

THE SRCAA Inc

NEWSLETTER

MAY 2023

COMMUNITY ACTION DAY



May brings us warmer days, but it also serves as a reminder that the summer season is fast approaching as the school year comes to an end, and students are preparing for graduation in the days ahead. The Salisbury-Rowan Community Action Agency, Inc. would like to congratulate all the students that are graduating and entering a world with many possibilities.

May is also recognized for several nationally known causes such as: Military Spouse Appreciation, Public Service Recognition, **Teacher Appreciation**, Mental Health Awareness, Emergency Medical Service Week, Mother's Day, and Memorial Day, to name a few.

In addition, this month the Salisbury-Rowan Community Action Agency, Inc will host Community Action Day on May 26th as part of a national celebration of Community Action Agencies. This will be a free event open to the public with many activities and resource information for the whole family.

Father of Six Reaches Goals through SRCAA

Derrick Brown Sr. is a single father of six children. Two of his daughters along with his son, Derrick Jr. resides with him. Derrick Jr. attends LMU Head Start while his daughters are students at Southwest Elementary School, both of which are in Lexington, NC.

Mr. Brown was formally unemployed and seeking a job that would be flexible around his children's school schedule. Faced with these challenges, he was able to get resource assistance from his Family Development Specialist at the Salisbury-Rowan Community Action Agency, Inc. During a parent meeting in December, Brown received information about job opportunities at SRCAA, Inc. which led him to apply online through the agency's website for employment.

In March 2023, Brown was hired full-time as an employee with SRCAA, Inc... with the support of the agency and his family,

Mr. Brown was able to reach his goal of finding employment that fit his desired working hours.

"Appreciate everything you do!"

-D. BROWN SR.

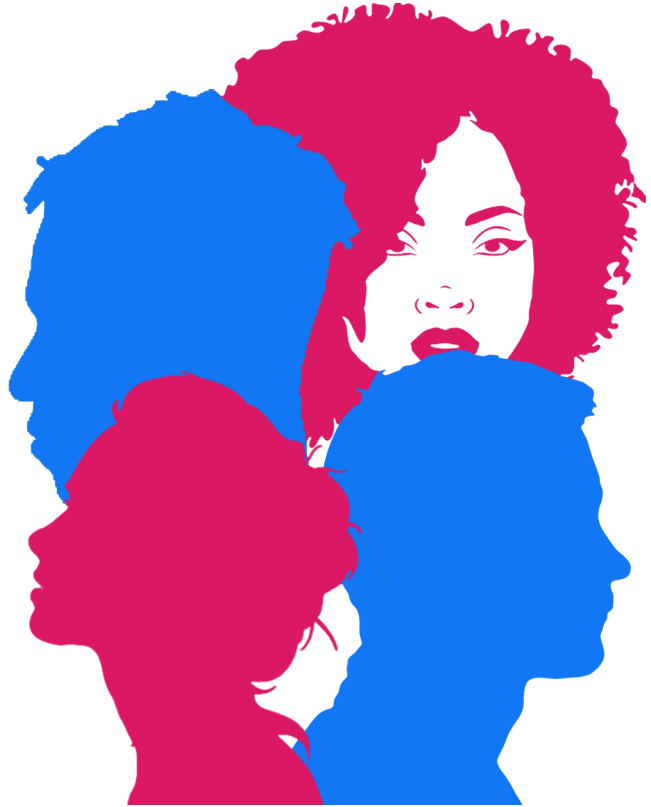


Mental Health Awareness Month

Mental Health Awareness Month has been observed in the U.S. since 1949. Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. People struggling with their mental health could be in your family, a neighbor, coworker, or strangers in a public space.

Two in five adults report anxiety and depression, and two in five teens describe experiencing persistent sadness or hopelessness, bullying, especially on social media platforms. Drug overdose deaths are also near record highs. Suicide is the second leading cause of death among young people. Research data indicates only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities and increased risk of suicide.

You can learn more about Mental Health Awareness and find additional resources [here](#).



Memorial Day is an American holiday observed on the last Monday of May which honors the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

The Salisbury-Rowan Community Action Agency, Inc. honors all the men and women who have severed our country.



"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
Executive Director

SERVICE RECOGNITION

Pauline Rustin	36 Years
Charleen Jones	11 Years
Sondra Arnold	9 Years
Ruth Watkins	6 Years
Stephanie Durham	6 Years
Natasha Wise	5 Years

NEWLY HIRED STAFF

Betty Chunn	ELS Teacher
Juana Hernandez Vazquez	Teacher Aide

"We can't help everyone, but everyone can help someone."
-Anne Fleche

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

VEGAN TRIPLE CHOCOLATE MOUSSE CAKE

Cashews blended into an extra smooth and creamy vegan chocolate mousse, spread over a chocolate nut-based crust, and topped with sweet dark chocolate. 3 layers of rich and creamy chocolate...and did I mention no-bake, super easy, vegan, healthy...ish, and so delicious!



Ingredients

Crust

- 1 cup raw walnuts
- 1/2 cup raw unsweetened coconut flakes
- 1 1/2 cups (about 10 ounces) pitted packed dates.
- 1/2 cup unsweetened cocoa powder
- 1 pinch flaky sea salt

Chocolate Mousse

- 2 cups raw cashews
- 1 cup full fat coconut milk*
- 1/2 cup unsweetened cocoa powder
- 1 tablespoon instant coffee powder
- 2 teaspoons vanilla extract
- 1/4-1/2 cup real maple syrup
- 8 ounces dark chocolate
- 2 tablespoons creamy peanut butter or almond butter

Directions

Soak the cashews. Place the cashews in medium pot and cover with water. Bring to a boil over high heat. Boil for 2 minutes, then cover and remove from the heat. Let the cashews soak for 30 minutes or overnight. Drain well.

Meanwhile, make the crust. Line an 8-inch spring form pan with parchment paper. In a food processor, combine the walnuts, coconut, dates, cocoa powder, and a pinch of salt. Pulse until finely ground and the mix forms a ball, about 2-3 minutes. Press the mixture into the bottom of the prepared pan, making sure to pack tightly.

To make the mousse. Add the drained cashews, coconut milk, cocoa powder, instant coffee, vanilla, and maple syrup to a food processor or high-powered blender. Pulse until smooth and creamy, scraping down the sides as needed, about 5 minutes. Taste, adding more maple syrup if needed to sweeten. Pour the mixture evenly over the crust. Press a piece of plastic wrap over the mousse. Transfer to the fridge and chill for at least 2 hours, or overnight. If the mousse is still pudding like, transfer to the freezer and freeze until firm.



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