

THE SRCAA Inc

NEWSLETTER

NOVEMBER 2021



Head Start/Early Head Start Observed
NATIONAL FARM TO SCHOOL MONTH



Preschoolers Learn About "NC Crunch" and the Importance of Eating Healthy!

The Salisbury Rowan Community Action Agency, Inc. HS/EHS Program participated in the NC Crunch for National Farm to School Month in October. NC Crunch promotes healthy eating and supports local farmers in NC. NC Crunch is a fun way to teach children about eating healthy relating farming and agriculture to other classroom curricula. NC Crunch was co-sponsored by the NC Farm to Preschool Network and the Farm to School Coalition of NC. On September 30, 2021, Governor Roy Cooper proclaimed October 2021 as Farm to School and Early Education Month in North Carolina.

The NC Farm to Preschool Network provides resources, educates, develops, and connects the community with farmers, early childhood education facilities and educators, state partners, and families. The network uses its platform to help boost the local foods movement in early childhood education facilities and classrooms.

According to ncagr.gov apples are indigenous to North Carolina. Farming of apples dates to ancient times. They were brought to North Carolina by the early settlers. The European settlers first brought apples to the Henderson County. They set trees in the Fruitland area. Henderson County is still one of the main areas where apples are grown in North Carolina (65-70%).

The childcare centers made NC Crunch a part of their FALL Festival. The children were provided with 3 different types of apples to taste, and they chose the one they liked the best. The children were given a slice of a Golden



Delicious and a Red Delicious apples, which are two of the types of apples grown in North Carolina. They were also given a slice of a Granny Smith apple.

This activity allowed the children to learn about different taste (5 senses), colors, and graphing (math). This activity also allowed the children to learn about apples and where they come from (farms/agriculture). The children also learned about healthy eating. The children were able to taste the apples and then the sticker that corresponded with the apple they liked and put it on the graph. See the NC Proclamation for this National Observance [here](#).

-Stephanie Durham-Spence
Education Manager



OTHER RECOGNITIONS THIS MONTH

30 Day Water Challenge

In the month of October, SRCAA employees participated in a Wellness Water Challenge. Employees were encouraged to drink 8 – 8ozs of water a day. Tips were sent out on the benefits of drinking water.

The Grand Prize winner was Debra Myers with 321 8oz of water consumed in the month of October.

Other winners included:

- Janet Woodruff
- Martha Cannon
- Brian Roberts
- Norma Phillips
- Susan Gunter
- Sondra Arnold
- Lacie Sherlock
- Brenda Davis

Congratulations to all who participated in this Wellness Challenge!

-Karolyn Dacy
Human Resource Generalist



Reasons To Routinely Drink Water

- Helps Breathing
- Helps the Body Absorb Nutrients
- Makes Up 83% of Your Blood
- Removes Waste
- Regulates Body Temperature
- Prevents Kidney Damage
- Forms Needed Saliva and Mucus
- Helps Convert Food to Energy
- Boosts Skin Health
- Lubricates Your Joints
- Delivers Oxygen Throughout the Body
- Digestive System Depends On Water



Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones.

Water helps your body:

- Keep a normal temperature
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements
- Helps convert food to energy

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

Most of your fluid needs are met through the water and beverages you drink. You can get some fluids through the foods that you eat – especially foods with high water content, such as many fruits and vegetables.

“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
Lucy Ancheta	21 Years
Shara Streater Dearmon	9 Years
Sharon Hall	9 Years
Linda Payne	7 Years
David Burkhart	6 Years
Brian Roberts	4 Years
Nekisha Burton	4 Years
Ebony Alexander	3 Years
Samantha Graham	3 Years
Shelby Rush	2 Years

NEW EMPLOYEE

Mekiya Austin Lead Teacher

It's not what we say about our blessings, but how we use them. This is the true measure of our thanksgiving.

-W. T. Purkiser

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.

Turkey Noodle Casserole

November is the season of year in which many households will serve a large turkey as their festive main course dish. For this reason, it's quite common to have leftover turkey on hand. A turkey sandwich is usually the next alternative option that people navigate to, but those sandwiches can get old quick. This month's recipe will showcase an idea that will give you another option for your leftover turkey. This recipe can even be frozen and saved for a later date.



Ingredients

12-16 ounce package egg noodles (cook 2 minutes less than package directions.)
2 tablespoons butter
1 small yellow onion, diced
1 cup chopped celery
4 slices of cooked bacon (Chopped)
1 cup chopped carrots (or sweet peas, both if desired)
1 teaspoon salt
1 teaspoon black pepper
1/2 teaspoon garlic powder
1/2 teaspoon dried thyme
6 tablespoons flour
3 cups chicken broth
1 cup Milk (2% or Whole)
1 cup sour cream
3 cups shredded cheddar cheese, divided
2 cups chopped cooked turkey (leftover Thanksgiving turkey works well. You can also use chicken. A rotisserie chicken pulled apart is another great option).
Parsley for garnish (optional)

Directions

Preheat oven to 350F.
Begin by cooking the egg noodles for about 2 minutes less than package directions. They will continue to cook in the oven. Drain and set aside.
Melt 2 tablespoons butter in a large skillet. Saute' onions, celery and carrots until tender. About 7-10 minutes.
Season vegetables with salt, black pepper, garlic powder and thyme. Sprinkle six tablespoons flour over the cooked vegetables, stir to combine and cook for an additional 2-3 minutes.
Slowly whisk in 3 cups chicken broth and 1 cup Horizon Organic Milk. Simmer over medium heat until the mixture is bubbly and slightly thickened.
Remove from heat and stir in sour cream and half of the shredded cheddar cheese (about 1 and 1/2 cups) and stir until well combined. Combine cooked chopped turkey (or chicken), cooked noodles, and vegetable/sauce.
Pour into a lightly greased 9 x 13 inch casserole pan.
Sprinkle with remaining 1 and 1/2 cups shredded cheddar cheese.
Bake for 30 minutes until cheese is bubbly.

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