



Happy July! As we commemorate the freedom and independence of our nation, we also take a moment to reflect on the incredible journey of those we serve. Each day, we strive to empower individuals, helping them attain a unique form of independence that allows them to provide for their families and secure the fundamental necessities of life. We are grateful for your unwavering partnership in this mission. Together, we are making a difference and transforming lives for the better.



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*Celebrating Success*



### **Diane and Tracy's Journey Back to Stable Housing**

Meet Tracy and her mother, Diane, they both overcame numerous challenges and found support within our shelter and transitional housing program.

Tracy's life took an unexpected turn when she went through a difficult divorce. In need of a place to stay, she moved in with her mother, Diane, an Air Force Veteran. Determined to provide care for her mother, Tracy became her primary caregiver, ensuring Diane's well-being while working full-time to cover all their bills. For a while, Tracy managed to balance her job at Chewy and the responsibilities of caregiving; creating a loving and supportive environment for her mother. However, their lives took another challenging twist when their landlord decided to raise the rent. Despite Tracy's best efforts, the increased financial burden became too much to bear, and they had no choice but to leave their home.

Desperate for support, Tracy and Diane moved in with Tracy's brother, hoping for a temporary place to stay and save. Unfortunately, their stay was cut short when her brother informed them that they had to leave. Left with no other options, Tracy and Diane found themselves without a home, eventually taking shelter in a hotel and boarding house. Paying weekly fees to live became unbearable, and they ultimately

ended up living in their car. With nowhere else to turn, they reached out to the Salisbury VA Hospital, seeking assistance. The VA referred them to our organization, and with gratitude, Tracy and Diane moved into our shelter.

While living in our shelter, Tracy continued to care for her mother, going above and beyond to ensure Diane's well-being. Despite the challenges they faced, Tracy tirelessly searched for affordable housing options, determined to provide a stable and comfortable home for both herself and her mother.

Their unwavering resilience and dedication paid off. After spending nights in the shelter's female dormitory, Tracy and Diane were able to transition into our Eagle's Nest transitional apartments. This step brought them closer to achieving their goal of finding a permanent home.

With the support of our dedicated staff, Tracy and Diane were able to secure a beautiful apartment in Kannapolis. Now settled in their new home, Tracy and Diane are filled with joy and gratitude. They never left each other's side throughout their journey, forging an unbreakable bond of love and companionship.

When asked about her role as her mother's caregiver, Tracy humbly expressed her honor in taking care of her mother Diane. She witnessed her mother's tireless dedication to caring for others throughout her life, and now, Tracy is determined to reciprocate that love and care.

We are thankful for our partnership with the Salisbury VA and happy to support our Veterans and their families during their time of need.

## Why Give In July



### **'I Feel Less Than to Ask for Help, But I Really Need It**

Meet Carol, a client of the Crisis Assistance Network who visits us every month. Carol's needs vary, and depending on the month, she may receive essential food items from

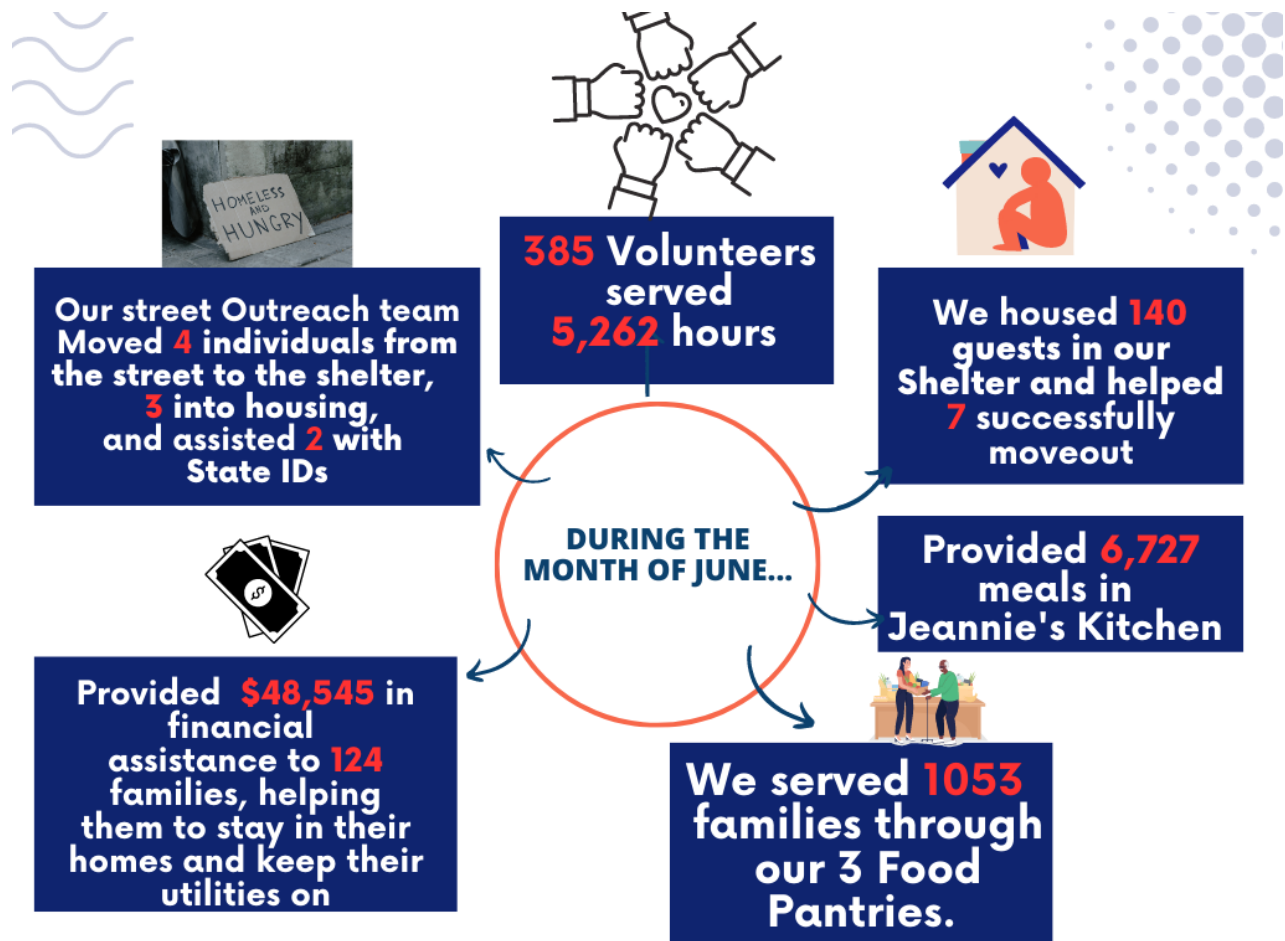
our food pantry or find clothes at our clothing center. Carol's story is one of resilience and reliance, as she navigates life with a disability and a fixed monthly income. Living alone, Carol faces unique challenges, but she remains determined to make ends meet. With her disability, transportation can be a significant hurdle. Thankfully, her health insurance covers Uber rides, ensuring she can make her way to us each month. Despite the difficulties, Carol remains grateful for the support that she receives from our dedicated staff. "I feel less than to ask for help, but I really need it," Carol says.

As temperatures climb throughout the summer, we see an increase in clients like Carol, visiting us for assistance. Whether it is because school is out and there are more mouths to feed at home, or utility usage is at an all-time high... we need YOUR help during July and the months which follow to continue to provide Crisis Assistance for our neighbors in Rowan County.

Help us put God's love into action this summer with your generous gift. HELP NOW!

Visit our website to [DONATE](#) today!

## July Statistics



## Volunteer Highlights

### Gordon Food Services

The Leadership team at Gordon Food



Services spent three days serving lunch in Jeannie's Kitchen. Members of their Human Resources, Transportation, and Marketing departments traveled from surrounding areas to participate in their "Heart to Service" events. Volunteers not only served lunch in our Kitchen but spent time with our team touring our campus and learning about our programs. We are grateful to the Gordon Food Services team for their selfless dedication and compassion. Thank you, for taking the time away from your jobs to ensure our most vulnerable neighbors received a hot delicious noon meal.

## Food Pantry Volunteer

At our organization, we are fortunate to have a diverse group of volunteers who lend their time and talent to make a positive impact. While many of our dedicated volunteers are associated with churches or community groups,



we also have a number of individuals who choose to volunteer alone. These remarkable individuals come from various walks of life, motivated by different factors such as required community service, recent retirement, or simply a heartfelt desire to give back. Candace spent a full week volunteering in our Food Pantry. She was an amazing addition to our team and we are so grateful for her service



## **Delta Sigma Theta Sorority, Salisbury Alumnae Chapter**

The sisters of Delta Sigma Theta Sorority, Inc. took time to give back to their community. Volunteers spent an evening serving dinner in Jeannie's Kitchen, doing laundry, cleaning, and sorting our storage area. Thank you for choosing us for your service project. We look forward to having your group back in the future.



# Jeannie's Kitchen Volunteers Needed!!



**Open Breakfast Shifts (5:15a-7:15a):** Wed 7/5, Thu 7/6, Sat 7/8, Sun 7/9, Tues 7/11, Mon 7/17, Tues 7/18, Sun 7/23, Mon 7/24, Wed 7/26, Thu 7/27, Fri 7/28, Sat 7/29, Sun 7/30, Mon 7/31

**Open Lunch Shifts (9:30am-1:30pm) :** Wed 7/5, Sat 7/8 , Sun 7/9, Sun 7/16, Sun 7/23, Mon 7/24, Wed 7/26, Sun 7/30, Mon 7/31

**Open Dinner Shifts (5:30-8pm):** Sun 7/9, Sun 7/16, Tue 7/18, Fri 7/21, Sat 7/22, Wed 7/26, Thu 7/27, Fri 7/28, Sat 7/29, Mon 7/31

Are you interested in volunteering? Visit our website for a list of our volunteer opportunities, and to sign up and serve. For questions, contact Marissa Gainey at 704-637-6838 ext. 112.

[Sign up to Volunteer](#)

## *Donation Highlights*



### **First Baptist Church Vacation Bible School**

The students at the First Baptist Church of Salisbury spent a day of camp learning about spreading love to those in need. They came together and assembled about 50 jars of ready-to-make soup. In the jars were all soup ingredients and they were paired with a detailed recipe, a can of tomatoes, and a written note of encouragement.

Thank you for donating these homemade soup jars to our Food Pantry. This project was such a unique idea and a great way to teach the youth a valuable lesson about giving back.





## Sons of Samuel Hart

Thank you to **Samuel C.Hart Post 14 American Legion** for your generous donation to our Miracles on the Horizon Capital Project. This is the second year they have hosted a car show to raise money to support the construction of the new Eagles Nest III transitional housing units. We are grateful for their continued partnership.



## Hire Dynamics

Thank you to Hire Dynamics for choosing us for their team service project. Staff members came together for a donation drive and they donated supplies for our families in the shelter.

## Community Partners

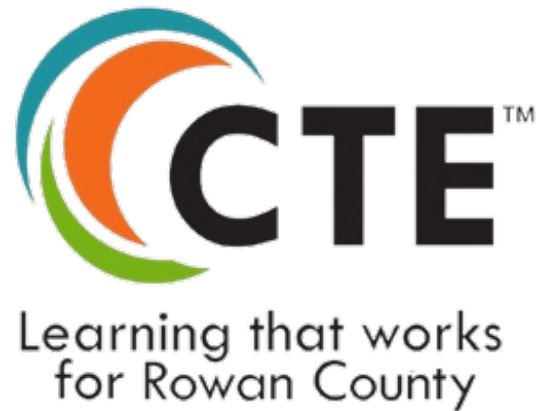


## CPR Training with Community Partner

Our staff had the opportunity to get CPR Certified! Over the course of several days,

Mr. David Watson dedicated his time and expertise to conducting CPR training for our staff, equipping them with crucial lifesaving skills. Mr. Watson is a Captain at Ellis Fire Department and a Medical Technician. Thank you for giving us the tools to be to respond effectively in critical situations. We are looking forward to the upcoming training and our continued partnership.

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## Rowan- Salisbury School System CTE Career Exploration Camp

Middle Schoolers from several Rowan-Salisbury schools took part in a Career Exploration Summer Camp. As part of their Human Services Career Cluster, the students spent time with us learning about non-profit work. They went on a tour of our campus and volunteered in several areas. Thank you to our partners at CTE for including us in your program.

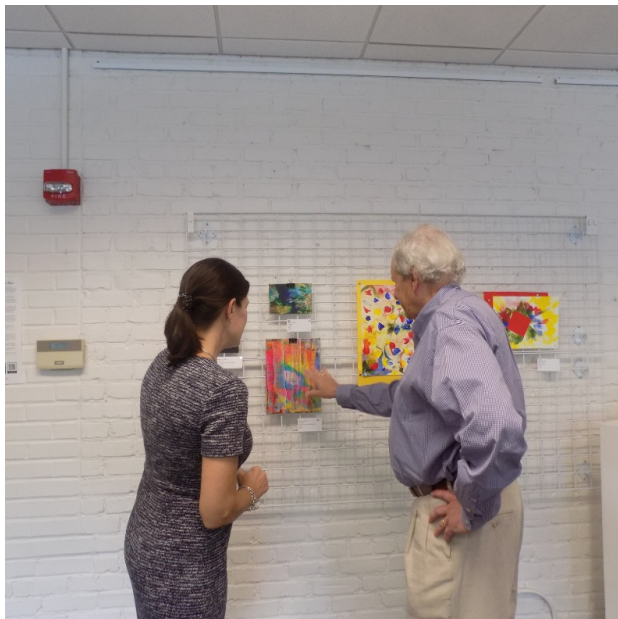
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## New Tomorrows Building Bridges Through Art Exhibition Reception

On Tuesday, June 20, Waterworks Visual Arts Center hosted a reception to celebrate the artwork of our New Tomorrow's participants. For eight weeks our shelter guests participated in classes funded by the North Carolina Arts Council Grassroots Grant. The artwork made during this program was on display at Waterworks and sold at the

reception. All proceeds made at the event went directly to the artists in the program. 21 individuals had artwork on display and took part in this amazing program. Thank you to everyone that attended the reception and to Waterworks Visual Arts Center for being an amazing host.

[Click here to learn more about the event](#)



North Carolina  
Arts Council



*Mark Your Calendars !*



# FAITH RELATIONS COMMITTEE AMBASSADORS MEETING

Thursday,  
August 24,  
5:30 p.m.  
Fellowship Hall  
of First Baptist  
Church of  
Salisbury  
220 N Fulton  
Street



The Faith Relations Committee is hosting an Ambassador Meeting on August 24, 2023,

at 5:30 p.m. at First Baptist Church of Salisbury. To RSVP to attend please contact Sheila Prevatte at [sapbsn@gmail.com](mailto:sapbsn@gmail.com)



## Ted Luther Memorial Golf Tournament September 9, 2023 The Revial at the Crescent

Our annual Ted Luther Memorial Golf Tournament will take place Saturday, September 09, 2023, at the Revival at the Crescent. If you or someone you know is interested in volunteering at the event, becoming a sponsor, donating a door prize, or playing in the tournament, please call Raeshawn Palmer, Director of Community Relations, at 704-637-6838 ext. 123.

For sponsorship details, [click here](#)

*July Wish List*

# JULY WISH LIST

## JEANNIE'S KITCHEN

2% Milk  
Butter  
Pasta  
Salad Greens  
Fresh Fruit  
Instant Potatoes  
Salad Dressing

Eggs  
Mayonnaise  
Bacon  
Sausage  
Jelly  
Grits

## FOOD PANTRY

Peanut Butter  
Canned Meat  
Jelly  
Grits  
Oatmeal  
Granola Bars  
Protein Bars  
Saltine Crackers

Rice  
Instant Potatoes  
Pasta  
Canned Fruit  
Tomato Products  
(sauce,paste,and  
diced)  
Salad Dressing  
Vegetables

## SHELTER SERVICES

Pillows  
Ziploc bags (Gallon)  
Travel Size Conditioner, Shampoo,  
Bar Soap & Deodorant  
Scrubs ( M,L,XL)  
Adult Shower shoes

## CRISIS ASSISTANCE

Travel Size Conditioner, Shampoo and  
lotion  
Washcloths  
Towels

## Housing Services

Laundry Detergent

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



Rowan Helping Ministries | 226 North Long Street, Salisbury, NC 28144

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