

THE SRCAA Inc

NEWSLETTER

May 2024



Honoring Mothers

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. After several years, 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.



"Dancing with Daddy" Day 2024



The **Salisbury-Rowan Community Action Agency, Inc** has many resources to assist fathers in achieving their goals. The **Men of Action** is a Male Involvement Program that focuses on improving men's ability to be actively involved in the lives of their children, to strengthen families and combat the causes of poverty.

The "Dancing with Daddy," events took place on April 19th and 20th, as part of the "Men of Action" program for fathers and father figures. More events and activities are scheduled throughout the year.



The SCRAA, Inc. honors the memory of Molly Isenhour for her many years of service. Molly was a lead teacher for NC Pre-K at the East Spencer location.

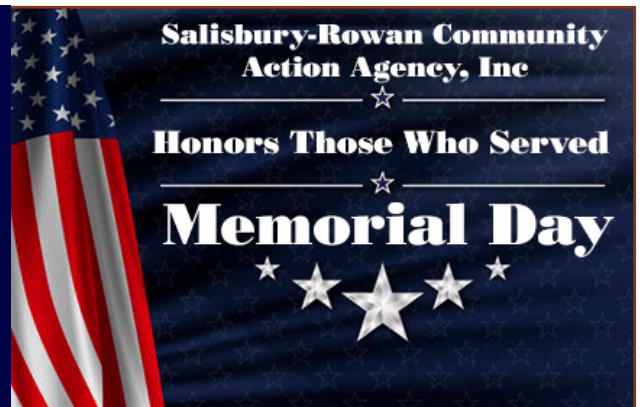
Molly's contributions will be greatly missed. Our thoughts, prayers, and sincere condolences are with the family.

Remembering Our Fallen Men and Women

Memorial Day is an American holiday celebrated on the last Monday of May to honor the men and women who died while serving in the United States military.

Originally called Decoration Day, it began in the aftermath of the Civil War and became an official federal holiday in 1971. Many Americans commemorate Memorial Day by visiting cemeteries or memorials, hosting family picnics, and taking part in parades. Unofficially, it marks the start of the summer.

The Salisbury-Rowan Community Action Agency, Inc., 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.



Mental Health Awareness Month

May is a month dedicated to promoting awareness and reducing stigma surrounding behavioral health issues, as well as emphasizing how mental illness and addiction may affect everyone, including patients, providers, families, and society.

Mental health refers to our emotional, psychological, and social well-being. It effects how we think, feel, and act. It also determines how we deal with stress, engage with others, and make good choices. Mental health is essential at every stage of life, from childhood and adolescence to maturity. Mental and physical health are equally

important aspects of overall health. Depression increases the risk of a wide range of physical health problems, particularly chronic conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic illnesses may increase the risk of mental illness. [More resources on mental health](#)



EMPLOYEE SPOTLIGHT

Susan Wilkey will mark 39 years of service with the Salisbury-Rowan Community Action Agency, Inc. in September. She currently works as a lead teacher at the Wiley Lash Center.

Susan spends her free time producing plastic needlework and jewelry. She enjoys reading books about childcare and other child-related topics by chance.

Susan can also be seen unwinding while watching Guy's Grocery Games on TV. She also prefers to watch episodes like Beat Bobby Flay, CSI, and Navel Criminal Investigative Service (NCIS). She describes "Seven Brides for Seven Brothers" as her all-time favorite film.

What is most fulfilling about working for SRCAA, Inc? *"I appreciate seeing families and children grow as they achieve their goals and discover a pathway to a better life. It's been fascinating to witness how one generation passes on to the next, and how they value what you taught them as a child. Especially when they*



express their delight that their child is in my class.

-Susan Wilkey

"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.

-Dione Adkins
Chief Executive Officer

SERVICE RECOGNITION

Pauline Rustin	37 Years
Charleen Gillespie	12 Years
Ruth Watkins.....	7 Years
Stephanie Durham	7 Years
Natasha Wise	6 Years
Danielle Jones	1 Year

"Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together!" - Diane McClaren

"Don't let yesterday take up too much of today." -Will Rogers

SERVICE OF COMMUNITY IS OUR TOP PRIORITY

The **Salisbury-Rowan Community Action Agency, Inc.** makes 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.

Bacon Avocado Fries

You can't resist anything wrapped in bacon. These low-carb "fries" transform a simple slice of avocado into something special. The recipe is so simple and easy to prepare that it's more of a recommendation for a delicious treat.

Ingredients

- 3 avocados
- 24 thin strips of bacon
- 1/4 c. ranch dressing, for serving

Directions

OVEN METHOD

Preheat oven to 425°. Slice each avocado into 8 equally-sized wedges. Wrap each wedge in bacon, cutting bacon if needed.

Place on a baking sheet, seam side down.

Bake until bacon is cooked through and crispy, 12 to 15 minutes.

Serve with ranch dressing.

AIR FRYER METHOD

Slice each avocado into 8 equal sized wedges. Wrap each wedge with a strip of bacon, cutting bacon if needed.

Working in batches, arrange in air fryer basket in a single layer. Cook at 400° for 8 minutes until bacon is cooked through and crispy.

Serve warm with ranch.



BRAIN TEASERS

1. What has holes but holds water very well?
2. What makes this number unique: 8,549,176,320?
3. A cowboy rides into town on Friday, stays for three days, then leaves on Friday. How did he do it?

Answers on right if you need help.

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1. Sponge
- 2 The numbers are in alphabetical order when spelled.
3. Horse was named Friday.