville Center for Early Head Start for toddlers. Ms. Scarlette enjoys visiting Gatlinburg, Tennessee as a travel destination. She also enjoys dancing and fishing during her leisure time and spending time with her family and friends.

Scarlette's favorite movies include "Dirty Dancing," "Grease," "Lean On Me" and the television series "The Voice." She also cites "The Outsiders" as her favored novel to read. Mexican, Japanese, and Italian (pizza) are among her favorite types of food.

**What is most fulfilling about working for SRCAA, Inc?** "Being able to be a part of the

*"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



*children's growth and watching how much they learn throughout the years," Scarlette states.*

## SERVICE RECOGNITION

Samantha McCallum ..... 21 Years



*"Whatever is bringing you down, get rid of it. Because you will find that when you're free... your true self comes out!"* -Tina Turner

## 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

# ★ ★ GRILLED COCONUT CHICKEN ★ ★

The summer days are traditionally known for grilling out, especially during 4th of July events. This recipe is an alternate spin on grilled chicken to delight your taste bud with a twist of flavor. The marinade make the chicken insanely tender thanks to the tasty duo of coconut milk and tenderizing pineapple juice. Once the marinade is prepared, this dish a breeze to grill.



## Ingredients

- 1 cup canned unsweetened whole coconut milk
- 3/4 cup pineapple juice
- 1/4 cup chili-garlic sauce
- 1/4 cup fresh lime juice
- 1/4 cup packed light brown sugar
- 3 cloves garlic, finely chopped
- 2 tbsp. reduced-sodium soy sauce
- 1 tbsp. finely grated peeled ginger (from one 2" piece)
- 2 lb. boneless, skinless chicken thighs or breast
- Kosher salt (season to taste)
- Vegetable, Canola, or Olive oil for grilling
- 1 pineapple, sliced into rounds
- 1/4 cup packed fresh cilantro leaves

**Tips:** Do not discard the marinade, you can boil it on the stovetop until thickened and drizzle over the chicken before serving for maximum flavor. Leftover coconut milk can be stirred into soups and stews for a creamy finish, mixed into rice in place of some of the water for coconut rice, or stirred into oatmeal to add richness without dairy, or blended into smoothies.

In a large bowl, whisk milk, pineapple juice, chili-garlic sauce, lime juice, brown sugar, garlic, soy sauce, and ginger until well combined. Add chicken and toss to coat. Cover and refrigerate for at least

20 minutes or up to 4 hours.

Remove chicken from marinade and transfer to a baking sheet, letting excess marinade drip back into bowl; season chicken all over with 3/4 teaspoon salt. Reserve marinade.

Prepare a grill for medium-high heat; preheat for 5 minutes. (Alternatively, use a grill pan.) Lightly brush grates with oil.

Meanwhile, transfer the marinade to a medium

saucepan and bring to a boil over medium-high heat. Continue to boil, stirring occasionally, until the marinade is thickened, about 5 minutes. Remove from heat.

Grill chicken and pineapple, turning once, until chicken is lightly charred in places and an instant-read thermometer inserted into the thickest part of chicken registers 165° and pineapple is tender and lightly charred 8 to 10 minutes.

Transfer pineapple and chicken to a platter, drizzle with sauce, and sprinkle with cilantro.

## Visit Our Affiliate Social Media Sites

