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[Rowan County, NC](#)

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February

NEWSLETTER

As February begins, we want to thank you for being a part of a family of supporters, volunteers, and partners whose generosity lays the foundation for a community where each act of kindness multiplies and touches the lives of so many.



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Celebrating Success

Teresa's Story



Teresa, a New York native and the oldest of four girls, joined the military at 17 and served as an aircraft electrician and medical administrator. As a young mother, Teresa saw the military as an opportunity to gain independence and dedicated 8 years to her service. Following her time in the military, she relocated to Charlotte to be closer to her family.

After a series of devastating personal setbacks that included her father's terminal illness and eventual passing, she sought mental health treatment because, as she says, "I wanted to save my life." When she completed her treatment, she moved into our shelter.

Reflecting on her decision to seek shelter at Rowan Helping Ministries, Teresa says, "It was a relief because I had my own space and I didn't have to depend on family or friends to help me because I wanted to get to a place of independence – it could help the process of me getting to where I wanted to be." Determined to change the course of her life, Teresa accessed resources from our valued partners at the Salisbury VA Medical Center to seek employment and stable housing. She spent six transformative months in our shelter, working hard to reach her goals.

"Being here at the shelter, I appreciated everything about it", Teresa says. Her gratitude fueled her desire to return and be an inspiration to others. Currently in her final semester of a social work degree at Livingstone College, Teresa is fulfilling her required fieldwork at Rowan Helping Ministries. She is also involved in Project LIGHT, an organization that combats human trafficking, and is looking forward to continuing to volunteer and be of service to others. Teresa says, "I wanted to come back here and hope to be an encouragement – if you can touch one person, you've done a lot."

Offering words of encouragement to anyone on their pathway to changing their life, she says, "Don't be discouraged, this is a stepping stone to a better life, this is not the end all - this is the beginning of the process of picking your life back up!" We are so grateful to Teresa for sharing her time, knowledge, and wisdom with our guests and clients. As

she approaches the culmination of her social work degree, we are excited to witness the remarkable journey that lies ahead of her.

Eagle's Nest III Move-In



January 24th was our long-anticipated Eagle's Nest III move-in day for Veterans in our VA GPD program as well as some of our staff! The first group of Veterans, including Khris and Clay, moved their belongings across the street and began to make themselves at home in the bright and spacious new apartments. Rowan Helping Ministries staff members Sherry Smith and Solomon Tafari also took up residence in their renovated office space in the historic R.B. Miller building. Eagle's Nest III is made up of 12 transitional apartments, 9 of which are reserved for Veterans, and its opening brings the total number of transitional units on our campus to 22. We thank our generous donors and partners for helping us make this vision a reality and we wish our residents the best as they work to find their pathways home.



IMPACT AT A GLANCE

JANUARY 2024



Helped

79 FAMILIES

stay in their homes and keep their utilities on by providing **\$27,888** in financial assistance



We housed

134 GUESTS

in our Shelter and helped **17** successfully move out



Provided

48 CLIENTS with **121** showers



Distributed

3,145 FOOD BAGS

to students in 28 Rowan-Salisbury Schools



Provided clothing to

362 FAMILIES

Equalling **6,371** items



We served

6,893 MEALS

in Jeannie's Kitchen

&

1,294 FAMILIES

with food through our 3 Food Pantries



405 VOLUNTEERS served **2,904** hours

Volunteer Highlights



Catholic Daughters Court 1759 from Sacred Heart Catholic Church come together every January to serve our shelter guests both breakfast and dinner in Jeannie's Kitchen. Our guests enjoyed the delicious lasagna and pancakes prepared by the Daughters, and we are grateful for their continued support and service. Thank you, Catholic Daughters!



Ava and Maisie Whisenant are sisters who have donated their proceeds from their crafting stations and lemonade stand to Rowan Helping Ministries since 2019. We nominated them for the Service Above Self Youth Award, and they were honored this year for their outstanding volunteer work. The Service Above Self Youth Awards is a yearly event honoring youth in Rowan County who go above and beyond in their communities and in their schools.

The dedication and caring demonstrated by these young women means the world to us and makes such a difference in the lives of those we serve!



With nowhere to stay except the streets, homeless individuals have a high risk of hypothermia, frostbite, and even death in freezing weather. When temperatures drop below 20 degrees, we open the doors to Jeannie's Kitchen from 8 p.m. to 8 a.m. to unsheltered homeless community members seeking refuge from the cold. Volunteers provide those seeking shelter from extreme temperatures with blankets, hot beverages and snacks, and warm clothing, as well as comfort and a sense of community. We are deeply grateful for the many volunteers who came out late at night in frigid temperatures to make sure some of our most vulnerable citizens were safe.

Jeannie's Kitchen Volunteers Needed!



Open Breakfast Shifts (5:15-7:15 a.m.)

Tues. 2/6, Thurs. 2/8, Sat. 2/10, Sun. 2/11, Mon. 2/12, Thurs. 2/15, Sun. 2/18, Mon. 2/19, Weds. 2/21, Fri. 2/23, Sun. 2/25, Mon. 2/26, Weds. 2/28, Thurs. 2/29

Open Lunch Shifts (9:30 a.m.-1:30 p.m.)

Weds. 2/7, Sat. 2/10, Sat. 2/17, Mon. 2/19, Tues. 2/20, Sat. 2/24, Sun. 2/25, Mon. 2/26, Weds. 2/28, Thurs. 2/29

Open Dinner Shifts (5:30 p.m.-8 p.m.)

Fri. 2/9, Sat. 2/10, Sun. 2/11, Sun. 2/18, Tues. 2/20, Weds. 2/21, Thurs. 2/22, Sat. 2/24, Sun. 2/25, Tues. 2/27

Donation Highlights

Thank you to the staff and students at Faith Academy Charter School, who generously collected and donated over 3,200 pounds of food for our Food Pantry. We also thank the student volunteers from the North Rowan Middle School OCS program who worked hard to unload our trailer and stock our pantry shelves. These contributions will help us provide much-needed food to individuals and families facing food insecurity in our

community.



In Other Other News!



JOB OPENINGS

- Director of Shelter Services
- Director of Community Relations
- Shelter Attendant

We're hiring! Our team is growing, and we have several job opportunities just waiting for the perfect candidates! If you're enthusiastic, motivated, and ready to make an impact in the community, we'd love to receive your application. Head to our website to apply, and don't hesitate to spread the word within your network. Your assistance in finding the ideal individuals for our expanding team is greatly appreciated!

[View Job Opportunities Here](#)

Community Partners

Everyman's Bible Class



Our Executive Director, Kyna Grubb, joined Everyman's Bible Class from First Presbyterian Church of Salisbury in recognizing the long term support the Class has provided our organization both individually and collectively. The EMBC has provided a generous gift to Rowan Helping Ministries each December for 13 years, serves dinner in Jeannie's Kitchen each third Thursday in July, and members serve on our Board of Directors and committees. Thank you to these gentlemen for their tireless dedication and generosity over the years.



RCCC Employability Lab

Since 2017, R3 Services has operated the RCCC Employability Lab & Computer Skills Classes at Rowan Helping Ministries. The Lab meets two times each week, both

virtually and in person. Instructors offer one-on-one assistance with job searches, resume writing, completing onboarding paperwork, and any other employment needs, as well training on Microsoft Word, Excel, and other computer programs to groups of 10-15 guests. The Employability Lab also assists guests with enrolling in RCCC classes. RCCC has offered scholarships to our guests for such classes and degree programs as Forklift Certification, Truck Driving, Pharmacy Tech, Medical Coding, EMS Services, Certified Logistics Technician, Real Estate Certification, Small Engine Repair, and computer skills and certifications. They also enroll guests in the North Carolina Manufacturing Institute, provides technical skills training and education for those seeking higher-paying jobs in the manufacturing industry. The Employability Lab is made possible by a partnership between RCCC, Goodwill Career Connections, and NCWorks. This invaluable partnership has allowed so many of our guest to achieve their goals and become self-sufficient.

Event Recap!

Resolution Run





On the first day of the New Year, nearly 100 runners and dozens of volunteers from Rowan Helping Ministries, the Salisbury Rowan Runners, and The Forum gathered for the Salisbury Rowan Runners yearly Resolution 5K Run/Walk, which was a great success. The event raised over \$5,000 which will go a long way to helping those in need. The Resolution Run is a great way to get exercise while also supporting our neighbors in Rowan County who are facing hardship.

Many thanks to presenting sponsor Bradshaw Financial, the Salisbury Rowan Runners, event sponsors, attendees, and volunteers for their contributions. Your support for the Resolution Run will allow us to continue providing resources to those who need them most.

Faith Relations Committee Ambassador Meeting



On Thursday, January 19th, the Faith Relations Committee held an Ambassador meeting at First Baptist Church in Salisbury. Salisbury Police Department Homeless Liaison and Rowan Helping Ministries Board Member Dennis Rivers gave a presentation to the Ambassadors on unsheltered homelessness in our community.

The Faith Relations Committee works to foster and strengthen partnerships with local faith communities and to promote our shared values of compassion and putting God's love into action. The ambassadors educate their home church or faith community about opportunities to partner with Rowan Helping Ministries to serve our community through prayer, volunteerism, community awareness of Rowan Helping Ministries programs, financial support, and donations of food, clothing, and other client needs.

We could not do what we do without support from the faith-based community and would love to involve more faith communities in supporting our mission. If you are affiliated with a faith-based organization and would like to attend the next meeting, please contact Sheila Prevatte at sapbsn@gmail.com.

Mark Your Calendars !

Volunteer Banquet



Rowan Helping Ministries
Volunteer Appreciation
Banquet

ST JOHN'S LUTHERAN CHURCH
200 W Innes St
Salisbury, NC 28144

TUESDAY

MARCH

19

6:00 PM

Keynote Speaker
David Whisenant
Broadcast Journalist

Please RSVP to Marissa Gainey By
March 5th 2024 at
mgainey@rowanhelpingministries.org

Pass the Plate

Presented by
**FOOD LION
FEEDS**

Tickets
\$70



**MUSICAL GUESTS
THE LEGACY
MOTOWN REVUE**

*Benefitting
Rowan
Helping
Ministries*



ROWANHELPINGMINISTRIES.ORG/DONATE

Learn more about Pass the Plate here.

HOPE Calendar



GIVE HOPE

*Sponsor a meal
for the one you love
this Valentine's Day*

Donate Today!

For Valentine's Day, consider donating towards a meal sponsorship or donation to Jeanie's Kitchen to show love for those in need. During the month of February, Rowan Helping Ministries is dedicated to showing extra love to those in need. There's no better way to show love this month than providing someone with a meal!

[Click here to learn more about our HOPE Calendar.](#)

Souper Bowl Day of Caring

THINK BEYOND THE BOWL!

What if every person
watching the Big
Game donated just \$1
or 1 can of food to
their local charity?



**TACKLE
HUNGER**
with the
SOUPER BOWL OF CARING



Help us tackle hunger! All football lovers can enjoy the biggest game of the year while giving back to their community. With the Souper Bowl Day of Caring, we want to fight food insecurity in Rowan County. All donations made will go towards our food programs. Even the smallest of donations could be a game-changer!

Donate to the Souper Bowl Day of Caring here.

Will Run for Food 5K



Get excited for the Will Run For Food 5K, organized by the Salisbury Rowan Runners in collaboration with Centenary United Methodist Church. This event is on Saturday, February 24, 2024, at 10 a.m., hosted at Centenary United Methodist Church, 620 Centenary Ch. Rd., Mount Ulla, NC. Bring canned goods to contribute during the race, and the funds raised will support our programs. Get ready to run for a meaningful cause!

If you have any questions about the race please contact Carla Kluttz at 704-433-3755 or email kluttzrcbn@aol.com

[Click here for event details.](#)

February Wish List



FEB

CRISIS ASSISTANCE

Travel Size:
Conditioner,
Shampoo, Bar
Soap, Deodorant,
Lotion

SHELTER

Gallon Ziploc Bags
Boxes of Tissues
Travel Size: Condi
Shampoo, Bar Soap
Deodorant, Lotion

Small equipment for

Donations may be dropped off Monday-Friday from 9:00 a.m. to 3:30 p.m. at our receiving dock facing Liberty Street at 226 N. Long Street in Salisbury. Clothing donations are accepted on Wednesdays only. If you want to order from our Amazon Wish list, [click here](#).



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ROWAN HELPING MINISTRIES

Our mission is to serve, through cooperative community action, our neighbors in Rowan County who are in crisis, by providing essential life needs and educating and empowering them to break the cycle of crisis.

Donate Now



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