



November Newsletter



As we approach the Thanksgiving holiday, it provides us with a meaningful opportunity to take a moment, and give thanks. Gratitude towards our invaluable supporters, including donors, community partners, and dedicated volunteers, runs deeper than ever.

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Celebrating Success



From Hardship to Hope: Cerice Coleman's Journey to a New Beginning

Cerice Coleman and her children found themselves in a challenging living situation when they were sharing a rental home with her sister and her sister's children. Unfortunately, the house they were living in was far from sanitary, and Cerice's sister made the difficult decision to move out with her kids. This left Cerice in a tough spot since they had been splitting the rent, and she couldn't afford it on her own. With her 15-year-old son, 10-year-old, and 5-year-old daughters in tow, Cerice made the decision to relocate to an extended-stay hotel.

This was an entirely new and discouraging experience for Cerice, but she was grateful for her job at Wendy's, where she had been employed for several years. Wendy's provided vital assistance during this trying time. Cerice expressed her gratitude, saying, "When we were in that hotel, my manager from Wendy's would make sure me and my kids had food because paying for the room was too expensive and left me with no money every week."

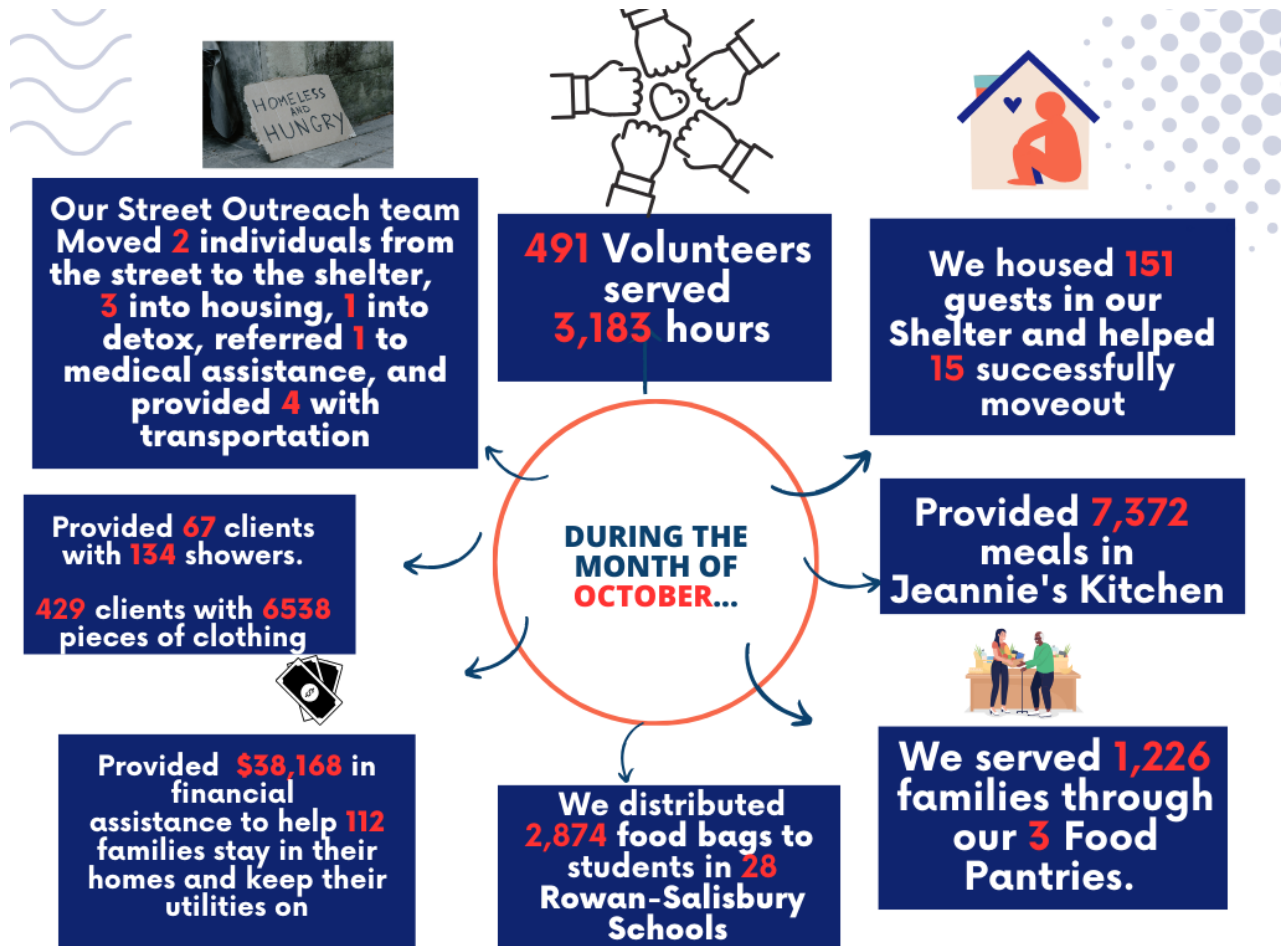
As time passed, Cerice realized that she could no longer afford the hotel, which prompted her to explore other options. She had a heart-to-heart conversation with her 15-year-old son, and he offered his support, understanding the family's need to make a tough decision. So, Cerice decided to move into a shelter. She felt relief as soon as she called because there was a family room available at the Robertson Stanback Center.

The transition to the shelter went surprisingly smoothly for Cerice's children, thanks to the collaboration we have with the McKinney-Vento liaison for the Rowan-Salisbury Schools. This partnership ensured that Cerice's children could continue attending their home schools, with the school bus being rerouted to pick them up from the shelter. Cerice shared her happiness about this, saying, "I was so happy when I found out they

could take the bus from here, and I could walk right up the street to work."

Cerice and her children spent nearly a year living at the shelter. However, her determination, along with the assistance of her case manager and an organization called Community Link, led to her finding a place she could call her own. They secured a rental house with the support of rental assistance through Community Link. Cerice shared she is grateful for the assistance and is happy that her teenage son would finally have his own room.

October Outcomes



Volunteer Highlights



Salisbury Academy 2nd Grade Packing Party

Thank you to the students at Salisbury Academy. As a part of their school-wide service projects, the 2nd-grade students packed food bags for the Food for Thought program. Thank you Salisbury Academy for Preparing passionate leaders through stewardship.



Dedicated Volunteers

Each Friday, we feel incredibly fortunate to have Lonnie & Ruth Brown and James Whitley graciously providing lunch in Jeannie's Kitchen. Their consistent dedication and warm smiles make a significant difference for clients. Having committed volunteers like them on our schedule is truly invaluable.

VOLUNTEERS NEEDED

Food Pantry



WED, NOV 8 11 AM -4PM

THU, NOV 9 8 AM-4 PM

FRI, NOV 10 11 AM- 4PM

MON, NOV 13 11 AM-4PM

TUE, NOV 14 12 PM-4PM

WED, NOV 15 12 PM-4PM

THU, NOV 16 ALL SHIFTS

FRI NOVEMBER 17TH 8AM-11AM & 12PM-4PM

TUES, NOV 21 ALL SHIFTS

WED, NOV 22 ALL SHIFTS

MON, NOV 23 ALL SHIFTS

TUE, NOV 28 ALL SHIFTS

WED, NOV 29 ALL SHIFTS

THU, NOV 30 ALL SHIFTS

Jeannie's Kitchen Volunteers Needed!!



Open Breakfast Shifts (5:15a-7:15a): Sat 11/11, Sun 11/12, Mon 11/13, Tues 11/14, Wed 11/15, Thu 11/16, Mon 11/20, Tues 11/21, Wed 11/22, Thu 11/24, Sun 11/26, Mon 11/27, Wed 11/29, Thu, 11/30

Open Lunch Shifts (9:30am-1:30pm) : Sun 11/12 , Wed 11/15, Sun 11/26, Mon 11/27, Wed 11/29, Thu 11/30

Open Dinner Shifts (5:30-8pm): Sat 11/11, Sun 11/12, Sun 11/19, Wed 11/22, Thu 11/23, Fri 11/24, Sat 11/25, Wed 11/29

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 Gaaney at 704-637-6838 ext.112.

[Sign up to Volunteer](#)

Donation Highlights



Every year the members of Mount Hope Church raise money to purchase pallets of non-perishable food to donate for our annual Trick or Treat So Others May Eat food drive. Throughout the month of October, Mount Hope donated over 10,000 pounds of food.

Thank you Mount Hope for your consistent commitment year after year.

We look forward to sharing the outcome of Trick or Treat So Others May Eat next month.

The East Rowan High School Volleyball Team played a game for a good cause. The students hosted their annual charity game blanket and pillow drive. The players donated new



blankets and pillows. Thank you for thinking of us!

Community Partners

Novant Health Bridges To Healthcare Program Teach A Class



The Bridges to Healthcare Program awards paid internships to Rowan County high school students from underrepresented communities to pursue and elevate their careers in the healthcare industry. Students participate in clinical and non-clinical rotations at Rowan Medical Center. The students are mentored by Medical Students from Campbell University and recently learned about strokes and heart attacks. During this presentation, they shared valuable information with our shelter guests on how to prevent strokes and heart issues, how to recognize early warning signs, and what to do if they experience symptoms. We extend our sincere appreciation to our partners at Novant Health for their exceptional contribution to the youth of Rowan County.

Salisbury Rowan Runners Starts Walking Group

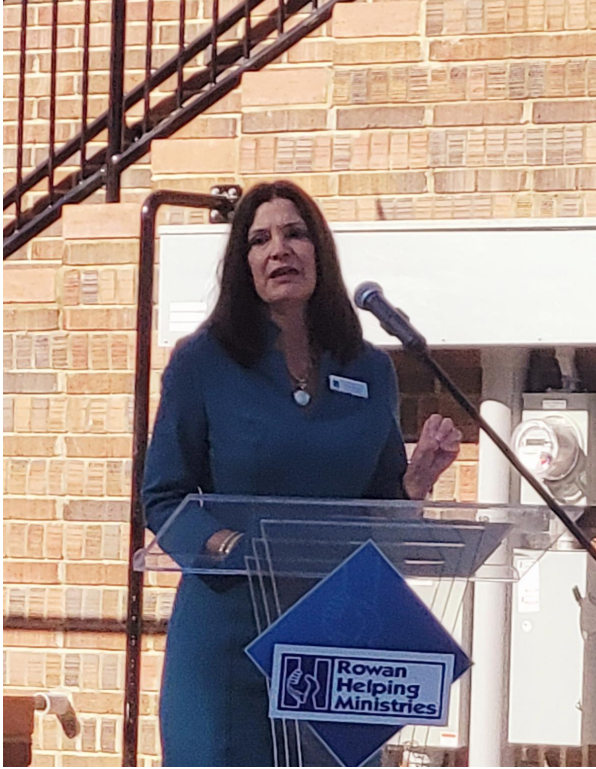


We are thrilled to share that the Salisbury Rowan Runners have initiated a walking group at the shelter. Every Monday, residents of our shelter can come together as a group for a rejuvenating exercise session. We appreciate our partners at Salisbury Rowan Runners for introducing a dedicated health and wellness class to our New Tomorrows program.

Event Recap !

Eagle's Nest III Dedication Event



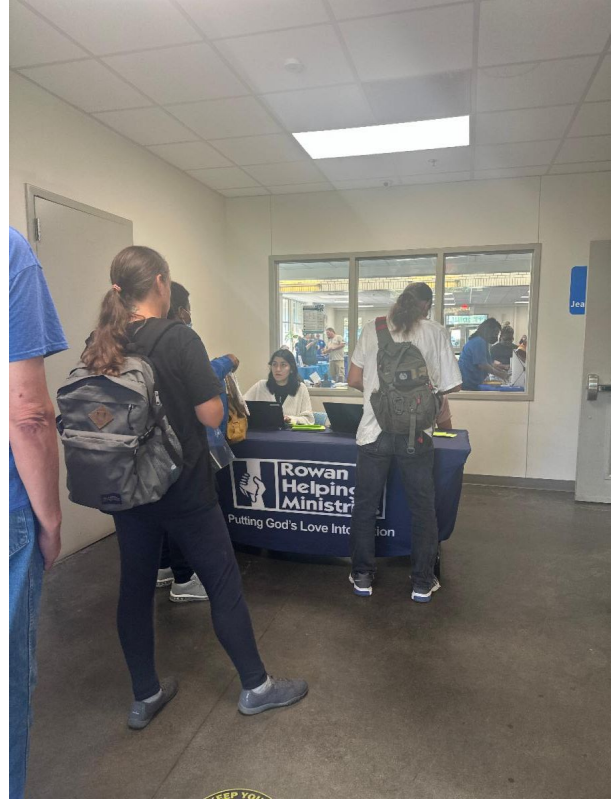


Thank you to everyone who joined us to dedicate Eagle's Nest III. These transitional housing units are the first phase of our Miracles on the Horizon \$6.0 million community effort to help homeless citizens find their pathway to safe and affordable housing. To our contractors, donors, volunteers, staff, and community partners, thank you for your work on this project. We are excited to provide a safe, secure, and affordable space our clients can call home.

[Read More About the Event Here](#)

Community Connections Resource Fair





Thank you to our incredible community partners who joined us at the Community Connections Resource Fair. Your dedication to sharing vital resources with those experiencing homelessness is truly appreciated. The event had a great turnout, and your support on this day was greatly appreciated. Our clients received much needed resources for housing, healthcare, jobs and so much more. Thank you!

Mark Your Calendars !

2023 Feed The Need Fundraiser



INVITES YOU TO THE 2023

FEED *the* NEED

Fundraiser

FRIDAY, NOVEMBER 17th 5:30 -9:00 P.M.

On Friday, November 17, Rowan Helping Ministries will present FEED THE NEED, an exciting fundraising event for our Food Programs that will truly “feed the need” that exists in Rowan County. You’re invited to join us for music, food, and fellowship at Baker’s Mill, 1360 Poole Rd in Salisbury from 5:30 p.m.-9 p.m.

We have several sponsorship opportunities available [click here](#) to learn more.
Tickets are \$50 to attend [click here](#) to purchase

2023 Santa's 5K Run/Walk

Santa's 5K Run/Walk - Official NC Bigfoot Christmas Reunion presented by Global Contact Services

Sat December 9, 2023

Mt. Ulla, NC 28125 US [Directions](#)



Calling all runners! The annual Santa's 5K Run/Walk hosted by the Salisbury Rowan Runners will take place on Saturday, December 09, 2023, at the Country Life Museum, Sloan Road, Mount Ulla, NC 28125. The run/walk is a 3.1-mile course that loops through and around the West Rowan area. If you want to participate in the run or volunteer at the event, please contact David Freeze at 704-310-6741 or email david.freeze@ctc.net.

[Click here for event details](#)

November Wish List



NOVEMBER WISH LIST

JEANNIE'S KITCHEN

- 2% Milk
- Butter
- Pasta
- Salad Greens
- Fresh Fruit
- Instant Potatoes
- Salad Dressing
- Salt & Pepper
- Sugar
- Eggs
- Mayonnaise
- Bacon
- Sausage
- Jelly
- Grits
- Coffee Grinder
- Dry Pinto Beans

FOOD PANTRY

- Peanut Butter
- Canned Meat
- Jelly
- Beans (dried or canned)
- Granola Bars
- Protein Bars
- Saltine Crackers
- Canned Vegetables
- 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
- Sleep Eye Mask

CRISIS ASSISTANCE

- Travel Size Conditioner, Shampoo, Bath Soap, and Lotion
- Washcloths
- Towels



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

[Unsubscribe btreece@rowanhelpingministries.org](mailto:btreece@rowanhelpingministries.org)

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