

**THE SRCAA Inc**

**NEWSLETTER**

MAY 2022

*Salute to Our*  
**Mothers**



# National Observances this Month

The month of May brings us warmer days and serves as a reminder that the summer season is fast approaching. Also, that the school year will soon come to an end as many students are preparing for graduation in the days ahead. May is also recognized for several nationally recognized causes such as: Military Spouse Appreciation Public Service Recognition, Teacher Appreciation, Salvation Army Week, Emergency Medical Services, Firefighters, Mother's Day, and Memorial Day to name a few.

With this being said, the irrefutable focus this month should be placed upon honoring those that have

sacrificed themselves to make a difference in our lives. Our mothers, teachers, deceased military soldiers, and those that dedicate themselves to serving the public. Also honoring the students that are graduating and entering a world with many uncertainties. Many of these students had to adapt to ever-changing circumstances as the pandemic affected the normality in their lives.

There are many other people in our lives that deserve honor recognition as this is a small list of many. Next month, Father's Day and other observances will be highlighted.

## We Honor and Salute Mother's Day!

Mother's Day is celebrated in countries throughout the world to honor the women that were definitely present when we were born. This holiday recognition originated in the United States, where it is observed on the second Sunday in May. An observance celebration for mothers can be traced back to ancient times; however, in 1914 President Woodrow Wilson made it a national holiday. During that time the custom was to wear a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased. As time passed Mother's Day also included grandmothers, aunts, or any woman who had played mothering roles in one's life.

This month, we salute all the Mothers, or women that have played a vital role in our lives.



## Taking Advantage of SRCAA's Internship Program

Shania Scott is on a personal journey pursuing her career goals through the Early Childhood Educator Internship Program. As noted in our newsletter last month, this program presents the opportunity for applicants to gain the skills desired for employment in the Early Childhood Education field. Ms. Scott completed the Family Development Specialist internship at Livingstone College where she will also be graduating this Spring with a Bachelor of Social Work Degree.

Shania stated, "**The Salisbury-Rowan Community Action Agency, Inc has made a huge impact on my life. I have learned so much and have gained lots**



*of knowledge during my time with this program. The program has been very beneficial for me as I move forward with my career."*

She plans to actively seek employment in her related field of training post-graduation upon receiving her credentials from Livingstone College.

Dear Salisbury-Rowan Community Action Agency, Inc.,

On behalf of the Administration for Children and Families' (ACF), Office of Community Services (OCS), and in observance of Community Action Month, we would like to extend our deep and heartfelt gratitude for your continued service to children, individuals, families, and communities with low income throughout these difficult times.

Amidst unprecedented challenges, the CSBG Network has continued to give the gifts of presence and service to those in greatest need. OCS recognizes the strength, flexibility, and dedication required to continue providing high quality services in the wake of a historic public health emergency. Our communities would not have endured these trying times without your ongoing commitment.

Thank you for rising to the occasion and responding to community needs. OCS plans to elevate the incredible work of our Network throughout Community Action Month and beyond.

*With gratitude,*  
The Community Services Block Grant Team



**“Dear Valued Employees:**

*"I want to personally congratulate you on reaching your work anniversary with our agency. Your loyalty and dedication to the organization and our community does not go unnoticed and is greatly appreciated.*

*The consistency of good people in our organization is what makes us great. I appreciate your efforts and your loyalty to our company.*

*Thank you for being a valued member of the Salisbury Rowan Community Action Agency Team. Sincerely,"*

**Wendell Fant,**  
Board Chairman

**EMPLOYEE RECOGNITION**

Pauline Rustin .....	35 Years
Charleen Jones .....	10 Years
Sondra Arnold .....	8 Years
Ruth Watkins .....	5 Years
Stephanie Durham .....	5 Years
Natasha Wise .....	4 Years
Tabatha Quick .....	1 Year



*This month our agency would like to honor our fallen heroes. Many of them paid the ultimate price and sacrificed their lives to protect us and keep us safe. In commemoration of our fallen heroes, the Salisbury-Rowan Community Action Agency, Inc acknowledges that... "All gave some... but some gave it all!"*

*"Life is like a camera. Focus on what's important. Capture the good times. Develop from the negatives, and if things don't work out, take another shot." -Ruby Keeler*

## 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](http://srcaa.com). The program services Rowan and Cabarrus counties.

## May this Recipe be Delightful

Here's one of those recipes that's not quick to prepare, but well worth the wait. The garden veggies are a healthy alternative, with pasta and cheese being the slight ingredients of indulgence.

### Garden Vegetable Lasagna



#### Veggies

- 2 cups chopped onion
- 4 medium garlic cloves, minced
- 2 teaspoons olive oil, divided
- 2 cups chopped zucchini
- 2 cups chopped yellow squash
- 2 cups thinly sliced carrot
- 2 cups chopped broccoli
- ½ teaspoon salt
- 1½ cups 1% low fat cottage cheese
- 2 cups shredded part-skim mozzarella cheese, divided
- 9 pre-cooked lasagna noodles, divided
- ½ cup freshly grated Parmesan cheese

#### Sauce

- ½ cup all purpose flour
- 3½ cups 1% low fat milk
- ½ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- dash of nutmeg
- One 10-ounce package frozen chopped spinach, thawed and squeezed dry

#### Delicious Directions

1. Preheat the oven to 375°F. Spray a 13x9-inch baking dish with nonstick spray.

#### PREPARE THE VEGGIES:

1. Heat a large Dutch oven over medium-high heat. Coat the pan with cooking spray. Add the onion to the pan; sauté 4 minutes or until lightly browned. Add the garlic; sauté 1 minute. Spoon the onion mixture into a large bowl.
2. Heat 1 teaspoon of the oil in a pan over medium-high heat. Add the zucchini and yellow squash; sauté 4 minutes or until tender and just beginning to brown. Add to the onion mixture.
3. Heat the remaining 1 teaspoon of oil in a pan over medium-high heat. Add the sliced carrot; sauté 4 minutes or until tender. Add the chopped broccoli; sauté 4 minutes or until crisp-tender. Add to the onion mixture. Sprinkle with ½ teaspoon salt; toss well to combine.

#### PREPARE THE SAUCE:

1. Place the flour in a medium saucepan. Gradually add the milk, stirring with a whisk until blended. Bring to a boil over medium heat; cook 2 minutes or until thick, stirring constantly. Remove from heat. Add the Parmesan, salt, pepper, and nutmeg; stir until smooth. Stir in the spinach.

#### ASSEMBLE THE LASAGNA:

1. Combine the cottage cheese and 1½ cups mozzarella; stir well. Spread ½ cup of the sauce mixture in the bottom of the prepared baking dish. Arrange 3 noodles over the sauce mixture in the dish; top with half of the cottage cheese mixture, then half of vegetable mixture, and about 1 cup of the sauce mixture. Repeat layers, ending with noodles. Spread the remaining sauce mixture on top of the noodles; sprinkle with ½ cup Parmesan and remaining ½ cup mozzarella.
2. Cover and bake for 20 minutes. Uncover and bake an additional 20 minutes or until the cheese is bubbly and beginning to brown. Let stand 10 minutes before serving.



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