

THE SRCAA Inc

NEWSLETTER

SEPTEMBER 2022



BACK TO SCHOOL EDITION

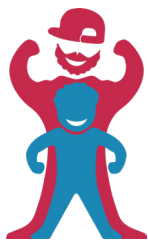
Community Leaders Help Launch New School Year

On September 6th, the Salisbury-Rowan Community Action Agency, Inc.'s Head Start/Early Head Start centers held a "Back to School Rally" to kick off the new school year, promote male involvement, and to encourage the children and families to get excited about returning to school.

Demy Brown and Greg Fleming (shown on cover with Vanessa Washington), came to lend their support from the East Spencer Fire Department. The children had an opportunity to explore one of the service trucks and learn about fire safety.

East Spencer Mayor, Barbara Mallett, East Spencer City Manager, Michael Douglas and Chief of Police John Fewell spent the day cheering on the children as they arrived to school in addition to reading and interacting with the children in various learning activities throughout the day.

SRCAA, Inc. is thankful to all our volunteers and proud of the staff's efforts at all eleven Head Start/Early Head Start centers, who kicked off the new school year with such a bold show of support throughout Rowan and Davidson County.



Reaching Out To Fathers

The National Fatherhood Initiative program sponsored by the Salisbury-Rowan Community Action Agency, Inc. focuses on improving fathers' ability to be actively and positively involved in the lives of their children, to strengthen families and further combat the continued causes of poverty.

Childhood Cancer Awareness Month

September is recognized as National Childhood Cancer Awareness Month. President Obama declared the month of September to be observed for this cause in 2012. Research and data show that pediatric cancer is the leading cause of death for children under 14. Many organizations collect funds, host events, and create awareness regarding cancers that have taken the lives of our children.

The American Childhood Cancer Organization also encourages everyone to spread awareness for the cause by wearing a gold ribbon. The American Childhood Cancer Organization (ACCO) in particular, encourages everyone to wear gold for the kids – all the survivors, the victims, as well as those who are still fighting the disease.

According to the American Cancer Society The types of cancers that develop in children are often different from the types that develop in adults. Unlike many cancers in adults, childhood cancers are not strongly linked to lifestyle or environmental risk factors. Only a small number of childhood cancers are caused by DNA (gene) changes that are passed from parents to their child.

With some exceptions, childhood cancers tend to respond better to certain treatments. This might be because of differences in the cancers themselves, as well as because children often get more intense treatments. Also, children usually do not have many of the other health problems that adults with cancer might have, which can often get worse with treatments.

Many cancers in children are found early, either by a child's doctor or by parents or relatives. But cancers in children can be hard to recognize right away because



early symptoms are often like those caused by much more common illnesses or injuries. Children often get sick or have bumps or bruises that might mask the early signs of cancer. Cancer in children is not common, but it's important to have your child checked by a doctor if they have unusual signs or symptoms that do not go away, such as:

- An unusual lump or swelling
- Unexplained paleness and loss of energy
- Easy bruising or bleeding
- An ongoing pain in one area of the body
- Limping
- Unexplained fever or illness that doesn't go away
- Frequent headaches, often with vomiting
- Sudden eye or vision changes
- Sudden unexplained weight loss



“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

Susan Wilkey	37 Years
Linda Black	25 Years
Sha'Mika Sellers	14 Years
LaShonda Patterson	14 Years
Tashina Patterson	11 Years
Latoya (Brown) Martin	3 Years
Robert Houpe	2 Years

NEW EMPLOYEE

Quamaine Love Head Start Teacher



“One child, one teacher, one pen, and one book can change the world. A child may forget what you say, but they will not forget how you made them feel. Remember, all students can learn and succeed, but not in the same way and not in the same day.” -Carl Buechner

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

SPINACH QUICHE WITH POTATO CRUST

This recipe is the perfect treat for breakfast. Adults and children alike can enjoy this dish as part of a healthy balanced breakfast. It can be made ahead of time and stored in your refrigerator to heat and serve for breakfast or any other daily meal.



Ingredients

- 6 bacon strips, cooked and crumbled or 1/3 cup bacon bits
- 1 package (24 ounces) refrigerated mashed potatoes
- 8 ounces sliced fresh mushrooms
- 2 garlic cloves, minced
- 5 ounces frozen chopped spinach, thawed and squeezed dry (about 1/2 cup)
- 2 teaspoons minced fresh rosemary or 1/2 teaspoon dried rosemary, crushed
- 2 tablespoons olive oil, divided
- 1 cup 2% milk
- 1 cup shredded cheddar cheese
- 4 large eggs
- 1/4 teaspoon pepper

Directions

Preheat oven to 350°. Press mashed potatoes onto bottom and up sides of a greased 9-in. deep-dish pie plate. Brush with 1 tablespoon oil. Bake 30 minutes or until edges are golden brown.

Meanwhile, heat remaining oil over medium-high heat in a large skillet. Add mushrooms; cook and stir 3-4 minutes or until tender. Add garlic; cook 1 minute longer. Remove from heat. Stir in spinach, bacon and rosemary; spoon over crust. In a small bowl, whisk eggs, milk and pepper until blended; stir in cheese. Pour over mushroom mixture.

Bake 25-30 minutes longer or until golden brown and a knife inserted in the center comes out clean. Let stand 10 minutes before cutting.

Did You Know?

September is Better Breakfast Month. Breakfast is considered the most important meal of the day. Eating breakfast has many health benefits. Eating a regular morning meal helps control weight and can guide us towards eating healthier meals regularly throughout the day.

Kids are getting back to school, and everyone is beginning to prepare for the winter months ahead. It's important to take stock of how to start off the day. Consuming a well-balanced breakfast in the morning gives our bodies energy to get our day started the right way.



Double Take

This photo was taken during training week in August. If you have a keen eye for detail, you can spot at least 10 differences between these two images. Zoom in on both images for a closer look.

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