

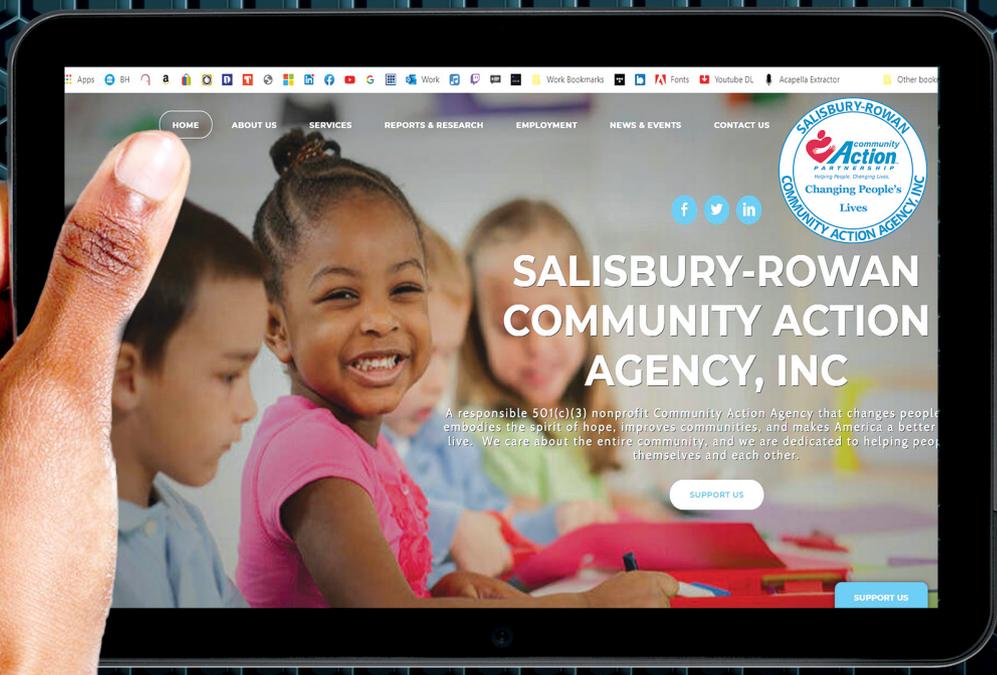
THE SRCAA Inc

NEWSLETTER

JANUARY 2022



NEW YEAR AND OPPORTUNITIES TO SERVE OUR COMMUNITIES



Apps BH a D G Work Bookmarks Fonts Youtube DL Acapella Extractor Other book

HOME ABOUT US SERVICES REPORTS & RESEARCH EMPLOYMENT NEWS & EVENTS CONTACT US



SALISBURY-ROWAN COMMUNITY ACTION AGENCY, INC

A responsible 501(c)(3) nonprofit Community Action Agency that changes people, embodies the spirit of hope, improves communities, and makes America a better live. We care about the entire community, and we are dedicated to helping people, themselves and each other.

[SUPPORT US](#)

[SUPPORT US](#)



As we have entered the new year of 2022, many people views this time of year as starting over with a clean slate. Goals, plans, and resolutions are oftentimes made or projected for the months ahead. As the new year arrives, it generally ushers an uplifting and positive vibe to many people.

The tools and resources provided to the Salisbury-Rowan Community Action Agency, Inc and agencies across the country are provided through our Community Action Partnership that allows our organization to stay up to date on the latest and best practices to empower individuals, families, and communities to succeed.

On that note, 2022 will also present the Salisbury-Rowan Action Agency, Inc new opportunities to serve our communities and continue our work of “Helping People, Changing Lives”.

HEALTHY GOALS FOR 2022

A new year often signifies a fresh start for many people. For some, this means setting health goals such as losing weight, following a healthier diet, and starting an exercise routine. Below are a few goals for the new year that can easily be accomplished.

Eat more whole foods: including vegetables, fruits, nuts, seeds, whole grains, and fish, contain a plethora of nutrients that your body needs to function at an optimal level.

Sit less and move more: Making a resolution to sit less is an easy and attainable resolution that can be tailored to fit your lifestyle. If you have a desk job that requires long periods of sitting, make a resolution to go for a 15-minute walk at lunch or to get up and walk for 5 minutes every hour.

Cut back on sweetened beverages: Cutting back on sweetened beverages is a smart idea considering that sugary drinks are linked to an increased risk of obesity, fatty liver, heart disease, insulin resistance, and cavities in both children and adults.

Get more quality sleep: Sleep is an essential part of overall health, and sleep deprivation can lead to serious consequences. For instance, lack of sleep may increase your risk of weight gain, heart disease, and depression.

Limit screen time: Setting a resolution to cut back on the time you spend scrolling through social media, watching TV, or playing computer games may help boost your mood and enhance productivity.

Add more produce to your diet: Adding more cooked and raw vegetables and fruits to your diet can go a long way towards improving your health in the new year.

What You Need to Know About the Omicron Variant

The CDC is expecting a surge of COVID-19 cases in the coming days to weeks. It is not yet known how easily it can spread, the severity of illness it causes, or how well available vaccines and medications work against it. Current vaccines are expected to protect against severe illness, hospitalizations, and deaths due to infection with the Omicron variant. Other variants, like Delta, vaccines have remained effective at preventing severe illness, hospitalizations, and death. The recent emergence of Omicron further emphasizes the importance of vaccination and boosters. Vaccines remain the best public health measure to protect people from COVID-19,

slow transmission, and reduce the likelihood of new variants emerging.

CDC recommends that everyone ages 16 years and older get a booster shot after completing their primary COVID-19 vaccination series. You are eligible for a booster at 5 months after completing Pfizer-BioNTech primary series, 6 months after completing Moderna primary series, and 2 months after the initial J&J/Janssen vaccine. Individuals ages 16-17 are only eligible for the Pfizer-BioNTech COVID-19 vaccine.

Read more information on this topic [here](#).






TOGETHER IN EDUCATION®
SHOP & EARN.
Shop Harris Teeter brands and earn money for our school!
 The official name to use is:
Salisbury-Rowan CAA Head Start
 Code: **6828**

Link  your VIC card to our school today!  **TOGETHER IN EDUCATION™**

Online

1. Log into your Harris Teeter profile at the top of harristeeter.com
2. Click on "My Account" once logged in
3. In the "Together in Education" section, type the school name in the School Search toolbar
4. Once the school name generates, click on the school name and then Add a School (Note: it is easiest to type the school code listed on the left into the search bar)

Mobile App

1. Go to "My Account" and click "Together in Education"
2. Type the school name into the search bar

In-Store

Ask cashier to link your **VIC** card to our school's **TIE code**



DO YOU NEED HELP PAYING YOUR HEATING BILLS?

The North Carolina Department of Health and Human Services will begin accepting applications through county social services departments for the state's Low Income Energy Assistance Program (LIEAP) today. Many may be facing financial hardships because of COVID-19, and this funding can help eligible households with their heating expenses this winter.

The federally funded program helps low-income households with a one-time payment directly to their heating vendor to offset the high cost of warming their homes during the cold weather months. Depending on the household's primary heating source, the payment will be \$300, \$400 or \$500. Thousands of eligible households will receive an automated LIEAP payment. Last year, the program provided approximately \$59 million to help more than 168,000 households pay their heating bills from December 2020 through March 2021. For more information on the program and eligibility, [click here.](#)

Happy New Year! Now that the new year has begun, I want to take this time to extend my gratitude. I appreciate you all for all the achievements and accomplishments in the last year.

As the new year is upon us, I thank you all for your support and dedication, and a special "thank you" to those who burned the night oil and got things done. Happy 2022!

-Dione Adkins-Tate
Executive Director

EMPLOYEE RECOGNITION

Kenneth Click	39 Years
Bettina Cherry	25 Years
Christina Crump	17 Years
Ayesha Badger	14 Years
Erica Scarlette	11 Years
Jasmine Harris	9 Years
Marisol Ruiz	5 Years
Norma Drake	5 Years
Elena Banuelos Pinzon	2 Years
LaNette Chunn	2 Years
Indya Wiggins	1 Year



"Life's most persistent and urgent question is, What are you doing for others? We may have all come from different ships, but we're in the same boat now. You don't have to see the whole staircase, just take the first step!"

-Martin Luther King Jr.

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.

Start 2022 with Healthy Breakfast Appetizer

As the New Year rings in, many people set goals for better health and fitness. This recipe is not only tasty and easy to prepare, it is also healthy, nutritious, and nourishing. It can be served as a side dish for visiting guests, or made in advance and frozen to be packed later for busy workdays.

Sheet Pan Eggs with Spinach & Ham



Ingredients

- 18 large eggs
- ¼ cup reduced-fat milk
- 1 ½ teaspoons smoked paprika
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 1 teaspoon onion powder
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1 cup shredded sharp Cheddar cheese
- ½ cup diced ham (or Bacon)

Directions

Preheat oven to 300 degrees

Whisk eggs, milk, smoked paprika, salt, pepper and onion powder together in a large bowl. Pour onto the prepared baking sheet and sprinkle with spinach, Cheddar and ham. Bake until just set, 20 to 25 minutes, rotating the pan from back to front halfway through baking to ensure even cooking. Cut into 12 squares and serve.

***TIP:** Wrap squares individually in plastic wrap or place them in a sealed container between layers of parchment paper; refrigerate for up to 3 days or freeze for up to 3 months. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.

Visit Our Affiliate Social Media Sites

