

THE SRCAA Inc

NEWSLETTER

MARCH 2022

TOGETHER WE HELP OTHERS



FOCUS THIS MONTH

March is now upon us, and the Spring season will arrive on the 20th day of the month. Daylight savings time also happens this month to further indicate the new season is approaching. Aside from that event, March is also nationally recognized for several worthy causes. To name a few for this month: **National Employee Appreciation Day, Saint Patrick's Day, National Single Parent Day, National Credit Education Month, and Women's History Month.**

This month's newsletter will focus on credit tips, employee recognition for their services, contributions, and impact on the community. Also, the achievements of women and their influence in history will be recognized.

Tips to Improve Credit Scores



Get a Credit-Builder Loan

If you're focused on building credit from scratch or recovering after a hit to your score, a credit-builder loan from a credit union could help. You'll make fixed payments for six to 24 months, and your money will sit in a savings account you'll be able to access at the end of the loan term. In the meantime, the lender will report your on-time payments to the credit bureaus, strengthening your score.

Seek Out a Secured Credit Card

Another option for building credit is to get a secured credit card. It requires a cash deposit, typically around \$200, which becomes your credit limit (you may be able to provide a larger deposit for a higher credit line). You can then use the credit card as you would any other, and the deposit protects the issuer from the possibility that you won't pay off your balance. If you use a secured card responsibly, your card issuer could upgrade you to a traditional unsecured card in the future.

Dear SRCAA, Inc. Family,

"I want to take the time to tell each of you that I appreciate all your hard work. I am forever grateful for the way each of you here at SRCAA, Inc. has adapted to the changes and demands of our new normal. Your unwavering dedication to this agency and to those we serve are a true example of public service, and I cannot thank you all enough.

Many of you have taken on additional responsibilities as we navigate through these tough times.

Facing staffing issues is complicated, and it is employees like you who make it all work out for the best. I am proud of each of you, please keep up the excellent work!"

Sincerely,

Dione Adkins-Tate

Dione Adkins-Tate
Executive Director

Source: McGurran, Brianna. "22 Tips to Improve Credit in 2022." Experian, Experian, 31 Jan. 2022, <https://www.experian.com/blogs/ask-experian/ways-to-improve-credit/>.

NATIONAL WOMEN'S HISTORY MONTH

Women have always been part of history, however for centuries their participation in history was immensely overlooked. Early history texts often excluded women altogether, with the exception of powerful women such as a queen or empress. Historians often saw the past through the lens of the "great man" theory, which would suggest that our history only consist of male heroes and their struggles.

March is nationally recognized as **Women's History Month**. Although it's important to celebrate the achievements of women the other 11 months too, March is set aside to reflect on the contributions and sacrifices made by women in this country. Remembering the courage of women in past generations, their efforts, and bravery are what helped make the world, and our country, a more inclusive

place. It's also a great time to celebrate the women who have made a difference in your life: perhaps your mother, grandmother, aunt, sister, teacher, or mentor. If you happen to be a woman reading this article; we celebrate you and the vital role you have in our lives.



KEEPING YOU IN THE KNOW

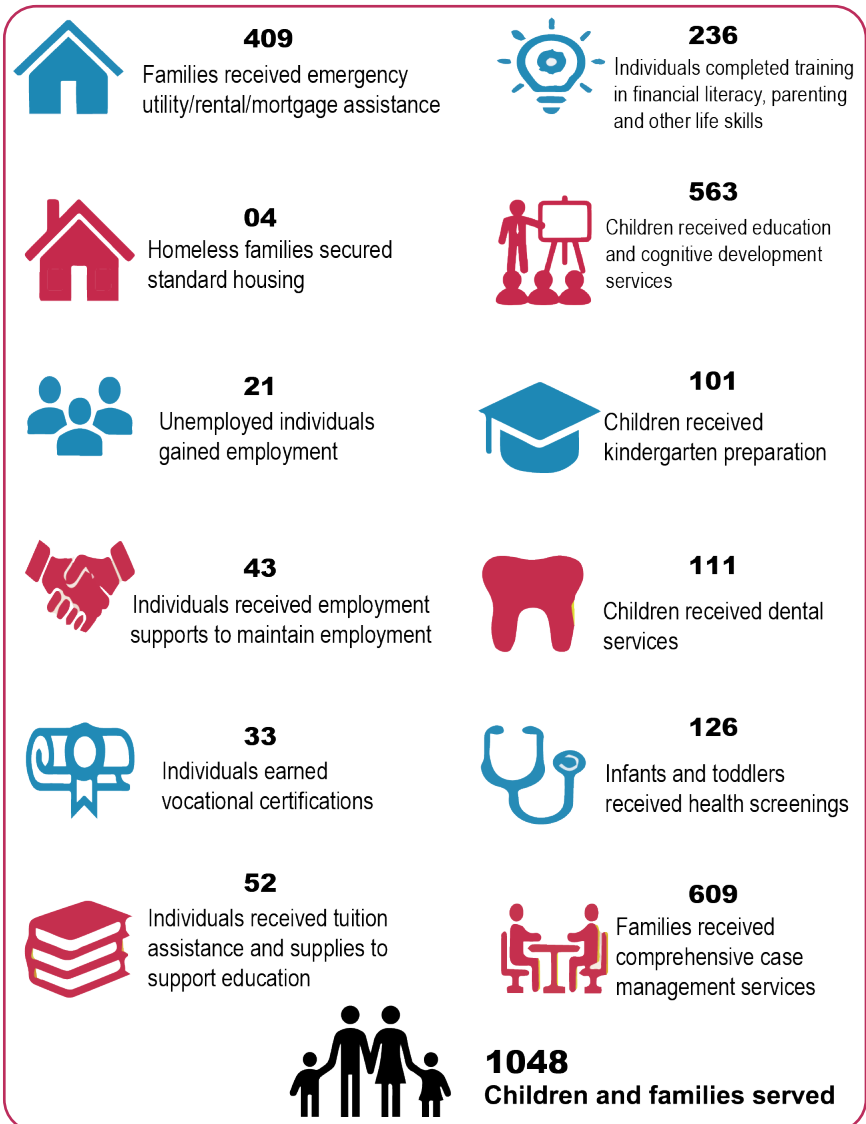


2021 IMPACT REPORT

Salisbury-Rowan Community Action Agency, Inc. is part of a nationwide anti-poverty movement that provides comprehensive services to move low-income individuals, families and children out of poverty and into self-sufficiency by providing support and services that remove barriers such as education and employment training.

The chart shown reflects the impact that was made during 2021 in the service area of the Salisbury-Rowan Community Action Agency, Inc.

Our Vision: Everyone will have an opportunity for success in life.



“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

Patricia Jackson	5 Years
Karen Black	5 Years
Casey Johnson	4 Years
Jasmine Miller	4 Years
Sherry Tillmon	2 Years

NEW EMPLOYEES

James Catheart	Custodian (Main Office & Price HS)
Pamela Kiser	Center Manager HS/EHS
Shatoria Houston	Family Development Services

PROMOTIONS

Elena Banuelos-Pinzon	Floater/Bus Monitor
Kenneth Click	Facilities & Maintenance Manager
David Burkhart	Lead Custodian
Natasha Wise	Floater/Bus Monitor

“ Regardless of the complexity around us or the briskness of the winds of change that may attempt to drive us off course, taking initiative, being consistent and having others count on us to do what we say will we do - true accountability -sets people apart -particularly if we intend to make the most of what we do, and who we ARE, in service to others.” -Dr. Zara F. Larsen

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.

Healthy Recipe for any Age Group

This month's recipe is provided by the **Child and Adult Care Food Program (CACFP)**. This tasty treat is not only simple to prepare, but is also a healthy choice for all ages to enjoy. You can also substitute other healthy fruit choices for an assortment of different taste and flavors.

Herry's Blueberry Lemon Parfait



Ingredients

- 1 cup lemon yogurt
- 2 cups blueberries
- 4 tablespoons crushed graham crackers

Directions

In each of four plastic cups, layer 1/4 cup yogurt, 1/2 cup blueberries, and 1 tablespoon graham crackers.

For a complete breakfast, serve one parfait to each child with 3/4 cup of milk.



Nutrition Facts and Sugar Limits

IS YOUR YOGURT CACFP Creditable?

How to identify if your yogurt is within the Sugar Limit

- Step 1** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.
- Step 2** Find the Sugars line. Look at the number of grams (g) next to the sugars.
- Step 3** Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

SUGAR LIMITS in Yogurt	SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(For when serving size is listed in parentheses)</small>	SUGARS
		If the serving size is:	
	2.25 oz	64 grams	9 grams
	3.5 oz	99 grams	13 grams
	4 oz	113 grams	15 grams
	5.3 oz	150 grams	20 grams
	6 oz	170 grams	23 grams
	8 oz	227 grams	31 grams

- Step 4** Once you have identified the Serving Size, look at the number to the right under the "Sugars" column.
- If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.



Tip: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.



sample yogurt

Nutrition Facts	
Serving Size 1 cup (227g)	
Servings per container 2	
Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Values **	
Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Potassium 310mg	9%
Total Carbohydrate 39g	13%
Sugars 18g	
Protein 6g	12%

Vitamin A 20% • Calcium 20%
Vitamin D 20% • Phosphorus 15%

Not a significant source of Dietary Fiber, Vitamin C and Iron.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g



NATIONAL CACFP ASSOCIATION

CACFP is an indicator of quality child care. cacfp.org

The Child and Adult Care Food Program (CACFP) is a federally funded program which is administered and funded by the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS). The purpose of the program is to ensure that eligible children and adults who attend qualifying non-residential care facilities receive nutritious meals.



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