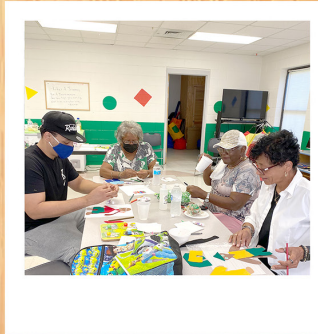


# THE SRC CAA Inc

## NEWSLETTER

OCTOBER 2022



*As we watch the  
leaves change, our  
mission to serve  
remains the same...*



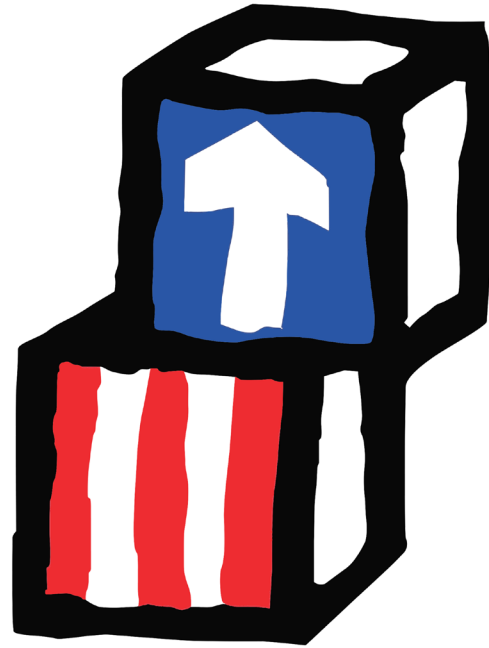
# October: Head Start Awareness Month

The Autumn season officially arrived September 22nd this year. October is known for cooler temperatures and shorter days as the leaves begin to change colors and fall to the ground. Many people claim that leaves falling is where Autumn gets the nickname “Fall.”

October is also Head Start Awareness Month. The purpose behind the national recognition is to spread awareness about a crucial program that benefits millions of families in the U.S

The Head Start program was announced in 1965 by President Lyndon B. Johnson as a complete structure for providing the required health, educational, and nutritional needs of children from low-income families. This program has served over 35 million children since it began. During the 2021 school year, the Salisbury-Rowan Community Action Agency, Inc served 516 infants and toddlers throughout Rowan and Davidson Counties.

Head Start programs also promote school readiness for children up to five years old by teaching them at their own pace. Here are a few ways SRCAA, Inc.’s Head Start/Early Head Start programs support children’s growth and development.



## Head Start AWARENESS MONTH

1. Health- All children receive health and development screenings, mental health support, and nutritious meals, as well as medical and dental services.
2. Early Learning- Head Start knows children’s readiness for school comes from learning experiences. These experiences help children form relationships with adults and other children and inspire growth in many aspects of development.
3. Family Well-Being- Head Start strengthens and supports children’s relationships with their parents and bring families together to show the importance of education, financial security, and housing stability.

## Tips To Prepare Children For Emergency Situations



It is important that children know certain information in case of an emergency. Teaching them early will prepare them for unexpected situations that may arise. Here are a few things that should be taught to children:

Teach them to know whole names. Help children practice saying

their own and family members whole names. Knowing these names can help family members find each other if they are separated in an emergency.

Practice addresses and phone numbers. Knowing these will allow a trusted adult to help contact you.

Point out special helpers in your neighborhood so children know which adults they can trust to help in an emergency. You can play “I Spy” to help children learn where to spot important helpers such as doctors, police officers, firefighters, and teachers.

Make an emergency plan to collect important information in one place. Write down your plan and post it where everyone can see. Keep copies of your plan in the car, in children’s backpacks, at work, with childcare providers, and with an out-of-town emergency contact.

Make an emergency kit. Start with things that you already have (extra water bottles, canned food, an extra change of clothes), and then build from there. Add an item or two to your shopping list each week until your kit is done. Download printable checklist for children [here](#).

# October: Breast Cancer Awareness Month

According to the CDC, other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

**Are you worried about the cost?** CDC's National Breast and Cervical Cancer Early Detection Program offers free or low-cost mammograms to women who have low incomes and are uninsured or underinsured. You may be eligible for free or low cost screenings if you meet these qualifications:

- You have no insurance, or your insurance does not cover screening exams.
- Your yearly income is at or below 250% of the federal poverty level.
- You are between 40 and 64 years of age for breast cancer screening.
- You are between 21 and 64 years of age for cervical cancer screening.
- Certain women who are younger or older may qualify for screening services.

\*Find more information [here](#)



October

**BREAST  
CANCER**  
Awareness Month

## Greetings SRCAA, Inc. Family,

Thank you for your participation in voting for and suggesting names for the agency's Fatherhood Initiative/ Male Engagement Program. We received many great name suggestions; however, only one could be voted as our winner.

Congratulations to our very own, Debra Myers for suggesting the official name of our **Fatherhood Initiative/ Male Engagement Program!** **"Men of Action"**



*"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 employee!"*

-Dione Adkins  
Executive Director

## ANNIVERSARY SERVICE RECOGNITION

Brenda Davis .....	31 Years
Angela Robinson .....	31 Years
Andrea Bost .....	26 Years
Chandrika Cozart .....	24 Years
Norma Phillips .....	21 Years
Jacqueline Click .....	12 Years
Antoinette Burton .....	12 Years
Nory Poole .....	6 Years
Sharonica Burgos .....	4 Years
Shelby Rush .....	3 Years
Andre Neely .....	2 Years
Elana Blake .....	2 Years

## NEW EMPLOYEES

Francine Young .....	Family Development Services
Sean Hill .....	Custodian
April Butler .....	Center Manager

*"The key to being happy is knowing you have the power to choose what to accept and what to let go. The more you feed your mind with positive thoughts, the more you can attract great things into your life."*

-Dolores Cannon

## 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

## PUMPKIN CREAM CHEESE MUFFINS

Here's a delectable recipe that will delight you taste buds. As we are now in the Autumn season, this easy to make recipe will help you embellish the theme of Fall with a pumpkin taste. They can be served for any meal or snack or frozen for later enjoyment.



### Directions

**Step 1:** In a medium bowl, whisk together the dry ingredients: flour, pumpkin spice, baking soda and salt.

**Step 2:** In large bowl, whisk together pumpkin, sugar and brown sugar. Beat in eggs, vegetable oil and vanilla extract. Slowly whisk in the flour mixture, until there are no lumps. Fill muffin tins 3/4 full.

**Step 3:** In a medium bowl, beat cream cheese until smooth. Add in sugar, egg yolk and vanilla extract and beat until well combined.

**Step 4:** Top each muffin with about 1 tablespoon of cream cheese mixture and use a toothpick to swirl it into the batter. This will not look smooth, but it will bake up into a smooth muffin texture.

**Step 5:** Bake muffins for 18-20 minutes, or until a toothpick inserted in the center comes out clean.



### Ingredients for Batter

- all-purpose flour
- pumpkin spice or cinnamon
- baking soda
- salt
- pumpkin puree
- granulated sugar
- brown sugar
- eggs
- vegetable oil
- vanilla extract

### Cream Cheese Swirl

- cream cheese
- granulated sugar
- egg yolk
- vanilla extract

Visit Our Affiliate Social Media Sites

