

THE SRCAA Inc

NEWSLETTER

MARCH 2023

*Diversity, Equity & Inclusion
in the Workplace*



Community Discussion Held

Questions and Concerns Addressed During Public Event

The Salisbury-Rowan Community Action Agency, Inc. hosted a discussion panel on Diversity, Equity, and Inclusion in the workforce, taking the initiative to bring awareness to the context in which diversity, equity and inclusion plays out for individuals and organizations. Participants heard from local community leaders who represented the following sectors:

- Community-based
- Faith-based
- Public sector
- Private sector
- Educational institutions

SRCAA, Inc. was pleased to help create alignment within the community and generate commitment to DEI Initiatives. As part of the national response to address the root issues and conditions of poverty and give voice to communities, SRCAA, Inc. is dedicated to eliminating poverty in our community



On February 28th the Salisbury-Rowan Community Action Agency, Inc hosted a community discussion on Diversity, Equity, and Inclusion. The panel answered questions that were asked from the audience.



Panelist for the community discussion represented a variety of sectors. Pictured from left to right are: Anthony Smith, Pastor Roy Dennis Jr, Angela Alford, Gemale Black, and Chavonne Greer.

by opening to everyone the opportunity for education and training; the opportunity for work; and the opportunity to live in decency and dignity; and with respect for cultural diversity.

Dione Adkins, Executive Director, would like to extend a special thanks to Livingstone College, our panelist, moderator, and team SRCAA for a successful event!

For more about the panel discussion [click here](#).



Moderator, Eric Tillmon opens dialogue for discussion by asking panelist key questions during the event.

Did You Know?

The United Nations began sponsoring International Women's Day in 1975. However, in 1980 several women's groups and historians successfully lobbied for the national recognition for women.

In February 1980, President Jimmy Carter issued the first Presidential Proclamation declaring the Week of March 8th as National Women's History Week. In 1987, the declared week grew into the full month being observed as Women's History Month.

The Salisbury-Rowan Community Action Agency, Inc salutes the contributions to history, culture and society women have made both past and present.

Women's History Month



How to Improve Credit Scores

March is also recognized as National Credit Education Month. These expert tips can help you boost your credit score. It may take time and effort but developing responsible habits now can help grow your score in the long run.

A good first step is to get a free copy of your credit report and score to understand what is in your credit file. Next, focus on what is bringing your score down and work toward improving these areas. Pay your bills on time because payment history is the most important factor that calculates your credit score. Paying all bills on time every month is critical to improving your credit.

Paying down debt and reducing credit card balances is a great way to lower your credit utilization ratio, and can be one of the quickest ways to see a credit score boost.

Make any outstanding payments. If you have any payments that are past due, bringing them up to date may save your credit score from taking an even bigger hit. Late payment information in credit files includes how late the payments were (30, 60 or 90 days past due). The more time has elapsed, the larger the impact on your score will become.

Dispute inaccurate information on your report. Mistakes happen, and your scores could suffer because of inaccurate information on your credit file. Periodically monitor your credit reports to make sure no inaccurate information appears. If you find something that's out of place, initiate a dispute as soon as possible.

Limiting the number of times you ask for new credit will reduce the number of hard inquiries in your credit file. Hard inquiries

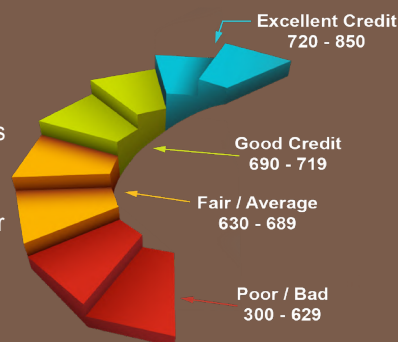


Chart shows credit score range that reporting agencies and lenders use.

stay on your credit report for two years, however, their impact on your scores fades over time.

"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

Patricia Jackson	6 Years
Karen Black	6 Years
Casey Johnson	5 Years
Jasmine Miller	5 Years
Sherry Tillmon	3 Years



"If we were to select the most intelligent, imaginative, energetic, and emotionally stable third of mankind, all races would be present."

-Franz Boas, Anthropologist

"Our workforce and our entire economy are strongest when we embrace diversity to its fullest, and that means opening doors of opportunity to everyone and recognizing that the American Dream excludes no one."

-Tom Perez, former US Secretary of Labor

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

APPLE COLESLAW

March is National Nutrition Month which is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. Everyone is encouraged to learn about making informed food choices and developing healthful eating and physical activity habits. A registered Dietitian can help you create healthy habits that are sustainable and celebrate your unique needs.

This sweet and crunchy coleslaw blends cabbage, carrot, apple, and green pepper for a colorful side dish. You can also try it without the mayonnaise!



Ingredients

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed



Directions

1. Wash your hands with soap and water.
2. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
3. Peel the carrot. Grate it with a grater.
4. Chop half a green pepper into small pieces.
5. Remove the core, and chop the apple.
6. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
7. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
8. Pour the dressing over the salad. Toss to mix.

**Add salt and pepper to taste.*



USDA (2020). Apple coleslaw. MyPlate. Retrieved March 7, 2023, from <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/apple-coleslaw>

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