

THE SRC AA Inc

NEWSLETTER

August 2021



National Immunization Awareness Month

Mission

Salisbury-Rowan Community Action Agency, Inc. provides services for individuals, children, and families to enhance their quality of life and promote opportunities for self-sufficiency.

Vision

Everyone will have an opportunity for success in life.

Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

Get the Facts with Being Vaxxed

“Vaccines protect all year round, but August is a great time to get vaccinated.”

The month of August is recognized as **National Immunization Awareness Month (NIAM)**.

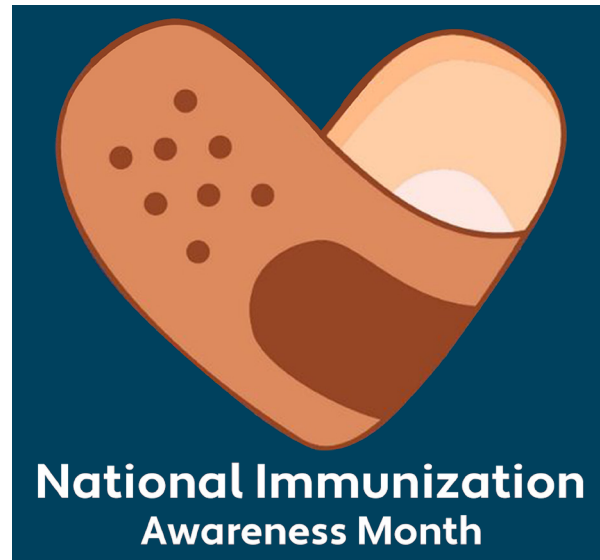
The focus this month will be to highlight the importance of vaccinations for people of all ages and ethnicities. Summer activities tend to slow down in August as the Autumn season approaches and the school year begins.

On-time vaccinations throughout childhood are essential because they help provide immunity before children are exposed to potentially life-threatening diseases. Vaccines are tested to ensure they are safe and effective for children to receive at certain recommended ages.

The COVID-19 pandemic has disrupted both in-person learning and routine child wellness visits for many children over the last year. The CDC’s public sector vaccine ordering data showed a 14% drop in 2020-2021 compared to 2019. The measles vaccine ordering data is currently down by more than 20%. As a result, many children have fallen behind on receiving recommended vaccines.

Vaccines protect you all year round, but August is a great time to get vaccinated. August is also a good time for you and your family to make plans to get the flu vaccine. The vaccine usually becomes available in mid to late August. Getting this vaccine early can help prevent you and your family members from getting the flu throughout the entire season.

When taking your flu shots, you can also ask your health care provider about other



HOW TO OBSERVE NATIONAL IMMUNIZATION AWARENESS MONTH

Call Your Doctor

The only way to be absolutely certain about what vaccinations you’ve received is to gather your medical records. Contact your doctor and request your immunization records to determine whether or not you are up to date.

Encourage Family and Friends

Just because you feel healthy doesn’t mean you don’t need to be vaccinated. Unlike most medicines, which treat or cure diseases, vaccines prevent them. When you check your immunization records, encourage friends to do the same, and you can all make sure you are up to date.

Know Your Family History

A family medical history can reveal the history of disease in your family and help a doctor identify patterns that might be relevant to your own health. This will allow the doctor to be best informed about recommending vaccines for immunization.

routinely recommended vaccines you might need. Make sure that the whole family is up to date on their Diphtheria, Tetanus, and Whooping Cough Vaccination (DTap/Tdap and MMRV) booster shots too. [Find out more.](#)

CDC Vaccine Update

Getting vaccinated prevents severe illness, hospitalizations, and death. Unvaccinated people should get vaccinated and continue masking until they are fully vaccinated. With the Delta variant, this is more urgent than ever. CDC has updated guidance for fully vaccinated people based on new evidence on the Delta variant. COVID-19 vaccines are safe and effective at preventing COVID-19 disease, especially severe illness and death. COVID-19 vaccines reduce the risk of people spreading the virus that causes COVID-19.

You may have side effects after vaccination. These are normal

and should go away in a few days. It typically takes 2 weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. You are not fully vaccinated until 2 weeks after the second dose of a 2-dose vaccine or 2 weeks after a single-dose vaccine.

Learn how to find a COVID-19 vaccine so you can get it as soon as you can. After you are fully vaccinated, you can resume activities that you did before the pandemic. Get the facts about what you can do when you have been fully vaccinated.

[Learn More](#)

OTHER HIGHLIGHTS THIS MONTH

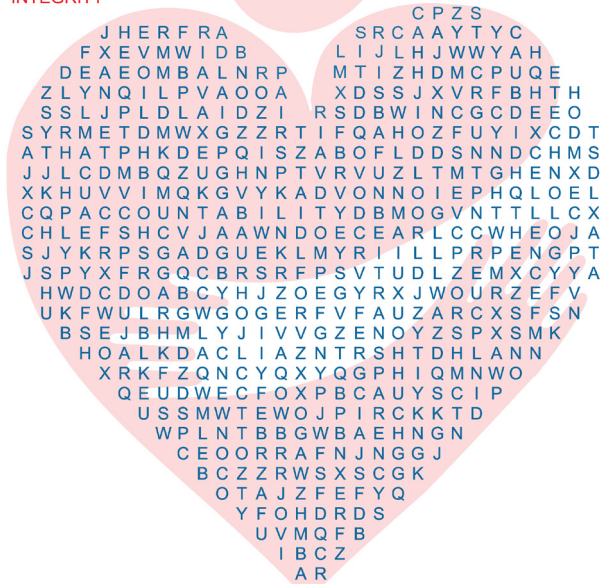


“Transparency is all about letting in and embracing new ideas, new technology and new approaches. No individual, entity or agency, no matter how smart, how old, or how experienced, can afford to stop learning.”

-Gina McCarthy

Search for the Guiding Principles

- ACCOUNTABILITY
ADVOCACY
COLLABORATION
CUSTOMER SERVICE
EXCELLENCE
INTEGRITY
- PERFORMANCE-BASED
RESPECT
SRCAA
TECHNOLOGY
TRANSPARENCY



To print and solve the Guiding Principles puzzle
[Click Here](#)

Transparency (noun): Communicating openly and honestly with your team members and cultivating a culture where information can flow freely between people and teams.

“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

Name	Years
Kenneth Click	34 Years
Alib Hardin	32 Years
Susan Gunter	22 Years
Joanne Holmes	19 Years
Darla Vary	16 Years
Johnny Worth	15 Years
Shirley Hayes	15 Years
Carolyn Hayes	14 Years
Catherine Rhone	13 Years
Ta'Mika Sellers	13 Years
Dione Adkins-Tate	10 Years
Nadira Robinson	10 Years
Janet Ferguson	10 Years
Vanessa Washington	9 Years
Shanae Webb	7 Years
Angelita Harris	7 Years
Japonica Hopkins	6 Years
Alice Cook	4 Years
Paul Raheim	4 Years
Laura Neal	1 Year

NEW EMPLOYEE

Karolyn Dacy HR Generalist

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.

A Recipe Great for Breakfast, Lunch, Dinner, or Snacks

What is Quiche?

If you didn't already guess from the name, this is a French recipe. Quiche is a savory tart or pie crust filled with thickened eggs. You will commonly see quiche made with cream, vegetables, and some type of meat such as bacon or ham. Wide varieties of cheeses are used that create a large assortment of flavors. You can eat quiche hot or cold, for breakfast, lunch, or dinner! Does a recipe get any more versatile than this?

Easy Bacon and Cheese Quiche

Ingredients

- 1 (9 inch) deep dish frozen pie crust
- 1 (3 ounce) can bacon bits
- ½ cup chopped onion
- 5 ounces shredded Swiss cheese
- 3 ounces grated Parmesan cheese
- 4 eggs, lightly beaten
- 1 cup half-and-half cream

Directions

Preheat oven to 400 degrees F (200 degrees C). Place pie crust on a baking sheet. In a medium bowl, mix the bacon, onions, and both cheeses. Pour this mixture into the crust.

Mix the eggs and half and half in a bowl. Pour the egg mixture over the cheese mixture.

Bake in preheated oven for 15 minutes. Reduce heat to 350 degrees F (175 degrees C) and bake for an additional 35 minutes, until top of quiche begins to turn brown.

Variations: The image above is shown with homemade crust. Ready made pie shells can be used or even pre-made pastry dough can be placed into your own baking dish for this recipe. Vegetables such as broccoli, squash, onions, or peppers can be added according to your desired taste. A variety



of cheeses can be used for a more calorie-friendly quiche. Lite Cream Cheese divided with the Swiss Cheese is a good option.

Nutrition Facts

Per Serving: 463 Calories; Protein 24.7g; Carbohydrates 20.2g; fat 31.5g; cholesterol 183.1mg; sodium 993.4mg.

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