



Happy December! It's the most wonderful time of the year! As we close the year we thank you for helping us to assist those in need this year. As a community, we continue to come together to provide love, hope, and comfort to the most vulnerable in Rowan County.

Celebrating Success



Odell Toney, Shelter Guest

After the death of his sister, losing his son to a 20-year prison sentence, and his wife leaving him, Marine Veteran, Odell Toney hit rock bottom. He recalls sitting alone in his Raleigh apartment and hearing a voice say, "If you stay in this apartment you will die". Shortly after, Odell's daughter came to visit him for Christmas and invited him to live with her in Charlotte. Odell could not turn down that

offer "I left that apartment with the clothes on my back," said Odell.

Odell stayed with his daughter in Charlotte for a few months and things did not go well. One day, Odell was on the train headed home to Raleigh and got sick on the train. He got off the train and went to seek treatment at the Salisbury VA Hospital. After testing positive for COVID and quarantined at the hospital for 14 days. He shared his living situation with the VA social worker, and she referred him to Rowan Helping Ministries. Odell was relieved he had a place to go because going back to his daughter's house was not an option.

Since living in the Robertson-Stanback center Odell has been drug and alcohol-free, he attends a weekly substance abuse program called Celebrate Recovery provided by a community partner and he is so happy he got connected with them. He has also secured an apartment with the Salisbury Housing Authority and can't wait to move in.

Volunteer Highlights



CPA Day of Service

The CPA's at Jennifer Weaver, CPA, P.A. volunteered at Rowan Helping Ministries for CPA day of service. The team spent their day in our Food Pantry and Clothing Center. Thank you all for choosing us for your service project.



Food For Thought

Every week our volunteers pack and deliver Food For Thought Food bags to about 1000 students in Rowan Salisbury Schools. These food bags are for students that rely on school lunches and may not have a meal during the weekend. In November, our volunteers delivered double food bags to the students to ensure they will have enough food during the holiday school breaks. Thank you to our dedicated volunteers for helping us to get this done every week.



Food Lion Feeds

The Food Lion Corporate Office staff stopped by Jeannie's Kitchen to serve lunch. Thank you Food Lion for your continued support. We value your partnership.



Jeannie's Kitchen Volunteers Needed!!



- **Open Breakfast Shifts (5:15a-7:15a):** Thurs. 12/8, Sat. 12/10, Sun. 12/11, Tues. 12/13, Tues. 12/20, Thurs. 12/22, Fri. 12/23, Sun. 12/25, Mon. 12/26, Wed. 12/28, Fri. 12/30
- **Open Lunch Shifts:** Wed. 12/7, Thurs. 12/8, Sat. 12/10, Sun. 12/11, Thurs. 12/15, Sun. 12/18, Mon. 12/19, Thurs. 12/22, Mon. 12/26, Wed. 12/28, Thurs. 12/29, Sat. 12/31
- **Open Dinner Shifts:** Wed. 12/7, Thurs. 12/8, Sat. 12/10, Sun. 12/11, Thurs. 12/15, Sun. 12/18, Mon. 12/19, Thurs. 12/22, Mon. 12/26, Wed. 12/28, Thurs. 12/29, Sat. 12/31

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

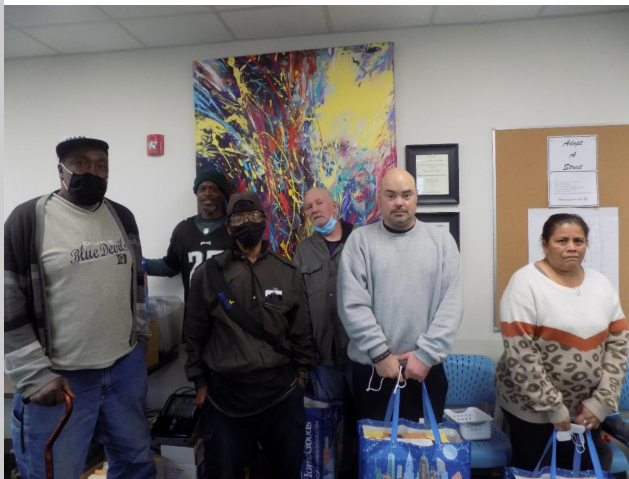
Sign up to Volunteer

Donation Highlights



First United Methodist Church

The members at First United Methodist Church hosted their annual Harvest Procession Thanksgiving & Worship service. The church together collected and donated 2,192 pounds of food to our Food Pantry. Thank you for your partnership to feed our neighbors in need.



Transitional & Permanent Supportive Housing Clients receive a gift

His Table Church hosted an outreach project and decided to include our clients in their project. Church members donated new crock pots and Food Lion gift cards to each of our transitional and permanent supportive housing clients. Thank you to His Table Church for thinking of us.



8-year old Mackenzie rallied her community

8-year old, Mackenzie Murray came up with the idea to host a food drive. She asked her mom to spread the word to their network. Her mom sent a mass text to family members to make it happen. With the help of their network combined with Mackenzie's allowance, she was able to donate 302 pounds of food to our Food Pantry. Thank you Mackenzie for organizing a great effort. Your donation will help to feed a family this holiday season.

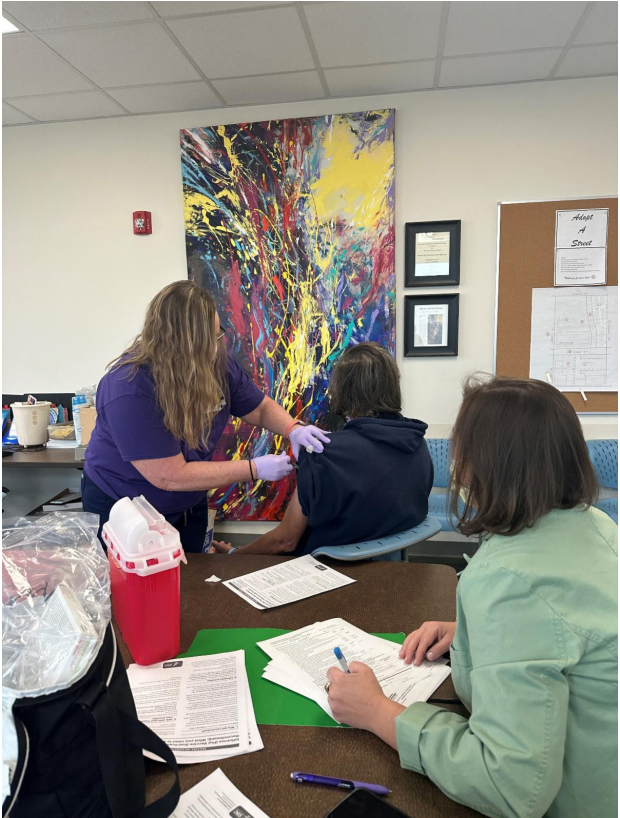
Community Partners

Wellcare hosts Health Fair for New Tomorrows Participants



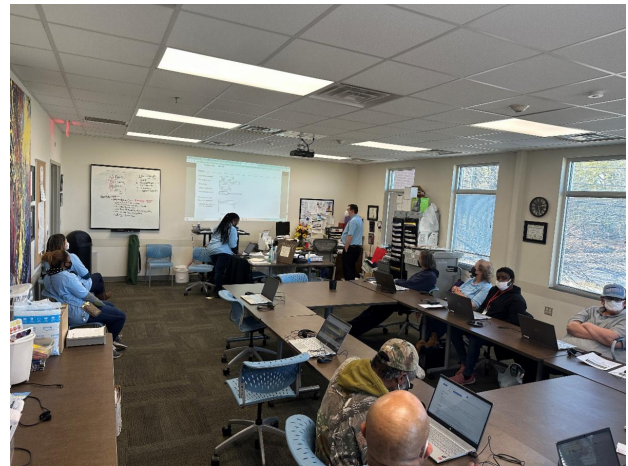
On November 30, our partners at Wellcare hosted a Health Fair in the Robertson-Stanback Center. Shelter guests received an overview from a broker of the several Medicare benefits and Open Enrollment. After the presentation, they set up a table in Jeannie's Kitchen to share plan information and giveaways to the community visiting for lunch. Thank you to our partners at Wellcare for providing our clients with information on affordable health insurance.

Novant Health Flu Vaccine Clinic



On November 9, our partners at Novant Health Rowan Medical Center hosted a Flu Vaccine Clinic in the Robertson-Stanback Center. Thank you for preparing our shelter guests and staff for Flu season.

NCWorks Prepares Shelter Guests For The Workforce



NCWorks staff hosted their Annual Day of Giving at Rowan Helping Ministries. The group helped our shelter guests with resume writing, creating a profile on the NCWorks platform, and, assisted with job searches. Thank you NCWorks for your partnership and for giving our clients the skills needed to succeed.

Event Recap

The 2022 Feed The Need Fundraiser was an Success



On November 17, 2022, for the first time in 2 years, Rowan Helping Ministries hosted its annual Feed The Need Fundraiser at the F& M Trolley Barn. Rowan Helping Ministries staff, volunteers, community partners, board members, and donors came together for a night of dinner, drinks, music, and a silent auction. Over \$50,000 was raised to fund Rowan Helping Ministries Food programs. Thank you to our event sponsors, in-kind donors, and event hosts for pulling together a great event.

[Click here to see the full list of donors & event committee](#)

Mark Your Calendars !

Santa's 5K Run/Walk - Official NC Bigfoot Christmas Reunion

Sat December 10, 2022

Mt. Ulla, NC 28125 US  Directions



Run/Walk to benefit Rowan Helping Ministries


Calling all runners! The annual Santa's 5K Run/Walk presented by Global Contact Services will take place Saturday, December 10, 2022, at the Millbridge Ruritan Building, 490 Sloan Road. The run/walk is a 3.1-mile course that loops through and around the West Rowan area. If you are interested in participating in the run or volunteering at the event, please contact David Freeze at 704-310-6741 or email david.freeze@ctc.net.

[Click here for event details](#)



Resolution 5K presented by Bradshaw Financial Planning

Mon January 2, 2023

Salisbury, NC 28147 US  Directions



The Resolution Run 5K Run/Walk presented by Bradshaw Financial Planning will take place Monday, January 2, 2023, at the Forum of Salisbury, 2318 S. Main Street. If you are interested in participating in the run or volunteering at the event, please contact David Freeze at 704-310-6741 or email david.freeze@ctc.net.

[Click here for event details](#)

December Needs List



DECEMBER WISH LIST

JEANNIE'S KITCHEN

Cooking Spray
2% Milk
Butter
Fresh Onions
Fresh Lettuce
Fresh Fruit

CRISIS ASSISTANCE FOOD PANTRY

Low Sodium Options of Canned Goods
Pasta /Tomato Sauce
Peanut Butter • Canned Vegetables
Jelly • Grits • Cereal
Granola Bars • Soups

SHELTER SERVICES

Pillows • Tissues
Gallon Ziplock bag
Travel Size Shampoo
Travel Size Conditioner
Travel Size Lotion

HOUSING SERVICES

Laundry Detergent
Bath Towels
Hats
Dish Towels/Dish Rags

Equipment & Specialty Items

Small equipment for Jeannie's Kitchen and other specialty items are found on our *Amazon Wish List*

Donations can 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](#).

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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